

RETURN TO SPORT PROGRESSION: FIELD HOCKEY

1. The athlete must pass all functional tests and/or be cleared by sports medicine medical provider before beginning Return to Field Hockey Protocol.
2. Recommend pursuing Transitional Therapy for return to sport activities during this phase Transitional Therapy is a strength and conditioning program that is led by medical professionals with a sports medicine background with the goal of transitioning from therapy back to sport.
3. The athlete may progress through the phases as tolerated. Cross-training can be done on off days. (Cross training can be done by performing non sport specific activities i.e. swimming, biking, yoga, and/or PT home exercises, see attached instructions).
4. The home exercises and training activities in each phase are a comprehensive guideline, it is not necessary to complete every activity and/or exercise on the day you are training. The athlete should pick 1-2 activities or exercises per section to avoid over training.
5. Each phase should be performed 2-3 times with one day rest between each session, the athlete should progress to the next phase once he/she is able to complete the current phase without pain, swelling, decreased range of motion or difficulty.
6. If the athlete experiences pain, swelling, decreased range of motion or difficulty during a phase, he/she should take a day off and go back to the prior phase where they were not experiencing pain and or difficulty completing activities. Do not keep moving through phases if you are having pain or difficulty. Seek medical attention if necessary.
7. The athlete should ice the affected area for 15-20 minutes following the activity.

	Phase 1	Phase 2	Phase 3	Phase 4	Phase 5
Begin on field running drills	•	•	•	•	•
Progress running and stick drills (Non-contact)		•	•	•	•
Team practice (Light contact)			•	•	•
Team scrimmage (Contact)				•	•
Games/ competition					•
Tournaments (back to back games)					***
Playing time	Begin with playing 10-15 minutes at a time during team scrimmage. Progressively increase your playing time as you tolerate. *** You may return to tournaments if two games can be played back to back days without pain/ limitation.				

- **Warm Up to be performed before each session:**
 - **Foam rolling:** large lower extremity muscle groups or specific areas of focus as instructed by Physical Therapist.
 - **Dynamic Warm up:** Walking quadriceps stretch, walking hamstring stretch, inchworm walkouts, ½ kneel ankle rocking, forward lunges to 25 yard line, lateral lunge to 25 yard line, high knees, power skips, lateral shuffles to 25 yard line.

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Phase 1 – Beginning of on field running and stick drills

- **Running:**
 - Jog to 50 yd line and back
 - $\frac{3}{4}$ speed sprint to 50 yd line and back
 - Line touches at $\frac{3}{4}$ speed (penalty line, shooting circle, 25 yds, 50 yd line)
- **Agility/ Jumping/ landing:**
 - Diagonal forward leaps, shooting circle and back
 - Agility cone drills & ladder drills at $\frac{3}{4}$ speed
 - Figure 8, X-Lane Drill, M Drill, ZigZag, and T Drill
 - *See attached sheet for agility drills descriptions
- **Dribbling:**
 - $\frac{1}{2}$ speed straight plane dribbling ball 25 yd line and back 2x

Phase 2 – Progression of on field running and ball/stick drills (non-contact)

- **Running:**
 - Jog full field and back 2x
 - $\frac{3}{4}$ speed sprint full field, down and back 2x
 - Full speed sprint full field, down and back 2x
 - Full speed line touches (penalty line, shooting circle, 25 yds, 50 yd line)
- **Agility/ jumping/ landing:**
 - Diagonal forward leaps, shooting circle and back
 - Agility cone drills & ladder drills at $\frac{3}{4}$ speed
 - Figure 8, X-Lane Drill, M Drill, Zig Zag, and T Drill
- **Passing with a Teammate: *begin passing at 50% effort***
 - Short distance passes (6 yds)
 - Passing on ground 4x10 passes
 - Longer distances (25 yds)
 - Passing on ground 4x 10 passes
- **Dribbling** - $\frac{1}{2}$ speed dribbling; beginning at half length of field, progressing to full length of field
 - Straight-line ball control 2x
 - Dribbling ball control weaving through cones 2x

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- **Phase 3 – Return to practice and continued conditioning (Light Contact)**
 - **Running:**
 - Begin interval training (jog for 1 minute, then sprint for 30 seconds)
 - Jog full field and back 2x
 - Jogging high knees to 50 yd line and back 2x
 - $\frac{3}{4}$ speed sprint full field, down and back 2x
 - Full speed sprint full field, down and back 2x
 - Full speed line touches (penalty line, shooting circle, 25 yds, 50 yd line)
 - **Agility/ Jumping:**
 - See agility and jumping on PT home exercises- to be completed on field
 - Diagonal forward leaps, 50 yd line and back
 - Agility cone drills & ladder drills at *full speed*
 - Figure 8, X-Lane Drill, M Drill, ZigZag Drill, and T Drills
 - **Passing with a Teammate: *Increasing velocity on passes to 75% effort***
 - Short distance passes (6 yds)
 - Passing on ground while moving 4x10 passes - 2x
 - Quick feet with passing 4x 5 passes - 2x
 - Lateral shuffle to pass cone drill (5ft apart) - 2x
 - Longer distances (25 yds)
 - Passing on ground 4x 10 passes
 - Long distance passing including crossing the ball and penalty corner
 - **Dribbling** – full speed dribbling full length of field, introducing lateral dribbling and changing directions
 - Straight-line ball control 2x
 - Forward/backward turns 2x
 - Lateral dribbling movements
 - Increasing/ decreasing speed while dribbling and pushing
 - Side movement with the ball, changing direction on command, with speed
 - Keep away with teammate inside shooting circle with light tackling
 - 1-on-1 tactical drills on offense and defense at *75% effort*
 - **Practice with team**
 - Step 1: Begin walk-throughs on offense and defense
 - Step 2: Warm up, drills, running, practice light tackles, *no scrimmage*
 - Step 3: Full practice including *team scrimmage at end of practice*

