

# August

M

08

## Practice

- Warm-up (:15) [6:00pm]
- Speed & Agility Drills (:15 – :05 ea.) [6:15pm]
  - [Sprint – Backpedal Repeats](#) (sprint) [Longmore, Trucco]
  - [Slalom Weave Drill](#) (cone) [Morgan, Bucher]
  - [High-knee lateral pursuit](#) (bag) (bag) [Gruber, Mlynek]
- Break (:05) [6:30m]
- Specialty – Session 1 (:25) [6:35pm]
  - Backs/Receivers – **Install Offense** [Gruber, Longmore, Morgan]
  - Lineman/Tight Ends – **Blocking concepts/Schemes** [Trucco, Mlynek, Bucher]
- Break (:05) [7:00pm]
- Specialty – Session 2 (:25) [7:05pm]
  - Backs/Receivers – **Install Offense** [Gruber, Longmore, Morgan]
  - Lineman/Tight Ends – **Blocking concepts/Schemes** [Trucco, Mlynek, Bucher]
- End Practice [7:30pm]

Equipment needed:

- Cones
- Shields
- Coffin Bags (5)