

August

M

29

Practice

- Warm-up (:10) [6:00pm]
- Speed & Agility Drills (:15 – :05 ea.) [6:10pm]
 - [Back Pedal into Sprint](#) (sprint) [Morgan, Bucher]
 - [Circle & Accelerate](#) (cone) [Gruber, Longmore]
 - [High Knee lateral pursuit](#) (bag) [Trucco, Mlynek]
- Break (:05) [6:25m]
- Specialty – Session 1 (:30) [6:30pm]
 - Backs/Receivers – **Install Offense** [Gruber, Longmore, Morgan]
 - Lineman/Tight Ends – **Blocking concepts/Schemes** [Trucco, Mlynek, Bucher]
- Break (:05) [7:00pm]
- Specialty – Session 2 (:25) [7:05pm]
 - Backs/Receivers – **Install Offense** [Gruber, Longmore, Morgan]
 - Lineman/Tight Ends – **Blocking concepts/Schemes** [Trucco, Mlynek, Bucher]
- End Practice [7:30pm]

Equipment needed:

- Cones
- Shields
- Coffin Bags (5)