

October

McCafferty out

TH

21

Practice

- Warm-up (:10) [6:00pm]
 - Tackling/Specialty (:20 – :09 ea.) [6:10pm]
 - DL (*2 groups, rotate*)
 - [Front Tackle](#) [Canisalez, Mills]
 - [Angle Tackle](#) [Trucco]
 - Break (:05) [6:30pm]
 - Specialty (:20 - :09 ea.) [6:35pm]
 - DL [Trucco, Canisalez, Mills]
 - **Coverage / 7v7 / play disruption / shooting the gaps**
 - Break (:05) [6:55pm]
 - Team Scrimmage (:30) [7:00pm]
 - LIVE – Full Tackling
 - End Practice [7:30pm]
- Backs/Receivers [Gruber, Longmore, Morgan, Bucher]
 - **Install Offense**
 - Backs/Receivers [Gruber, Longmore, Morgan, Bucher]
 - **Install Offense**

Equipment needed:

- Cones
- Shields (2)