

August

Mlynek out

Trucco out

T

23

Practice

- Warm-up (:10) [6:00pm]
- Skills Drills [Position Groups] (:20) (6:10pm)
 - Backs - [Gruber, Longmore]
 - Receivers – [Morgan]
 - Lineman/Tight Ends – [Bucher]
- Break (:05) [6:30pm]
- Specialty [Position Groups] (:25) [6:35pm]
 - Backs/Receivers – **Install Offense** [Gruber, Longmore, Morgan]
 - Lineman/Tight Ends – **Blocking concepts/Schemes** [Bucher]
- Break (:05) [7:00pm]
- Team Offense (:25) [7:05pm]
- End Practice [7:30pm]

Equipment needed:

- Cones
- Shields