

Name _____ Date of Injury _____ School/Sport _____ Date of AHCP RTP Clearance _____

Graduated Return to Soccer Protocol

With no symptoms, a gradual return to play program can be initiated. Follow these gradual progressive steps of the training sequence.

There should be approximately 24 hours (or longer) in between each step. If any symptoms return at any time during these activities, stop the work out. Rest until symptom-free for 24 hours. Return to the previous asymptomatic step. If symptoms return or worsen, seek medical attention.

<u>Step</u>	<u>Date</u>	<u>Activity</u>	<u>Tolerance/Comments</u>
1. <u>Light</u> General Conditioning Exercises (Goal: Increase HR)		Begin with sport specific warm up. Do 15-20 minute workout: stationary bicycle, fast paced walking or light jog, rowing or freestyle swimming.	
2. <u>Moderate</u> General Conditioning and Sport Specific Skill Work; Individually (Goal: Add Movement, individual skill work)		Sport specific warm-up. Slowly increase intensity and duration of workout to 20-30 minutes.	
		- Begin skill work within the workout. - Begin running drills, static and dynamic foot dribbling, use cones, individual kicking.	
3. <u>Heavy</u> General conditioning, skill work; individually and with team-mate. NO CONTACT (Goal: Add Movement, teammate skill work)		Continue with general conditioning up to 60 minutes. Increase intensity and duration. Begin interval training.	
		- Begin drills with a partner but with no contact. Continue with individual skill work as per Step 2. - Begin partner passing and kicking on goalie drills. - Begin walk-throughs on offense and defense.	
4. <u>Heavy</u> General conditioning, skill work and team drills. No live scrimmages. VERY LIGHT CONTACT. (Goal: Team skill work, light static contact)		Resume regular conditioning and duration of practice.	
		- Practice passing shell drills (8 or 6) with no contact. - Practice team passing and kicking drills, practice offensive, defensive and counter attack tactical schemes with no contact to the player. - Review heading the ball techniques. Do a few reps of low intensity with limited height and distance.	
5. Full Team Practice with Body Contact		- Participate in a full practice . -If a full practice is completed with no symptoms, return to competition is appropriate. Discuss with the coach about getting back in the next game.	

Step 1: Light General Conditioning Exercises:

- Begin with a sport specific warm up.
- Do a (15-20 minute) workout which can include: stationary bicycle, fast paced walking or light jog, rowing or freestyle swimming.

Step 2: General Conditioning and Sport Specific Skill Work; Individually:

- Continue with the sport specific warm-up.
- Slowly increase intensity and duration of workout (20-30 minutes).
- Begin skill work within the workout.
- Begin running drills, static and dynamic foot dribbling, use cones, individual kicking.

STEP 3: General conditioning, skill work; individually and with a team-mate:

- **NO CONTACT**
- Continue with general conditioning (up to 60 minutes). Increase intensity and duration. Begin interval training.
- Begin drills with a partner but with no contact. Continue with individual skill work as per Step 2.
- Begin partner passing and kicking on goalie drills.
- Begin walk-throughs on offense and defense.

STEP 4: General conditioning, skill work and team drills::

- Do not play live scrimmages. **NO CONTACT**
- Resume regular conditioning and duration of practice.
- Practice team passing and kicking drills, practice offensive, defensive and counter attack tactical schemes with no contact to the player.
- Review heading the ball techniques. Do a few reps of low intensity with limited height and distance.

Step 5: Full Team Practice with Body Contact:

- Join team in a full practice to get yourself back in the lineup. If a full practice is completed with no symptoms, you are ready to return to competition. Discuss with the coach about getting back in the next game.