

DHS Football - May 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cycle 4 Week 3		30	A-Day 1 1 st Period – Lift / Run 4p – Frosh/Soph. <u>Spring Practice #2</u>	B-Day 2	A-Day 3 1 st Period – Lift / Run	4
Week 16 Lesson – Team First Cycle 4 Week 4	5 B-Day 6 <u>Spring Practice #3</u>	A-Day 7 1 st Period – Lift / Run <u>Spring Practice #4</u>	B-Day 8 3:30p – Frosh/Soph.	A-Day 9 1 st Period – Lift / Run	B-Day 10	11
Week 17 Lesson – 3 R's Cycle 5 Week 1	12 A-Day 13 1 st Period – Lift / Run <u>Spring Practice #5</u>	B-Day 14	A-Day 15 1 st Period – Lift / Run 4p – Frosh/Soph.	B-Day 16 <u>Spring Practice #6</u>	A-Day 17 1 st Period – Lift / Run	18
Week 18 Lesson – Multi-sport Benefits Cycle 5 Week 2	19 B-Day 20 <u>Spring Practice #7</u>	A-Day 21 1 st Period – Lift / Run	B-Day 22 3:30p – Frosh/Soph.	A-Day 23 1 st Period – Lift / Run <u>Spring Practice #8 – Parent Meeting</u>	B-Day 24 6:15am - Varsity	25
Cycle 5 Week 3	26 <u>Holiday – No School</u>	27 A-Day 28 1 st Period – Lift / Run 7 on 7	B-Day 29 6:15am - Varsity 7 on 7	A-Day 30 1 st Period – Lift / Run 7 on 7	31	

DETAILS

Spring Practice

We will practice 2 nights a week from 6-7pm. Quick and concise. Drills, scheme, and team units. This will introduce younger players to system and get coaches around athletes.

7 on 7

Practice will begin the second to last week of the school year. We will schedule 1-2 tournaments to attend and compete against other schools

Summer Vacation

Parents – Please plan your summer activities around the calendar as much as possible. We need the entire team at practice as often as possible.