

# September

Bucher out

## TH (Offense)

### 30 Practice

- Game Recap - Offense (:05) [6:00pm]
- Warm-up (:12) [6:05pm]
- Position Drills (:14 - :06 ½ ea.) [6:17pm]
  - Lineman (2 groups, rotate)
    - [Reach Drill](#)  
[McCafferty, Canisalez]
    - [Blocking Battle](#)  
[Trucco, Mills]
  - Backs [Gruber, Longmore]
    - [Stiff Arm Drill](#)
    - [Open Blocking](#) (RB  
pass blocking)
  - Receivers [Morgan, Bucher]
    - [Lateral Agility & Route](#)
    - [Close Contact Blocking](#)
- Break (:04) [6:31pm]
- Specialty cont.. (:20) [6:35pm]
  - Backs/Receivers – **Install Offense** [Gruber, Longmore, Morgan]
  - Lineman/Tight Ends [McCafferty, Trucco, Canisalez, Mills]
    - **Finding a block / 7v7**
- Break (:05) [6:55pm]
- Team Scrimmage (:25-:30) [7:00pm]
  - LIVE – Full Tackling
  - Punt/Return (:05)
- [Bull in the Ring](#) (:05) [7:25pm] (*optional – 2 groups*)
- End Practice [7:30pm]

Equipment needed:

- Cones
- Shields (3)