

# CAPITAL FOOTBALL June 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Outdoor Workout #1 Jrs-Srs 8:00-9:00 8 <sup>th</sup> -Sophs 9:30-10:30	2 Outdoor Workout #2 Jrs-Srs 8:00-9:00 8 <sup>th</sup> -Sophs 9:30-10:30	3 Outdoor Workout #3 Jrs-Srs 8:00-9:00 8 <sup>th</sup> -Sophs 9:30-10:30	4 Outdoor Workout #4 Jrs-Srs 8:00-9:00 8 <sup>th</sup> -Sophs 9:30-10:30	5 OFF	6
7	8 Outdoor Workout #5 Jrs-Srs 8:00-9:00 8 <sup>th</sup> -Sophs 9:30-10:30	9 Outdoor Workout #6 Jrs-Srs 8:00-9:00 8 <sup>th</sup> -Sophs 9:30-10:30	10 Outdoor Workout #7 Jrs-Srs 8:00-9:00 8 <sup>th</sup> -Sophs 9:30-10:30	11 Outdoor Workout #8 Jrs-Srs 8:00-9:00 8 <sup>th</sup> -Sophs 9:30-10:30	12 OFF	13
14	15 Weightroom/Running & Football Drills #9 All grades 8:00-10:00AM	16 Weightroom/Running & Football Drills #10 All grades 8:00-10:00AM	17 Weightroom/Running & Football Drills #11 All grades 8:00-10:00AM	18 Weightroom/Running & Football Drills #12 All grades 8:00-10:00AM	19 OFF	20
21	22 Weightroom/Running & Football Drills #13 All grades 8:00-10:00AM	23 Weightroom/Running & Football Drills #14 All grades 8:00-10:00AM	24 Weightroom/Running & Football Drills #15 All grades 8:00-10:00AM	25 Weightroom/Running & Football Drills #16 All grades 8:00-10:00AM	26 OFF	27
28	29 Weightroom/Running & Football Drills #17 All grades 8:00-10:00AM Non-padded Practice 10:00-11:00	30 Weightroom/Running & Football Drills #18 All grades 8:00-10:00AM Non-padded Practice 10:00-11:00	1 OFF	2 OFF	3 OFF	4 HAPPY 4 <sup>TH</sup> OF JULY!

## INFO

### OUTDOOR WORKOUTS (June 1<sup>st</sup>)

Bring tennis shoes and cleats  
We will need to keep social distancing in place from the time you arrive to the time you leave.  
Masks are not required (optional)

### WEIGHTROOM/WORKOUTS (June 15<sup>th</sup>)

We will be in the weight room and outside.  
No lifts that require a full spotter  
We will begin to introduce individual football drills & install plays/formations  
There will be no competition or 1 on 1s

After the workouts on the 29<sup>th</sup> & 30<sup>th</sup> we will have a 60 minute non-padded practice where we begin to execute plays vs other players.