

September

Trucco out

M

19

Practice

- Warm-up (:15) [6:00pm]
- Speed & Agility Drills (:15 – :05 ea.) [6:15pm]
 - [Interval Sprints](#) / [Flying Sprints](#) (sprint) [Morgan]
 - [W Drill](#) (cone) [Gruber, Mlynek]
 - [Lateral Step over w/Ball](#) / [Lateral ½ Way Switch](#) (bag) [Longmore, Bucher]
- Break (:05) [6:30pm]
- Specialty (:25) [6:35pm]
 - Backs/Receivers – **Install Offense** [Gruber, Longmore, Morgan]
 - Lineman/Tight Ends – **Blocking concepts/Schemes** [Mlynek, Bucher]
- Film Review (:30) [7:00pm]
- End Practice [7:30pm]

Equipment needed:

- Cones
- Shields
- Coffin Bags (5)