

Parks and Recreation Return To Play

Soccer Specific Exercise Progression

Name of Athlete: _____

Date symptom-free: _____

	EXERCISE	DATE	COMPLETED / COMMENTS	
Day 1	Goal is to reach 30-40% of maximum heart rate Walking at 2.5 mph or Riding a stationary bike for 20-30 minutes.		YES NO	Coach/Parent's initials
Day 2	Goal is to reach 40-60% of maximum heart rate Jogging (medium pace) for 20-30 minutes Sit-ups x 25, Push-ups x 20, Lunge walks x 20		YES NO	Coach/Parent's initials
Day 3	Goal is to reach 60-80% of maximum heart rate Running (fast pace) for 20-30 minutes, Sit-ups x 50, Push-ups x 30, Lunge walks x 30. Practice individual drills for 15 minutes: can include juggling, cone drills, penalty/goal/corner kicks, sprints, backpedaling. No headers or diving for ball.		YES NO	Coach/Parent's initials
Day 4	Goal is to reach 80% of maximum heart rate Participate in Non-Contact practice drills: Warm up (jogging/stretching 10-20 minutes) and practice with teammates for 45-60 minutes total. Can include drills from Stage 3 but no touching another person, no headers, no diving for ball. Burpees with a jump x 10,		YES NO	Coach/Parent's initials
	<i>Must Have doctors clearance note turned into parks and recreation supervisor to go onto day 5.</i>			Supervisor's Initials
Day 5	Goal is to reach full exertion. Participate in full-contact practice, can resume Headers / dives.		YES NO	Coach/Parent's initials
Day 6	Goal is to reach & maintain full exertion. Resume full participation in competition		YES NO	Coach/Parent's initials