

October

Bucher out

M

24

Practice

- Stretch and Warm-up (:15) [5:30pm]
- Speed & Agility Drills (:15 – :05 ea.) [5:45pm]
 - [Back pedal into Sprints](#) (sprint) [Longmore, Gruber]
 - [Circle & Accelerate](#) / [2 Feet in, 2 Feet Out](#) (cone) [Morgan, Mlynek]
 - [High Knees](#) / [Lateral](#) (bag) [Trucco]
- Break (:05) [6:00pm]
- Specialty (:25) [6:05pm]
 - Backs – **Install Offense** [Gruber, Longmore, Morgan]
 - Linemen/Tight Ends – **Blocking concepts/Schemes** [Trucco, Mlynek]
- Film Review (:30) [6:30pm]
- End Practice [7:00pm]