

FOOTBALL PRACTICE CDC GUIDELINES

1. PRACTICE

OFFENSE

- **QB - Middle of the field from the 20 yard line to the 10 yard line with 1 line of 3 people spread out 6 feet apart.**
- **RB - Right side of the field from the 35 yard line to the 25 yard line with 2 lines of 5 people spread out 6 feet apart.**
- **WR - Left side of the field from the 45 yard line to the 25 yard line with 4 lines of 5 people spread out 6 feet apart.**
- **OL - Middle of the field from the 45 yard line to the 35 yard line with 2 lines of 5 people spread out 6 feet apart.**

DEFENSE

- **DL - Middle of the field from the 45 yard line to the 35 yard line with 2 lines of 5 people spread out 6 feet apart.**
- **LB - Middle of the field from the 30 yard line to the 20 yard line with 2 lines of 5 people spread out 6 feet apart.**
- **FS/SS - Left side of the field from the 15 yard line to the 5 yard line with 2 lines of 5 people spread out 6 feet apart.**
- **CB- Right side of the field from the 15 yard line to the 5 yard line with 2 lines of 5 people spread out 6 feet apart.**

2. End Practice

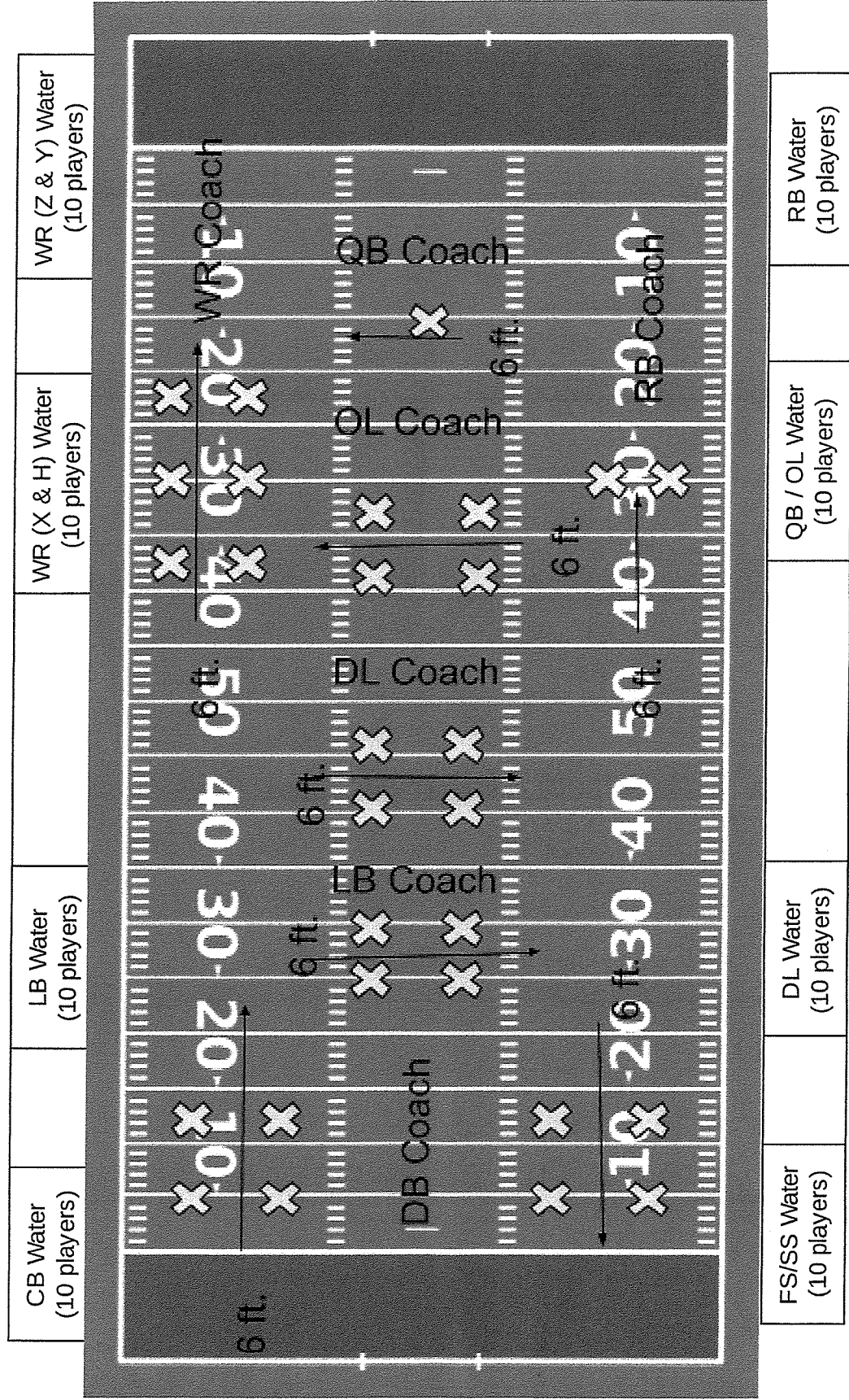
OFFENSE

- **QB - Middle of the field from the 45 yard line to the 40 yard line with 1 line of 3 people spread out 6 feet apart.**
- **RB - Right side of the field from the 45 yard line to the 40 yard line with 2 lines of 5 people spread out 6 feet apart.**
- **WR - Left side of the field from the 45 yard line to the 40 yard line with 4 lines of 5 people spread out 6 feet apart.**
- **OL - Middle of the field from the 45 yard line to the 40 yard line with 2 lines of 5 people spread out 6 feet apart.**

DEFENSE

- **DL - Middle of the field from the 45 yard line to the 40 yard line with 2 lines of 5 people spread out 6 feet apart.**
- **LB - Middle of the field from the 45 yard line to the 40 yard line with 2 lines of 5 people spread out 6 feet apart.**
- **FS/SS - Left side of the field from the 45 yard line to the 40 yard line with 2 lines of 5 people spread out 6 feet apart.**
- **CB - Right side of the field from the 45 yard line to the 40 yard line with 2 lines of 5 people spread out 6 feet apart.**

FOOTBALL PRACTICE DIAGRAM



FOOTBALL END PRACTICE DIAGRAM

