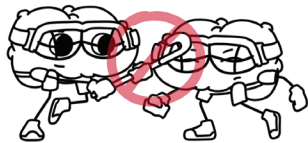
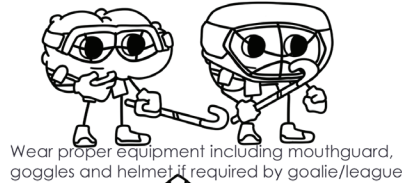


# Field Hockey: Play Safe

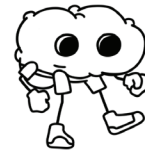
61% of concussions in field hockey result from players being hit by the stick or ball.



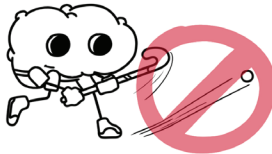
Do **NOT** make illegal contact (intentional hitting, swinging stick or checking around another player's head)



Wear proper equipment including mouthguard, goggles and helmet if required by goalie/league



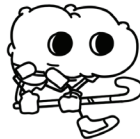
Wear proper footwear for the surface you are playing on



Do **NOT** undercut or hit ball at angle to raise it up in the air



Learn stick handling skill while keeping head and eyes up, always aware of where you are in relation to others, their sticks and the ball



Train to be able to run on the field playing surface, stopping, starting and making quick directional changes



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

**Play Safe, Play More!**

# Field Hockey: 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.**

- Dynamic Stretching (i.e., Inchworm walkouts, power skips, lateral shuffle).
- Dribbling – straight line then weaving through cones.
- Basic interval training on field – starting at ½ - ¾ effort – (i.e., running and sprints, line touches).

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.
- On-field running and stick drills (i.e., field sprints, line touches, cone and ladder drills, figure 8, zig zag, m drill).
- Dribbling – straight line, lateral shuffle, forward and backward turns.
- Passing – short and long distance passing on ground, then while moving, lateral shuffle, crossing ball and penalty corner.
- Resistance Training: forward and lateral lunges, squats, bridge walkout, bear crawl.
- Review offensive and defensive tactics.

STAGE

5

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

- Progress to drills and scrimmage with FULL TEAM (i.e., on-field running, agility, dribbling and passing drills).
- Progress resistance training (i.e., side plank, split squats, squat jumps, forward leaps, scissor jumps).
- Before full scrimmage practice defensive and offensive drills with increasing number of teammates and difficulty (i.e., diagonal forward leaps, shooting circle, crossing ball, penalty corners).
- Contact practice with full scrimmage at full effort before moving onto game play.

STAGE

6

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