

2016 Football Contact Log							
Submitted by:							
Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total for Week
	Air	Air	Air	Air	Air	Air	
	Bags -	Bags -	Bags -	Bags -	Bags -	Bags -	
	Control -	Control -	Control -	Control -	Control -	Control -	
	Thud -	Thud -	Thud -	Thud -	Thud -	Thud -	
	Live Action -	Live Action -	Live Action -	Live Action -	Live Action -	Live Action -	
Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total for Week
	Air	Air	Air	Air	Air	Air	
	Bags -	Bags -	Bags -	Bags -	Bags -	Bags -	
	Control -	Control -	Control -	Control -	Control -	Control -	
	Thud -	Thud -	Thud -	Thud -	Thud -	Thud -	
	Live Action -	Live Action -	Live Action -	Live Action -	Live Action -	Live Action -	
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	Control -	Control -	Control -	Control -	Control -	Control -	
	Thud -	Thud -	Thud -	Thud -	Thud -	Thud -	
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	Control -	Control -	Control -	Control -	Control -	Control -	
	Thud -	Thud -	Thud -	Thud -	Thud -	Thud -	
	Live Action -	Live Action -	Live Action -	Live Action -	Live Action -	Live Action -	
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	Control -	Control -	Control -	Control -	Control -	Control -	
	Thud -	Thud -	Thud -	Thud -	Thud -	Thud -	
	Live Action -	Live Action -	Live Action -	Live Action -	Live Action -	Live Action -	

NJSIAA Football Guidelines for 90 Minute Contact Practice

- A. Full Head to Head contact for practice should be limited during the regular season to ninety (90) minutes per week.
- B. Maximum of thirty (30) minutes per day, with contact on no more than two (2) consecutive days.
At this point in the season, games have begun and full-contact exposure rates increase on a weekly basis for players. The reduction in the amount of time dedicated to full-contact drills decreases the number of exposures per week.
- C. Levels of Contact - five (5) intensity levels are used to introduce players to practice drills which position them to master the fundamentals and increase skill development.
- D. Explaining Levels of Contact - Contact Level 3 is allowed on three consecutive days

Contact	Intensity	Description
Air	0	Players run a drill unopened without contact.
Bags	1	Drill is run against a bag or another soft-contact surface.
Control	2	Drill is run at assigned speed to competitive speed until the moment of contact; one player is pre-determined the "winner" by the coach. Contact remains above the waist and players stay on their feet.
Thud No Head to Head Contact	3	Drill is run at assigned speed to competitive speed through the moment of contact; no head to head contact; no pre-determined "winner." Contact remains above the waist, players stay on their feet, and a quick whistle ends the drill.
Live Action	4	Drill is run in game-like conditions and is the only time that players are taken to the ground.