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- **Phase 4 – Progression to practice (Contact)**
 - Continue with Phase 3 Running, Agility/ Jumping, Passing, Dribbling, exercises as outlined above in Phase 3
 - Continue with conditioning for up to 60 minutes
 - Continue with PT home exercises for strength, power, balance, and proprioception
 - Practice team drills, practice offensive, defensive and counter attack tactical schemes
 - Begin full practice including team scrimmage at end of practice
 - Continue building confidence in team practice
 - Begin to have conversation with coach about starting to play in games
 - Contact practice for at least 1 full week without any pain, difficulty, or complications to progress to Phase 5.

- **Phase 5 – Progression back to game**
 - Continue with Phase 3 Running, Agility/ Jumping, Passing, Dribbling exercises as outlined above in Phase 3
 - Continue with conditioning for up to 60 minutes
 - Continue with PT home exercises for strength, power, balance, and proprioception
 - Playing in game with team: Progression
 - Step 1: Warm up, drills, running/ sprinting, **playing half of game**
 - Begin with playing ½ first half, and ½ of second half
 - Progress to playing longer during each half
 - Step 2: **full games** not back to back same day games (tournaments)
 - Step 3: return to full prior level of competition and tournaments

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Lower Extremity PT Exercises for Home:

<i>Disclaimer: the athlete should pick 1-2 exercises from each section to avoid over training.</i>				
	Exercises	Sets	Repetitions	Comments/ Modifications:
	Jumping/ Landing:			
	• Double/single leg toe drop			
	• Double leg jump prep			
	Power:			
	• Squat jump			
	• Broad jump			
	• Box jump			
	• Forward leaps			
	• Bounding			
	• Scissor jumps			
	• Hurdle hops			
	Strength:			
	Core			
	• Quad hover			
	• Plank			
	• Side plank			
	• Bear crawls			
	Hip/ Glutes			
	• Bridge			
	• Clamshells			
	• Band walks			
	• Squats			
	• Lateral lunge			
	Quadriceps			
	• Squats			
	• Split squats			
	• Lunges			
	• Leg Press			
	Hamstrings			
	• Bridge walkouts			
	• Nordic Hamstring exercise			
	• RDL			
	Balance/ Proprioception			
	Double leg (DL), Single leg (SL)			
	Eyes open (EO), Eyes closed (EC)			
	• DL squat EO/EC			
	• DL squat to SL hold EO/EC			
	• SL balance EO/EC			
	• SL balance 3 way cone reach			

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Agility Drills:

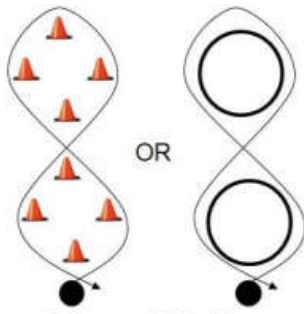
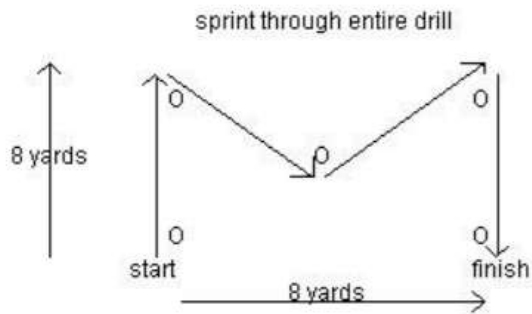
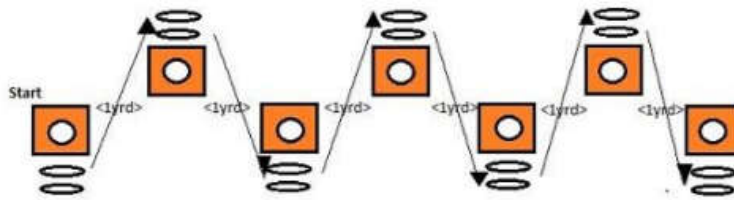


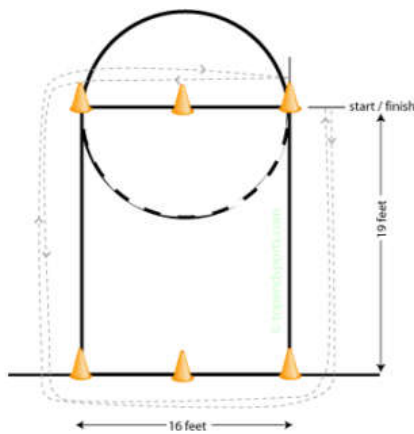
Figure 8 Drill



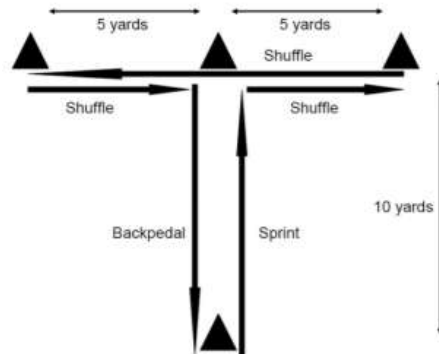
M Drill



Zig Zag Drill



X Lane Drill: Sprint, side shuffle, back pedal, side shuffle



T Drill