

August

Bucher out

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02

Practice

- Warm-up (:12) [6:00pm]
- Team-Offense 101 (:13) [6:12]
 - Basics (Huddle, Holes, Positions, Responsibilities, etc.) [Gruber]
- Skills Drills (:30) (6:25pm)
 - Backs/Receivers – [Gruber, Longmore, Morgan]
 - Lineman/Tight Ends – [Trucco, Mlynek, Bucher]
- Break (:05) [6:55pm]
- Specialty (:30) [7:00pm]
 - Backs/Receivers – **Install Offense** [Gruber, Longmore, Morgan]
 - Lineman/Tight Ends – **Blocking concepts/Schemes** [Trucco, Mlynek, Bucher]
- Break (:05) [7:30pm]
- Team Offense (:25) [7:35pm]
- End Practice [8:00pm]

Equipment needed:

- Cones
- Shields