

Football Practice Calendar – August 24-29

(Cohorts of 10)

24 60 Minutes Conditioning No Skill Work (Cohorts of 10)	25 60 Minutes Conditioning No Skill Work (Cohorts of 10)	26 60 Minutes Conditioning No Skill Work (Cohorts of 10)	27 60 Minutes Conditioning No Skill Work (Cohorts of 10)	28 60 Minutes Conditioning No Skill Work (Cohorts of 10)	29 30 Minutes Conditioning/30 Minutes Skill Work (Cohorts of 10)*
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*August 29 (Cohorts of 10) 1-hour practices comprised of 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

The calendar below has been proposed to DPH and we will continue to update.

Proposed Football Practice Calendar

(Cohorts of 10)

August 31 – Sept 13 (Cohorts of 10) 1-hour practices comprised of 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.

Sept 14 – Sept 21 (Cohorts of 10) 90-minute practice comprised of 45 minutes of conditioning and 45 minutes of skill work. Skill work can involve 15 minutes of contact intended to demonstrate and teach talking and blocking progressions. Additional time can be spent with student-athletes online to review game film, playbooks, etc.

Sept 21 – 30 (Full Team) 2-hour practices comprised of 45 minutes of conditioning and 75 minutes of skill work. Skill work can involve 30 minutes of contact intended to demonstrate and teach tackling and blocking progressions. The remaining 60 minutes of 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.

Oct 1 – Nov 21 (Full team; a full contact scrimmage may take place as of Sept 26) 2-hour practices. Coaches should be aware of student-athletes' conditioning level and account for additional progressions on an individual basis. Full contact should be limited to the time necessary to teach appropriate tackling and skill specific technique, but in any case, may not exceed 10 minutes per day per athlete.