

Football Practice Calendar – August 23-September 13, 2020

23	24 60 Minutes Conditioning No Skill Work	25 60 Minutes Conditioning No Skill Work	26 60 Minutes Conditioning No Skill Work	27 60 Minutes Conditioning No Skill Work	28 60 Minutes Conditioning No Skill Work	29 30 Minutes Conditioning/30 Minutes Skill Work
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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	31 30 Minutes Conditioning/30 Minutes Skill Work Helmets	1 30 Minutes Conditioning/30 Minutes Skill Work Helmets	2 30 Minutes Conditioning/30 Minutes Skill Work Helmets	3 30 Minutes Conditioning /30 Minutes Skill Work Helmets and shoulder pads	4 30 Minutes Conditioning /30 Minutes Skill Work Helmets and shoulder pads	5 30 Minutes Conditioning /30 Minutes Skill Work Helmets and shoulder pads
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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	7 30 Minutes Conditioning /30 Minutes Skill Work Helmets and shoulder pads	8 30 Minutes Conditioning /30 Minutes Skill Work Helmets and shoulder pads	9 30 Minutes Conditioning /30 Minutes Skill Work Helmets and shoulder pads	10 30 Minutes Conditioning /30 Minutes Skill Work Helmets and shoulder pads	11 30 Minutes Conditioning /30 Minutes Skill Work Helmets and shoulder pads	12 30 Minutes Conditioning /30 Minutes Skill Work Helmets 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.