

September

Trucco out

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07

Practice

- Pre-Practice Coach Meeting (:15) [5:45pm]
- Post-Game Team 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, Canisalez, Mills, Bucher]
 - **Board Drill / Hitting / 7-on-7**
- Break (:03) [6:55pm]
- Team Scrimmage (:30) [6:58pm]
 - LIVE – Full Tackling
- Gassers (:02) [7:28pm]
- End Practice [7:30pm]

Equipment needed:

- Cones
- Boards