



NFL Offseason Workout Program Dates Announced

NEW YORK — April 30, 2025 — Voluntary offseason workout programs are intended to provide training, teaching and physical conditioning for players. The calendar for 2025 is below.

As per Article 21 of the Collective Bargaining Agreement, each club's official, voluntary nine-week offseason program is conducted in three phases:

Phase One consists of the first two weeks of the program with activities limited to meetings, strength and conditioning, and physical rehabilitation only.

Phase Two consists of the next three weeks of the program. On-field workouts may include individual or group instruction and drills, as well as "perfect play drills," and drills and plays with offensive players lining up across from offensive players and defensive players lining up across from defensive players, conducted at a walk-through pace. No live contact or team offense vs. team defense drills are permitted.

Phase Three consists of the next four weeks of the program. Teams may conduct a total of 10 days of organized team practice activity, or "OTAs". No live contact is permitted, but 7-on-7, 9-on-7, and 11-on-11 drills are permitted.

Article 22 of the Collective Bargaining Agreement stipulates that clubs may hold one mandatory minicamp for veteran players. This minicamp, noted below, must occur during Phase Three of the offseason program.

Each club may hold a rookie football development program for a period of seven weeks, which in 2025 may begin on May 12. During this period, no activities may be held on weekends, with the exception of one post-Draft rookie minicamp, which may be conducted on either the first or second weekend following the draft.

The NFL Offseason Workout Program calendar (dates are subject to change at the discretion of individual clubs):

ARIZONA	OTA Offseason Workouts:	May 28-30, June 3-5
	Mandatory Minicamp:	June 10-12
	Rookie Minicamp:	May 9-11
ATLANTA	OTA Offseason Workouts:	May 27-28, May 30, June 2-3, June 5
	Mandatory Minicamp:	June 10-11
	Rookie Minicamp:	May 9-11
BALTIMORE	OTA Offseason Workouts:	May 27-29, June 3, June 5-6, June 9-12
	Mandatory Minicamp:	June 17-19
	Rookie Minicamp:	May 3-5
BUFFALO	OTA Offseason Workouts:	May 27-29, June 2-3, June 5
	Mandatory Minicamp:	June 10-12
	Rookie Minicamp:	May 9-10
CAROLINA	OTA Offseason Workouts:	May 27-28, May 30, June 2-3, June 5
	Mandatory Minicamp:	June 10-12

	Rookie Minicamp:	May 9-10
CHICAGO	OTA Offseason Workouts:	May 20-22, May 28-30, June 9-11
	Mandatory Minicamp:	June 3-5
	Rookie Minicamp:	May 9-11
CINCINNATI	OTA Offseason Workouts:	May 27-29, June 2-4
	Mandatory Minicamp:	June 10-12
	Rookie Minicamp:	May 9
CLEVELAND	OTA Offseason Workouts:	May 27-28, May 30, June 3-4, June 6, June 16-19
	Mandatory Minicamp:	June 10-12
	Rookie Minicamp:	May 9-11
DALLAS	OTA Offseason Workouts:	May 19-20, May 22, May 28-30, June 2-3, June 5
	Mandatory Minicamp:	June 10-12
	Rookie Minicamp:	May 2-4
DENVER	OTA Offseason Workouts:	May 27-29, June 3-5
	Mandatory Minicamp:	June 10-12
	Rookie Minicamp:	May 9-11
DETROIT	OTA Offseason Workouts:	May 28-30, June 3-5
	Rookie Minicamp:	May 9-11
GREEN BAY	OTA Offseason Workouts:	May 27-28, May 30, June 2-3, June 5
	Mandatory Minicamp:	June 10-12
	Rookie Minicamp:	May 2-3
HOUSTON	OTA Offseason Workouts:	May 28-30, June 2-3, June 5
	Mandatory Minicamp:	June 10-11
	Rookie Minicamp:	May 9-10
INDIANAPOLIS	OTA Offseason Workouts:	May 28-30, June 3-5
	Mandatory Minicamp:	June 10-12
	Rookie Minicamp:	May 9-10
JACKSONVILLE	OTA Offseason Workouts:	May 19-20, May 22, May 27-28, May 30, June 2-5
	Mandatory Minicamp:	June 10-12
	Rookie Minicamp:	May 9-11
KANSAS CITY	OTA Offseason Workouts:	May 27-29, June 2-4, June 10-13
	Mandatory Minicamp:	June 17-19
	Rookie Minicamp:	May 3-5
LAS VEGAS	OTA Offseason Workouts:	May 19, May 21-22, May 27, May 29-30, June 2-5
	Mandatory Minicamp:	June 10-12
	Rookie Minicamp:	May 9-11
L.A. CHARGERS	OTA Offseason Workouts:	May 27-28, May 30, June 3-5, June 16-18
	Mandatory Minicamp:	June 10-12
	Rookie Minicamp:	May 9-11
L.A. RAMS	OTA Offseason Workouts:	May 27-28, May 30, June 2-3, June 5, June 9-10, June 12
	Mandatory Minicamp:	June 16-18
	Rookie Minicamp:	May 9-11

MIAMI	OTA Offseason Workouts: Mandatory Minicamp: Rookie Minicamp:	May 27-28, May 30, June 2-3, June 5 June 10-12 May 9-11
MINNESOTA	OTA Offseason Workouts: Mandatory Minicamp: Rookie Minicamp:	May 27-28, May 30, June 2-3, June 5, June 16-18 June 10-12 May 9-11
NEW ENGLAND	OTA Offseason Workouts: Mandatory Minicamp: Rookie Minicamp:	May 19-20, May 22, May 27-28, May 30, June 2-3, June 5 June 9-11 May 9-11
NEW ORLEANS	OTA Offseason Workouts: Mandatory Minicamp: Rookie Minicamp:	May 20-22, May 27, May 29-30, June 2, June 4-5 June 10-12 May 9-11
N.Y. GIANTS	OTA Offseason Workouts: Mandatory Minicamp: Rookie Minicamp:	May 27-28, May 30, June 2-3, June 5, June 9-10, June 12-13 June 17-18 May 9-11
N.Y. JETS	OTA Offseason Workouts: Mandatory Minicamp: Rookie Minicamp:	May 20-22, May 28-30, June 2-5 June 10-12 May 9-11
PHILADELPHIA	OTA Offseason Workouts: Mandatory Minicamp: Rookie Minicamp:	May 27-28, May 30, June 2-3, June 5 June 10 May 2-3
PITTSBURGH	OTA Offseason Workouts: Mandatory Minicamp: Rookie Minicamp:	May 27-29, June 3-5 June 10-12 May 9-11
SAN FRANCISCO	OTA Offseason Workouts: Mandatory Minicamp: Rookie Minicamp:	May 27-28, May 30, June 2-3, June 5 June 10-11 May 9-10
SEATTLE	OTA Offseason Workouts: Mandatory Minicamp: Rookie Minicamp:	May 27, May 29-30, June 2, June 4-5, June 9, June 11-12 June 17-19 May 2-4
TAMPA BAY	OTA Offseason Workouts: Mandatory Minicamp: Rookie Minicamp:	May 27-30, June 2-5 June 10-12 May 9-11
TENNESSEE	OTA Offseason Workouts: Mandatory Minicamp: Rookie Minicamp:	May 27-28, May 30, June 2-3, June 5 June 10-12 May 9-10
WASHINGTON	OTA Offseason Workouts: Mandatory Minicamp: Rookie Minicamp:	May 28, May 30, June 3-4, June 6 June 10-12 May 9-10

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