

October

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10

Practice

- Stretch and Warm-up (:15) [5:30pm]
- Speed & Agility Drills (:15 – :05 ea.) [5:45pm]
 - [60-yard Shuttle Run](#) (sprint) [Trucco, Longmore]
 - [Weave Drill](#) / [Slalom Weave Drill](#) (cone) [Morgan, Bucher]
 - [Lateral 1/2 Way Switch](#) / [Lateral Step over w/Ball](#) (bag) [Gruber, Mlynek]
- Break (:05) [6:00pm]
- Specialty (:25) [6:05pm]
 - Backs – **Install Offense** [Gruber, Longmore, Morgan]
 - Linemen/Tight Ends – **Blocking concepts/Schemes** [Trucco, Mlynek, Bucher]
- Film Review (:30) [6:30pm]
- End Practice [7:00pm]