

September

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Practice

- Warm-up (:10) [6:00pm]
- Skills Drills [Position Groups] (:20) [6:10pm]
 - Backs/Receivers - [Gruber, Longmore, Morgan]
 - Lineman – [Trucco, Mlynek]
- Break (:05) [6:30pm]
- Specialty [Position Groups] (:25) [6:35pm]
 - Backs/Receivers – **Install Offense** [Gruber, Longmore, Morgan]
 - Lineman/Tight Ends – **Blocking /Schemes** [Trucco, Mlynek]
- Break (:05) [7:00pm]
- Team Offense (:25) [7:05pm]
- End Practice [7:30pm]