

SPORT SPECIFIC RETURN TO PLAY PROGRESSIONS

BASEBALL/SOFTBALL:

Step 1: stationary bike for 30 minutes or walking outside up to 1 mile

Step 2: Up to 8 laps of jogging, interval throwing program, bullpen pitching, fielding rolled ground balls, double plays, running bases, pick-off attempts, catcher coming out of the crouch, dry cuts, bunting from soft toss, hitting off the tee

Step 3: Up to 16 laps of jogging, fielding thrown ground balls, catching thrown fly balls, hitting (progress from tee to soft toss, to short throw, pitching machine then live batting practice), running bases

Step 4: Full practice

BASKETBALL:

Step 1: stationary bike for 30 minutes or walking outside up to 1 mile

Step 2: Up to 8 laps of jogging, passing, dribbling, stationary shooting (progress to jump shots), individual post moves, solo rebounding, tip drill, lay-up drill, three man weave, defensive slides, suicides, shadowing plays

Step 3: Up to 16 laps of jogging, Post moves and rebounding with pad contact (progress to player contact)

Step 4: Full practice

CHEERLEADING:

Step 1: stationary bike for 30 minutes or walking outside up to 1 mile

Step 2: Moderate conditioning (up to 8 laps of jogging), Jumps (toe-touch, Herkie, double hook), 15 yd sprints (as in a tumbling pass), stunting with feet on ground, no tumbling or inversion

Step 3: Up to 16 laps of jogging, light tumbling (round-off, walkovers, handspring – one at a time), non-inverted lifts (Liberty, Kewpie), cradle catch

Step 4: Full practice

FOOTBALL:

Step 1: stationary bike for 30 minutes or walking outside up to 1 mile

Step 2: No helmet or pads, Up to 8 laps of jogging, moving in/out of three-point stance, bear crawls through tunnel, tires, step over bags (vertical and lateral), QB/center exchange, QB drop backs, passing, break downs and plant, jump cuts, backpedaling, match the hips, up/downs

Step 3: wear helmet and pads, Up to 16 laps of jogging, Same Step 2 activities, hit/push pads then sled (focus on technique – head up, square up, stay low), step and hit, run and hit, leverage drill, punch drill

Step 4: Full practice

SOCCER:

Step 1: stationary bike for 30 minutes or walking outside up to 1 mile

Step 2: Up to 8 laps of jogging, Inside/outside, top tapping the ball, dribbling in a straight line, dribbling around cones, chipping, goal-keeper punts, goal-keeper catches, long and short passing (inside foot and instep), shooting, volleys

Step 3: Up to 16 laps of jogging, Ball-tossed headers from knees (progress to standing then jumping), goal-keeper dives from knees (progress to standing), 1-on-1 (progress to 2-on-2, 3-on-3, etc.)

Step 4: Full practice

WRESTLING:

Step 1: stationary bike for 30 minutes or walking outside up to 1 mile

Step 2: Up to 8 laps of gym jogging, All drills done at half speed, shooting single/double leg, hand fighting, sit-outs from a referee's position, stand-up escapes from referee's position, leg riding

Step 3: Up to 16 laps of gym jogging, Full speed take downs, break downs, outside carry, full speed shots, pinning combinations

Step 4: Full practice

VOLLEYBALL:

Step 1: stationary bike for 30 minutes or walking outside up to 1 mile

Step 2: Up to 8 laps of gym jogging, No scrimmage or match play, passing drills (progress from wall passing to partner passing, can do Free Ball pass receive), Hitting (approaches with no ball), blocking (wall blocking), Serving

Step 3: Up to 16 laps of gym jogging, No scrimmage or match play, hitting drills (progress from approaches with no ball to full hitting), Passing (progress from partner passing to Pepper drill to serve receive), full blocking, serve

Step 4: Full practice