

November

Nobody out

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03

Practice

- Stretch & Warm-up (:10) [5:30pm]
- Tackling (:10) [5:40pm]
 - DL - (Gruber, Bucher)
 - LBs + DEs - (Trucco, Longmore)
 - DBs - (Morgan, Mlynek)
- Break (:05) [5:50pm]
- Defensive Skills Drills [Position Groups] (:15) [5:55pm]
 - DL - (Gruber, Bucher)
 - LBs + DEs - (Trucco, Longmore)
 - DBs - (Morgan, Mlynek)
- Team Defense (:15) [6:10pm]
 - City Championship Game Plan
- Break (:05) [6:25m]
- Offense [Position Groups] (:20) [6:30pm]
 - Backs/Receivers – **Offensive Plays** [Gruber, Longmore, Morgan]
 - Linemen/Tight Ends – **Blocking /Schemes** [Trucco, Bucher, Mlynek]
- Special Teams (:10) [6:50pm]
 - Punt / Return / Field Goal
- End 'Final' Practice [7:00pm]