

August

Gruber out
Bucher out

M

01

Practice

- Warm-up (:10) [6:00pm]
- Speed & Agility Drills – Session 1 (:12 – :06 ea.) [6:10pm]
 - [Interval Sprints](#) (sprint) [Morgan, Mlynek]
 - [Circle & Accelerate](#) (cone) [Longmore, Trucco]
- Break (:03) [6:22pm]
- Speed & Agility Drills – Session 2 (:12 – :06 ea.) [6:25pm]
 - [Lateral Step over](#) / [High Knees](#) (bag) [Trucco, Mlynek]
 - [Back Pedal into Sprints](#) (sprint) [Morgan, Longmore]
- Break (:03) [6:37pm]
- O Fundamentals / Skills (:15 – :5 ea.) [6:40pm]
 - Lineman [Trucco, Mlynek]
 - [Stance & Fire](#) / [Duck Walk](#)
 - Backs [Longmore]
 - [Handoff](#) / [Pitch](#)
 - Receivers [Morgan]
 - [Passing Routes](#)
- Break (:03) [6:55pm]
- D Fundamentals / Skills (:15 – :5 ea.) [7:00pm]
 - Lineman [Longmore, Mlynek]
 - [6-point explosion](#) / [Man Take Off w/shields](#)
 - LBs [Trucco]
 - [Breakdown](#) / [Swoop](#) / [Breakdown/Swoop/Tackle Progression](#)
 - DBs [Morgan]
 - [Backpedal – Attack the Ball](#) / [Flip your Hips](#)
- End Practice [7:15pm]

Equipment needed:

- Cones
- Shields
- Coffin Bags (5)