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## *Football Conditioning Activities Tip Sheet*

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### Conditioning Activities Outside The Playing Season

- Permissible conditioning drills and other activities.
  - Simulation of game activities provided:
    - No offensive or defensive alignments are used;
    - No equipment related to the sport is used; and
    - No equipment from another sport is used to replace football equipment (e.g., tennis ball, rolled-up towel, Frisbee).
  - Weight training (e.g., free weights, weight machines, kettlebells, medicine balls).
  - Running/sprints.
  - Agility/plyometric drills.
  - Military crawls.
  - Obstacle courses.
  - Tug-of-war (e.g., rope, tire).
  - Resistance sprints (e.g., parachute, harness, sled, other individuals).
  - Sledgehammer training.
  - Battling ropes.
  - Wheelbarrow races.
  
- Impermissible conditioning activities.
  - Contact-related drills.
  - Blocking/tackling/checking drills (e.g., use of football sleds, hockey dummies, walls, or other individuals to develop blocking, tackling, checking, or other contact techniques).
  - Offensive or defensive alignments.
  
- Rules.
  - 8 hours of permissible CARAs per week with a max of 2 hours of film review.
  - 2 days off per week (Note: No days off are required during 8-week summer mandatory workouts).