

September

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08

Practice

- Warm-up (:10) [6:00pm]
- Specialty [Position Groups] (:20) [6:10pm]
 - DL+DE – [Gap penetration, hand skills](#) (Gruber, Bucher, Mlynek)
 - LB+DB – [Coverage Schemes](#) (Trucco, Morgan, Longmore)
- Break (:05) [6:30pm]
- Team Defense (:30) [6:35pm]
 - Scrimmage vs. Varsity – LIVE – Full Tackling
- Break (:05) [7:05m]
- Team – *main field* (:10-:15) [7:10pm]
 - Assignments / Walkthrough
 - Special Situations / Special Teams
- Oklahoma -**or**- Bull-in-the-Ring (:05-:10) [7:20pm-7:25pm]
- End Practice [7:30pm]