

## Sample Pre-Season Football Practice Schedules – Fall 2017

The sample schedules provided below are intended to serve only as examples of permissible preseason practice schedules. Institutions are not limited to the schedules outlined below and may develop additional scheduling options provided:

- The institution conducts no more than one on-field practice session per day, not to exceed three hours in length; and
- A three-hour recovery period is provided between any two sessions that involve physical activity.

### Example No. 1

|               |                                                               |
|---------------|---------------------------------------------------------------|
| 9 to 10 a.m.  | Weight Training – Offense; Meetings and Film Review - Defense |
| 10 to 11 a.m. | Weight Training – Defense; Meetings and Film Review - Offense |
| 11 to 2 p.m.  | Recovery Period – Lunch and Break                             |
| 2 to 5 p.m.   | On-Field Practice                                             |
| 5 to 8 p.m.   | Recovery Period – Dinner Break                                |
| 8 to 9 p.m.   | Walk Through                                                  |

### Example No. 2

|               |                                                               |
|---------------|---------------------------------------------------------------|
| 9 to 10 a.m.  | Weight Training – Offense; Meetings and Film Review - Defense |
| 10 to 11 a.m. | Weight Training – Defense; Meetings and Film Review - Offense |
| 11 to 2 p.m.  | Recovery Period – Lunch and Break                             |
| 2 to 3 p.m.   | Walk Through                                                  |
| 3 to 6 p.m.   | Recovery Period – Dinner and Break                            |
| 6 to 9 p.m.   | On-Field Practice                                             |

### Example No. 3

|                    |                                   |
|--------------------|-----------------------------------|
| 9 to 10 a.m.       | Walkthrough                       |
| 10 to 10:45 a.m.   | Meetings and Film Review          |
| 10:45 to 3:15 p.m. | Recovery Period – Lunch and Break |
| 3:15 to 4:15 p.m.  | Meetings and Film Review          |
| 4:30 to 7:30 p.m.  | On-Field Practice                 |

### Example No. 4

|               |                                                             |
|---------------|-------------------------------------------------------------|
| 9 to 10 a.m.  | Walk Through                                                |
| 10 to 11 a.m. | Recovery Period - Meetings and Film Review                  |
| 11 to 1 p.m.  | Recovery Period – Lunch                                     |
| 1 to 3 p.m.   | On-Field Practice                                           |
| 3 to 4 p.m.   | Weight Training – As part of three hours on-field practice. |
| 4 to 5 p.m.   | Meetings and Film Review                                    |

## Sample Pre-Season Football Practice Schedules – Fall 2017

### Example No. 5

|              |                                            |
|--------------|--------------------------------------------|
| 7 to 10 a.m. | On-Field Practice                          |
| 10 to 1 p.m. | Recovery Period                            |
| 1 to 2 p.m.  | Weight Training                            |
| 2 to 3 p.m.  | Recovery Period                            |
| 3 to 5 p.m.  | Recovery Period - Meetings and Film Review |
| 5 to 6 p.m.  | Walk Through                               |

### Example No. 6

|               |                                            |
|---------------|--------------------------------------------|
| 9 to 10 a.m.  | Meetings and Film Review                   |
| 10 to 11 a.m. | Walk Through                               |
| 11 to 2 p.m.  | Recovery Period                            |
| 2 to 3 p.m.   | Weight Training                            |
| 3 to 5 p.m.   | Recovery Period – Meetings and Film Review |
| 5 to 6 p.m.   | Recovery Period - Break                    |
| 6 to 9 p.m.   | On-Field Practice                          |

### Example No. 7

|                    |                                                               |
|--------------------|---------------------------------------------------------------|
| 8 to 9 a.m.        | Meetings and Film Review                                      |
| 9 to 10 a.m.       | Weight Training – Offense; Meetings and Film Review - Defense |
| 10 a.m. to 11 a.m. | Weight Training – Defense; Meetings and Film Review - Offense |
| 11 a.m. to 1 p.m.  | Recovery Period – Lunch and Break                             |
| 1 to 2 p.m.        | Recovery Period - Meetings and Film Review                    |
| 2 to 5 p.m.        | On-Field Practice                                             |
| 5 to 8 p.m.        | Recovery Period – Dinner and Break                            |
| 8 to 9 p.m.        | Walk Through                                                  |