

August

Mlynec out

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09

Practice

- Warm-up (:15) [6:00pm]
- Skills Drills (:30) [6:15pm]
 - Backs - [Gruber, Longmore]
 - Receivers – [Morgan]
 - Lineman/Tight Ends – [Trucco, Bucher]
- Break (:05) [6:45pm]
- Specialty (:40) [6:50pm]
 - Backs/Receivers – **Install Offense** [Gruber, Longmore, Morgan]
 - Lineman/Tight Ends – **Blocking concepts/Schemes** [Trucco, Bucher]
- Break (:05) [7:30pm]
- Team Offense (:25) [7:35pm]
- End Practice [8:00pm]

Equipment needed:

- Cones
- Shields