

# August

M

22

## Practice

- Film Review (:30) [6:00pm]
- Warm-up (:15) [6:30pm]
- Speed & Agility Drills (:15 – :05 ea.) [6:45pm]
  - [60-yard shuttle run](#) (sprint) [Morgan, Longmore]
  - [5 corner cut drill](#) (cone) [Trucco, Mlynek]
  - [High Knees](#) / [Changes of Direction](#) (bag) [Gruber, Bucher]
- Break (:05) [7:00pm]
- Specialty (:15 - :25) [7:05pm]
  - Backs/Receivers – **Install Offense** [Gruber, Longmore, Morgan]
  - Lineman/Tight Ends – **Blocking concepts/Schemes** [Trucco, Mlynek, Bucher]
- Special Teams (:00 - :10) [7:20pm?]
- End Practice [7:30pm]

Equipment needed:

- Cones
- Shields
- Coffin Bags (5)