

# September

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26

## Practice

- Warm-up (:15) [6:00pm]
- Speed & Agility Drills (:15 – :05 ea.) [6:15pm]
  - [Sprint-Backpedal Repeats](#) (sprint) [Trucco, Longmore]
  - [4 Square](#) (cone) [Gruber, Bucher]
  - [Lateral up Redirect](#) (bag) [Morgan, Mlynek]
- Break (:05) [6:30pm]
- Specialty (:25) [6:35pm]
  - Backs – **Install Offense** [Gruber, Longmore, Morgan]
  - Linemen/Tight Ends – **Blocking concepts/Schemes** [Trucco, Mlynek, Bucher]
- Film Review (:30) [7:00pm]
- End Practice [7:30pm]