

August

Canisalez out

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31

Practice

- Post-Game Recap Discussion (:10) [6:00pm]
- Warm-up (:12) [6:10pm]
- Break (:03) [6:22pm]
- Specialty (:30) [6:25pm]
 - Backs/Receivers – **Install Offense** [Gruber, Longmore, Morgan]
 - Lineman/Tight Ends/Receivers [McCafferty, Trucco, Mills, Bucher]
 - **Board Drills / Hitting**
- Break (:03) [6:55pm]
- Team Scrimmage (:30) [6:58pm]
 - LIVE – Full Tackling
- Running (:02) [7:28pm]
- End Practice [7:30pm]

Equipment needed:

- Cones
- Shields
- Boards