



## Water Polo

Exertion Phase	Cardio	Balance/Strength	Sports Drills
Phase 1  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  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> </ul> </li> <li>• Planks, leg lifts</li> <li>• Body Weight exercises               <ul style="list-style-type: none"> <li>- Lunges, squats, push-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> </ul> <p>Examples:</p> <ul style="list-style-type: none"> <li>- Swimming with kick board</li> <li>- Low-intensity swimming</li> </ul>
Phase 3  30-40 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>• No head first diving to flip turns.</li> <li>• May:               <ul style="list-style-type: none"> <li>- Sport specific exercise</li> <li>- Moderate swimming</li> <li>- Treading water</li> <li>- Dribbling</li> <li>- Dry land ball drills against a wall</li> <li>- 200 m swims without flip turns</li> </ul> </li> </ul>

# Water Polo

Exertion Phase	Cardio	Balance/Strength	Sports Drills
Phase 4 40-60 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>Progress to non-contact training drills</li> <li>Passing drills with headgear</li> <li>Advance to multiple player drills</li> <li>Shot blocking at moderate intensity</li> </ul>
Phase 5 > 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>



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.