

August

TH

18

Practice

- Warm-up (:10) [6:00pm]
- Tackling (:10) (6:10pm)
 - D Line (Gruber, Bucher)
 - LBs & DEs (Trucco, Longmore)
 - DBs (Morgan, Mlynek)
- Break (:05) [6:20pm]
- Install D & Skills – Session 1 (:15) [6:25pm]
 - Install Run D – LB/DE/DL (Trucco, Gruber, Longmore, Bucher)
 - DBs (Morgan, Mlynek)
 - **Footwork** – read, backpedal, attack the ball, angle pursuit
- Install D & Skills - Session 2 (:15) [6:40pm]
 - Install Pass D – LB/DB (Trucco, Longmore, Morgan, Mlynek)
 - DL/DE (Gruber, Bucher)
 - **Footwork** – bag drills
 - **Hands work** – stab, slap/rip, slap swim
 - **Get off drill** – fire off the line, read -> change direction
- Break (:05) [6:55m]
- Team Defense (:20 - :30) [7:00pm]
 - Scrimmage vs. Varsity – LIVE – Full Tackling
- Special Teams (:10 - :15) [7:20pm – 7:30pm]
 - Punt/Return
 - Field Goal/Extra Point
- End Practice [7:30pm – 7:45pm]

Equipment needed:

- Cones
- Shields