

# October

Gruber out

M

17

## Practice

- Stretch and Warm-up (:15) [5:30pm]
- Speed & Agility Drills (:15 – :05 ea.) [5:45pm]
  - [Interval Sprints](#) / [Flying Sprints](#) (sprint) [Longmore, Bucher]
  - [5 Cone Cross Drill](#) (cone) [Trucco]
  - [Pursuit – Lateral – Pursuit](#) (bag) [Morgan, Mlynek]
- Break (:05) [6:00pm]
- Specialty (:25) [6:05pm]
  - Backs – **Install Offense** [Longmore, Morgan]
  - Linemen/Tight Ends – **Blocking concepts/Schemes** [Trucco, Mlynek, Bucher]
- Film Review (:30) [6:30pm]
- End Practice [7:00pm]