

November

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Practice

- Stretch & Warm-up (:10) [5:30pm]
- Skills Drills [Position Groups] (:20) (5:40pm)
 - Backs - [Gruber, Longmore, Morgan]
 - Linemen – [Trucco, Bucher, Mlynek]
- Break (:05) [6:00pm]
- Specialty [Position Groups] (:20) [6:05pm]
 - Backs/Receivers – **Offensive Plays** [Gruber, Longmore, Morgan]
 - Linemen/Tight Ends – **Blocking /Schemes** [Trucco, Bucher, Mlynek]
- Break (:05) [6:25pm]
- Film Review (:30) [6:30pm]
- End Practice [7:00pm]