

## Solon Football 2021 Off-Season Program

March 1<sup>st</sup> – May 28<sup>th</sup>

### **Athletes not participating in a spring sport: 5-day program.**

- Monday, Wednesday, and Friday at 3:00pm-4:15pm
  - We encourage athletes to have their workout clothes and water packed before the last school period of the day so we can start as close to that 3pm time as possible.
- Tuesday and Thursday at 6:30am-7:15am
  - These full team workouts are designed to help enhance the total athlete with speed development and drive our TEAM first culture.

### **Athletes participating in a spring sport: 2-day program.**

- Tuesday and Thursday 6:30am-7:15am
  - These workouts are designed to help spring athletes during their season as well as bring our entire team together to drive our TEAM first culture.
  - I have spoken with our spring coaches about these workouts and they are designed to improve athletic performance for all sports. This will benefit and aid in spring athlete success.

### **Player Meetings/Development**

- Individual player meetings with Coach Wiz
  - Discuss individual goals both on and off the field.
- Small group meetings by position, graduation class, etc.
  - Team culture discussions, leadership training, current events, playbook installs.
  - Skill work with position group (7 player/1 coach max).
- Opportunities to volunteer
  - Spring Youth Clinic K-6.
  - SMS workouts (late spring).

