

# FOOTBALL SCHEDULE

## Monday-Wednesday:

7am- Body Quest; We al go in together. EXACTLY at 7am. Not before or after.

7:01- Team together 30 jumping jacks.

7:02- Linemen (Offense & Defense) (Group A)

3x6 Leg Press

3x6 Squats/Dumbbell Squats

3x6 Leg Curls

DB's & Receivers (Group B)

3x10 Shoulder Shrugs w/dumbbells

3x10 Dumbbell Curls

3x6 Flys

RB's & LB'ers (Group C)

3x6 Incline/Bench

3x6 Upper Body Lift

3x6 Triceps

\*All groups stay together until Coach Bev says rotate.

(C to B, B to A, A to C)

7:50- Jog, Form Running, Medicine Ball Drills

8:15 - 8:45- Fleet Football

4 teams will draft for teams. Keep record of W-L.

Prizes will go to the top team in August.

**Tuesday-Thursday:**

7:00am- Stadium Steps (wear A.S.O. ankle braces)

7:15am- H<sub>2</sub>O Break

7:20am- Core Exercises

7:35am- Cone Drill, Ladder Drill

7:45am- H<sub>2</sub>O Break

7:50am- Lateral Running- Dummies

8:00am- Sprints

8:10am- H<sub>2</sub>O Break

8:15-8:45- Fleet Football

**\*Make sure you bring your football cleats. We do not want anyone sliding all over the place.**