

Indiana Hoosiers

Football Conditioning Evaluation

On a football field, you will run a series of sprints with a limited rest. Your run times and rest times will be based on your group by position. You must always start in a 3-point stance. Set cones at the desired distance and perform the following:

Skill Group = wr/db/rb

Big Skill Group = de/lb/te/fb/qb/k

Big Group = ol/dl

1st quarter = 80 yard dash X 4 Reps. Skill = 11 sec run/11 sec rest
Big Skill = 12 sec run/12 sec rest
Big = 13 sec run/13 sec rest

Rest 60 seconds

2nd quarter = 60 yard dash X 5 Reps. Skill = 9 sec run/9 sec rest
Big Skill = 10 sec run/10 sec rest
Big = 11 Sec run/11 sec rest

Rest 90 seconds

3rd quarter = 50 yard dash X 6 Reps. Skill = 8 sec run/8 sec rest
Big Skill = 9 sec run/9sec rest
Big = 10 sec run/10 sec rest

Rest 60 seconds

4th quarter = 40 yard dash X 12 Reps. Skill = 6 sec run/6 sec rest
Big Skill = 7 sec run/7 sec rest
Big = 8 sec run/8 sec rest

Finished Evaluation

PASSING REQUIREMENTS:

You must make all of your times for the 80, 60 and 50 yard dashes. You must make your time for 10 out of 12 - 40 yard dashes. Finally you must complete every sprint and finish the evaluation. Dropping out at any point is an automatic failure.