





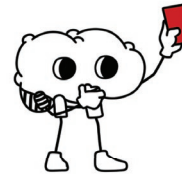
Soccer: Play Safe

75% of concussions result from player to player contact; most often when heading the ball.

Stick to the Canada Youth Heading Guidelines:

U6 - None 	U10 - Lightweight ball out of hands 
U8 - Beach ball or soft ball 	U12 - Lightweight ball form into skill 

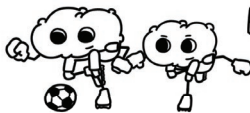
Wear cleats that fit and are suited to surface and a secure mouthguard



Follow rules of the game



Learn how to approach aerial ball safely



Stay aware of players and maintain space throughout game play



Learn proper technique for heading ball, decide when and how often to head ball



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

Play Safe, Play More!

Soccer: 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.**

- Soccer warm up and stretching (i.e., high knees, skips)
- Solo ball handling skills (i.e., static/dynamic foot dribbles, inside/inside, toe tapping).

STAGE

4

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

- Ease back to practice. Wear no-contact jersey. Practice drills with ONE TEAMMATE.
- Begin ball handling drills (i.e., dribbling around cones, passing, shots on goal, chirping, goal keeper punts and catches).
- Strength training (i.e., dumbbell press, medicine ball squats).
- Review techniques for offensive and defensive plays (i.e., receiving and controlling an aerial ball, proper heading techniques).

STAGE

5

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

- Progress to drills and scrimmage with FULL TEAM.
- Resistance training and agility drills that involve directional changes/rotational head movement (i.e., long and short passing, shooting, counter attacking, slide tackling).
- Goal keeper dive from knees than progress to standing.

STAGE

6

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