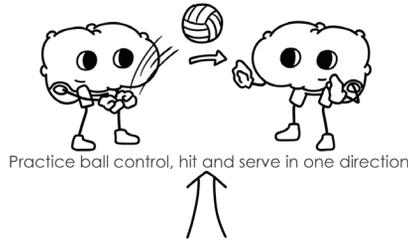


Volleyball: Play Safe

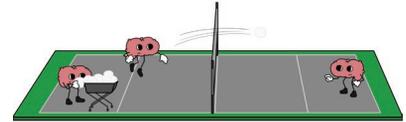
15% of injuries in volleyball are concussions;
making concussion the second most common injury in volleyball.



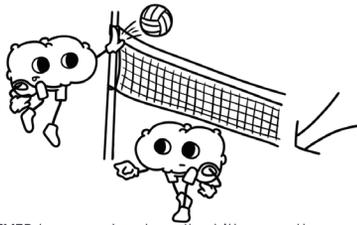
Keep your eye on the ball, make sure to call the ball in play, minimize many loose balls flying in different directions



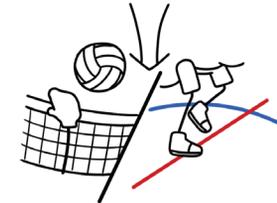
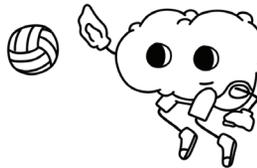
Practice ball control, hit and serve in one direction



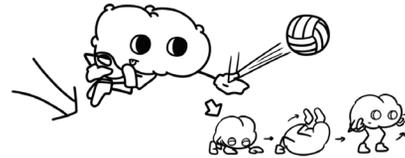
Follow mandatory heads up warm up



NEVER turn your back on the hitter or setter



Jump straight up and not into the net or cross the center line



Learn safe digging techniques

Tell your parents and coaches if you think you've had a concussion.
Play Safe, Play More!

Volleyball: 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.**

- Volleyball warm up: high knees, skips, shuffle, forward lunge walk, lateral lunges.
- Low intensity solo volleyball drills with ball control (i.e., single arm passing, setting, standing serves).
- **No jumping.**

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.
- Warm up, running, agility and ball control drills.
- Participate in on-court activities (i.e., jogging, sprinting, line touches, ladder drills, setting, passing, side step blocking, approach footwork with jumping (no ball), roll shots, standing serves, hits down the line and cross court).

STAGE

5

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

- Progress to drills and scrimmage with FULL TEAM.
- Increase the level of speed, directional changes and complexity.
- Walk through then practice attacking drills, digging, serving and blocking footwork with jumping.
- Review and practice techniques to minimize risk of receiving hard driven spikes to the head.

STAGE

6

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