

August

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24

Practice

- Warm-up (:12) [6:00pm]
- Fundamentals / Skills (:16 – :07 ½ ea.) [6:12pm]
 - Lineman (2 groups, rotate)
 - [Duck Walk Drill](#) [McCafferty, Mills]
 - [Drive Blocking](#) [Canisalez, Trucco]
 - Backs [Gruber, Longmore]
 - [Hit the Hole](#)
 - [Open Blocking](#) (RB pass blocking)
 - Receivers [Morgan, Bucher]
 - [Passing Routes](#)
 - [Secondary Contact](#) (WR Blocking)
- Break (:03) [6:28pm]
- Specialty (:28) [6:31pm]
 - Backs/Receivers – **Install Offense** [Gruber, Longmore, Morgan, Bucher]
 - Receivers [Morgan, Bucher]
 - [Pole Drill](#) / [Clockwork Drill](#)
 - [Circle & Accelerate](#)
 - [Passing Routes](#) w/Coverage
 - [Weave Drill](#)
 - Lineman/Tight Ends
 - Drills (:06 ea.) (2 groups, rotate groups)
 - [Down Blocking Drill](#) [McCafferty, Mills]
 - [Continuous Set – Multiple Sets](#) [Canisalez, Trucco]
 - **Play to the whistle (no standing around)/Find someone to block / 7v7** (:16) [McCafferty, Canisalez, Trucco, Mills]
- Break (:03) [6:59pm]
- Team Offense (:28) [7:00pm]
 - Punt (:05) [7:25pm]
- End Practice [7:30pm]

Equipment needed:

- Cones
- Shields (4)
- Coffin Bag (1)