Football Practice Calendar – August 23-September 13, 2020

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 23 | 2460 Minutes ConditioningNo Skill Work | 2560 Minutes ConditioningNo Skill Work | 2660 Minutes ConditioningNo Skill Work | 2760 Minutes ConditioningNo Skill Work | 2860 Minutes ConditioningNo Skill Work | 2930 Minutes Conditioning/30 Minutes Skill Work |

Cohorts of 10

 1-hour practices comprised of 60 minutes of conditioning.

Saturday, August 29 30 minutes of conditioning and 30 minutes of skill work. Skill work is non-contact and maintains a social distance of 6 feet for all participants.

Additional time can be spent with student-athletes online to review game film, playbooks, etc.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 30 | 3130 Minutes Conditioning/30 Minutes Skill WorkHelmets | 130 Minutes Conditioning/30 Minutes Skill WorkHelmets | 230 Minutes Conditioning/30 Minutes Skill WorkHelmets | 330 Minutes Conditioning/30 Minutes Skill WorkHelmets and shoulder pads | 430 Minutes Conditioning/30 Minutes Skill WorkHelmets and shoulder pads | 530 Minutes Conditioning/30 Minutes Skill WorkHelmets and shoulder pads |

Cohorts of 10

1-hour practices comprised of 30 minutes of conditioning and 30 minutes of skill work. Skill work has no player to player contact and maintains a social distance of 6 feet for all participants.

8/31-9/2 Helmets can be worn. Additional time can be spent with student-athletes online to review game film, playbooks, etc.

 9/3-9/5 Helmets and shoulder pads may be used and contact only with sleds and tackling dummies may be initiated. Six feet of social distance must be maintained and equipment must be sanitized between each individual player use. Additional time can be spent with student-athletes online to review game film, playbooks, etc.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 6 | 730 Minutes Conditioning/30 Minutes Skill WorkHelmets and shoulder pads | 830 Minutes Conditioning/30 Minutes Skill WorkHelmets and shoulder pads | 930 Minutes Conditioning/30 Minutes Skill WorkHelmets and shoulder pads | 1030 Minutes Conditioning/30 Minutes Skill WorkHelmets and shoulder pads | 1130 Minutes Conditioning/30 Minutes Skill WorkHelmets and shoulder pads | 1230 Minutes Conditioning/30 Minutes Skill WorkHelmets and shoulder pads |

Cohorts of 10

1-hour practices comprised of 30 minutes of conditioning and 30 minutes of skill work. Skill work has no player to player contact and maintains a social distance of 6 feet for all participants. Helmets and shoulder pads may be used and contact only with sleds and tackling dummies may be initiated. Additional time can be spent with student-athletes online to review game film, playbooks, etc.