

October

Bucher out
Mlynek out

M

03

Practice

- Stretch, Warm-up, and Agility (:15) [5:30pm]
- Break (:05) [5:45pm]
- Team Offense – Football+ (:20) [5:50pm]
 - Effectivity and Opportunity
 - St Jude – Plan of Attack
- Team Defense – Football+ (:20) [6:10pm]
 - Effectivity and Opportunity
 - St Jude – Defensive Scheme Plan
- Film Review (:30) [6:30pm]
- End Practice [7:00pm]