

September

Gruber out

TH

29

Practice

- Warm-up (:10) [6:00pm]
- Tackling (:20) (6:10pm)
 - Group 1 (Trucco, Bucher)
 - Group 2 (Longmore, Mlynek)
 - Group 3 (Morgan)
- Break (:05) [6:30pm]
- Specialty [Position Groups] (:20) [6:35pm]
 - DBs + LBs – [Pass Coverage](#) (Trucco, Longmore, Morgan)
 - DL – [Hand Skills, Footwork, & Run Coverage](#) (Bucher, Mlynek)
- Break (:05) [6:55pm]
- Team Defense (:15) [7:00pm]
 - Game Prep
- Special Teams (:15) [7:15pm]
 - (Main Field) Punt/Return/Field Goal
- End Practice [7:30pm]