

Football: Play Safe

Approximately 50% of concussions occur during running plays and are due to tackling in high school football.



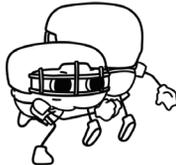
NEVER initiate a block or tackle with your head/helmet and hit another player in the head, or make illegal contact



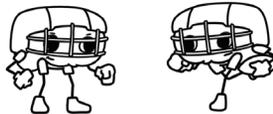
Wear proper equipment; including a certified helmet, mouthguard and pads



Learn the proper leading stance to prepare for incoming hits



When tackling, target the player's chest and front of shoulder pads, or wrap around players legs



When tackling, make sure to keep shoulder width apart, head up and eyes on target, hands in front and back straight



Learn the proper technique to tackle and block

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

Play Safe, Play More!

Football: 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.**

- Warm up & stretching (i.e., jogging, side shuffle, back pedal, butt kicks, high knees, triple hip).
- Footwork drills (i.e., side hops, fast feet, two-in two-out, box drills) and catching drills (tennis ball vs wall - stationary then with lateral movement, practice diamond grip, stationary throwing and catching).
- Progress to wearing helmet and then helmet and pads.

STAGE

4

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

- Ease back into practice. Wear no-contact jersey. Practice drills with ONE TEAMMATE.
- Increase speed and directional changes in drills (i.e., knee tuck lunge hip openers, L drill, circle cone and burst, cone plant, lateral shuffle and speed burst, single leg hops, speed ladder, side hops, hip explosion and 10 yard dash).
- Passing Drills (i.e., dynamic throwing and catching, taking handoffs, fumble forced recovery).
- Strength Training (i.e., lunges, squats, push ups - normal, wide, narrow, staggered then progress difficulty - with bands or catch).
- Review offensive and defensive plays. Watch videos. Walk through ones where contact can be eliminated (i.e., 1 on 1 defensive vs. receiver - run through vs tackle).

STAGE

5

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

- Progress to drills and scrimmage with FULL TEAM. Increase level of strength training (i.e., pull ups, deadlifts, bench press, prowler).
- Review and walk through safe blocking and tackling techniques, how to avoid contact with helmet or head. Start with pads and then progress to practice with team mates.
- Running and passing, offensive and defensive drills (i.e., screen reaction drill, block shedding drill, open field tackling, score tackling, goal line tackling, 1 vs 1 rush pass).

STAGE

6

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