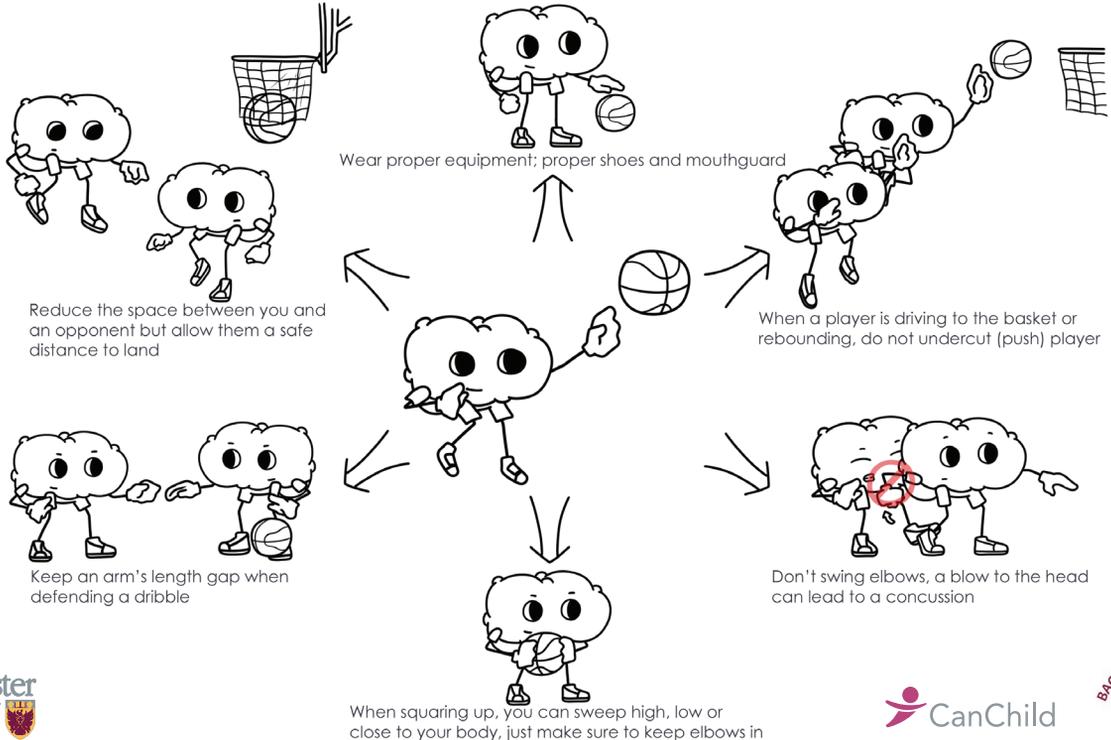


# Basketball: Play Safe

Most concussions in basketball happen when a player hits the ground during a rebound (45%) or when defending a loose ball (30%).



Tell your parents and coaches if you think you've had a concussion.

**Play Safe, Play More!**

# Basketball: Return to Activity

STAGE

1

## SHORT PHASE OF PHYSICAL & COGNITIVE REST. **NO CONTACT.**

- Scale back physical and cognitive activity, participate in home activities (i.e., make bed, listen to music quietly).

STAGE

2

## LIGHT EXERCISE. **LIGHT ACTIVITY - 15-30 MINS, UP TO 2X/DAY. NO CONTACT.**

- Walk, stretch/gentle yoga, swim, and/or light intensity on rowing machine or stationary bike.

STAGE

3

## INDIVIDUAL SPORT SPECIFIC ACTIVITY. **MODERATE ACTIVITY - 30 MINS, UP TO 4X/DAY. NO CONTACT.**

- Basic basketball warm-up (i.e., light skipping, walking hamstring stretch, over-unders).
- Solo basketball skills, dribbling and stationary shooting, ball handling, one hand cross, figure-eights, dribbling around cones.

STAGE

4

## SPORT SPECIFIC PRACTICE WITH TEAM. **MODERATE/VIGOROUS ACTIVITY - 30 MINS, UP TO 6X/DAY. RESISTANCE TRAINING. NO CONTACT OR SCRIMMAGES.**

- Ease back to practice. Wear no-contact jersey. Practice drills with ONE TEAMMATE.
- Start with basic drills - jogging full court. forwards, backwards, side shuffle, line touches.
- Progress to dribbling  $\frac{1}{2}$  to  $\frac{3}{4}$  speed, passing, shooting and individual post moves.
- Continue with conditioning and strength training (i.e., squats, rows, lunges, plank, push ups).

STAGE

5

## SPORT SPECIFIC PRACTICE WITH TEAM. **VIGOROUS ACTIVITY. CONTACT, SCRIMMAGES.**

- Progress to drills and scrimmage with FULL TEAM.
- Advance speed, direction changes and jumps (i.e., full speed dribbling, jumping, rebounding, zig zag drills).
- Walk through and then practice offensive and defensive plays. (i.e., shell drill with live offence, screen drills, boxout drills, fast break drills, tip drill, defensive shadowing on the dribbler, defensive slide drills).
- Review and practice skills to be safe (i.e., when taking a charge, rebounding a ball, playing under net and defending a loose ball).

STAGE

6

## RETURN TO FULL SPORT. **GAME PLAY. CONTACT.**