



## Football

| Exertion Phase           | Cardio   | Balance/Strength   | Sports Drills  |
|--------------------------|--|--|--|
| Phase 1<br>15-20 minutes | <ul style="list-style-type: none"> <li>• Walking Outside</li> <li>• Treadmill Walking</li> <li>• Stationary Bike</li> <li>• Arm Bike</li> </ul>  | <ul style="list-style-type: none"> <li>• Single leg balance</li> <li>• Tandem Stance               <ul style="list-style-type: none"> <li>- (One foot in front of the other)</li> </ul> </li> <li>• Neck Strengthening</li> </ul>  | <ul style="list-style-type: none"> <li>• Light Stretching</li> <li>• May walk during practice or PE class</li> </ul>   |
| Phase 2<br>20-30 Minutes | <ul style="list-style-type: none"> <li>• Walking               <ul style="list-style-type: none"> <li>- Speed/Uphill</li> </ul> </li> <li>• Elliptical</li> <li>• Stairmaster</li> <li>• Swim with kick board</li> <li>• Light Jump rope</li> <li>• Light Jogging</li> </ul> | <ul style="list-style-type: none"> <li>• Core exercises               <ul style="list-style-type: none"> <li>- Minimize head movements</li> <li>Planks, leg lifts</li> </ul> </li> <li>• Body Weight exercises               <ul style="list-style-type: none"> <li>- Lunges, squats, puss-ups, step-ups, tricep dips</li> </ul> </li> <li>• Yoga and Pilates               <ul style="list-style-type: none"> <li>- Minimize head movements</li> </ul> </li> <li>• Balance Exercises</li> </ul> | <ul style="list-style-type: none"> <li>• Activities without risk of contact or collision</li> <li>• No activities with multiple balls in the air</li> <li>• Examples               <ul style="list-style-type: none"> <li>- Light throwing and catching</li> </ul> </li> </ul> |

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| Phase 3<br>30-40<br>Minutes | <ul style="list-style-type: none"> <li>• Running and Sprinting</li> <li>• Footwork and cutting</li> <li>• Jumping</li> </ul> | <ul style="list-style-type: none"> <li>• Core exercise with head movement               <ul style="list-style-type: none"> <li>- Bicycle crunches, planks with head rotation</li> </ul> </li> <li>• Low weight high repetition lifting</li> <li>• Squats, curls, bench press, lunges</li> <li>• Dynamic warm up               <ul style="list-style-type: none"> <li>- Jogging, high knees</li> </ul> </li> <li>• Jumping exercises               <ul style="list-style-type: none"> <li>- Squat jumps, jumping jacks, box jumps</li> </ul> </li> <li>• Balance exercises               <ul style="list-style-type: none"> <li>- Single leg balance with forward reach to floor</li> </ul> </li> </ul> | <ul style="list-style-type: none"> <li>• Non-contact activities with light hand touch only.               <ul style="list-style-type: none"> <li>- Agility/ladder drills</li> <li>- Lineman and linebackers with light touch only</li> <li>- Quarterbacks - low intensity throws advancing to higher intensity</li> <li>- Skill players can run routes and catch without opposition</li> <li>- Kickers may advance to medium intensity kicks</li> <li>- Long snapper limit to 10-15 snaps without opposition</li> </ul> </li> </ul> |
| Phase 4<br>40-60<br>Minutes | <ul style="list-style-type: none"> <li>• Continue Phase 3 Cardio while increasing duration</li> </ul>                        | <ul style="list-style-type: none"> <li>• Advanced core exercises               <ul style="list-style-type: none"> <li>- Burpees, mountain climbers</li> </ul> </li> <li>• Higher weight lower repetition lifting</li> <li>• Continue Balance Exercises</li> </ul>  | <ul style="list-style-type: none"> <li>• May start body contact and tackling drills (not scrimmage)</li> <li>• 1v1, 2v2, etc</li> <li>• Offense v defense drills</li> <li>• Tackling progression               <ul style="list-style-type: none"> <li>- Low intensity with pads</li> <li>- Advance to sled push</li> <li>- Body contact/tackling drills</li> </ul> </li> </ul>  |
| Phase 5<br>> 60 Minutes     | <ul style="list-style-type: none"> <li>• Full practice participation without restrictions</li> </ul>                         | <ul style="list-style-type: none"> <li>• Full practice participation without restrictions</li> </ul>   | <ul style="list-style-type: none"> <li>• Full practice participation without restrictions</li> </ul>  |

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If headache, dizziness, or any other symptom occurs during the progression, stop exercising, wait 24 hours, then resume activity at the previous symptom free level.