

# August

TH

19

## Practice

- Warm-up (:12) [6:00pm]
- Tackling (:12 – :06 ea.) [6:12pm]
  - DL [Trucco, Canisalez/Gruber] (2 sub-groups, rotate)
    - [Front Tackle](#)
    - [Block Destruction](#)
- Break (:03) [6:24pm]
- D Specialty (:30) [6:27pm]
  - DLs/DEs
    - **Run Coverage** [Trucco, Canisalez, Longmore]
  - DBs/LBs
    - **Pass Coverage** [Morgan, Mills, Gruber]
- Break (:03) [6:57pm]
- Team Defense (:30) [7:00pm]
  - Punt Team (:10) [7:20pm]
- End Practice [7:30pm]
- DBs [Longmore, Mills]
  - [Cutback Drill](#)
  - [Get up Tackling](#)
- LB/DE [Morgan]
  - [45 Degree Angle Tackle](#)
  - [Block Destruction](#)

McCafferty out  
Bucher out

Equipment needed:

- Cones