

September

Gruber out
Longmore out

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01

Practice

- Warm-up (:10) [6:00pm]
- Tackling (:10) (6:10pm)
 - Group 1 (Trucco, Mlynek)
 - [Score Tackling v1](#) / [Open Field Tackling](#)
 - Group 2 (Morgan)
 - [Tight Angle](#) / [Get up Tackling](#)
 - Group 3 (Bucher)
 - [Front Tackle](#) / [Angle Tackle](#)
- Break (:05) [6:20pm]
- Specialty [Position Groups] (:20) [6:25pm]
 - DL+DE – [Run Defense](#) (Bucher, Mlynek)
 - LB+DB – [Pass Defense](#) / [Pursuit Angle](#) (Trucco, Morgan)
- Break (:05) [6:45m]
- Team Defense (:20) [6:50pm]
 - Assignments / Walkthrough
- Special Situations/Special Teams (:20) [7:10pm]
 - (Main Field)
- End Practice [7:30pm]