

August

Gruber out

TH

25

Practice

- Warm-up (:10) [6:00pm]
- Tackling (:15) (6:10pm)
 - Group 1 (Trucco, Bucher, Mlynek)
 - Group 2 (Morgan, Longmore)
- Break (:05) [6:25pm]
- Specialty [Position Groups] (:20) [6:30pm]
 - DL+DE – [Run Defense schemes](#) (Trucco, Bucher, Mlynek)
 - LB+DB – [Pass Defense schemes](#) / [Pursuit Angle](#) (Morgan, Longmore)
- Break (:05) [6:50m]
- Team Defense (:25) [6:55pm]
 - Scrimmage
- Bull in the Ring (:05 - :10) [7:20pm]
- Special Teams (TBD) [TBD]
 - Field Goal/Extra Point
- End Practice [7:30pm]

Equipment needed:

- Cones
- Shields