

## Return to Soccer Team Integration Progression

	Position Specific	Partial Training: Introduction	Partial Training: Intermediate	Full Training: Competition Integration	Full Return
<b>Goals</b>	Individual technical training and linear movements	Advanced technical training and multidirectional movements	Unplanned movements	Soccer specific conditions	Resume full training
<b>Contact</b>	None	Planned Perturbations	Partial	Partial - Full	Full
<b>Physical</b>	<ul style="list-style-type: none"> <li>Aerobic</li> </ul>	<ul style="list-style-type: none"> <li>Aerobic</li> <li>Anaerobic</li> <li>High speed running</li> <li>Isometric strength</li> </ul>	<ul style="list-style-type: none"> <li>Aerobic</li> <li>Anaerobic</li> <li>Max speed sprints</li> <li>Reactive strength</li> </ul>	<ul style="list-style-type: none"> <li>Anaerobic</li> <li>Repeat sprint ability</li> <li>Power</li> </ul>	<ul style="list-style-type: none"> <li>Individualized</li> </ul>
<b>Entry Criteria</b>	<ul style="list-style-type: none"> <li>Little to no pain or swelling</li> <li>Technical movement proficiency</li> <li>LSI &gt; 70%</li> </ul>	<ul style="list-style-type: none"> <li>No pain or swelling</li> <li>Proper sagittal plane deceleration</li> <li>Completed return to run program</li> <li>Completed previous stage</li> </ul>	<ul style="list-style-type: none"> <li>No pain or swelling</li> <li>Proper frontal/transverse plane deceleration</li> <li>Good pre-planned movement patterns</li> <li>Completed previous stage</li> </ul>	<ul style="list-style-type: none"> <li>No pain or swelling</li> <li>Good reactive movements</li> <li>LSI &gt; 90%</li> </ul>	<ul style="list-style-type: none"> <li>No pain or swelling</li> <li>Good max speed movements in all planes</li> <li>Good soccer specific reactive movements</li> </ul>
<b>Guidelines</b>	<ul style="list-style-type: none"> <li>Planned exercises in specific order</li> <li>Single or several tasks sequenced together</li> <li>Appropriate work:rest ratio (1:3 - 1:5)</li> <li>Submax linear running</li> <li>No external defender</li> <li>Other _____</li> </ul>	<ul style="list-style-type: none"> <li>Varied exercises but still predictable</li> <li>Link multiple tasks together</li> <li>Decreasing work:rest ratio (1:1-1:2)</li> <li>High speed running</li> <li>Submax change of direction movements</li> <li>Other _____</li> </ul>	<ul style="list-style-type: none"> <li>Unpredictable exercises and sequence of tasks</li> <li>Max speed sprints</li> <li>High speed change of direction movements</li> <li>Introduction to defending and contact</li> <li><input type="checkbox"/> Other _____</li> </ul>	<ul style="list-style-type: none"> <li>Match like conditions and unpredictable play/tasks</li> <li>Max speed &amp; intensity with movements</li> <li>Limited volume</li> <li>Defending with full contact</li> <li>Other _____</li> </ul>	<ul style="list-style-type: none"> <li>Individualized</li> </ul>
<b>Activities &amp; Exercises</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Individual ball work</li> <li><input type="checkbox"/> Dribbling</li> <li><input type="checkbox"/> Juggling</li> <li><input type="checkbox"/> Passing/receiving</li> <li><input type="checkbox"/> Shooting</li> <li><input type="checkbox"/> Heading</li> <li><input type="checkbox"/> Other _____</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Long distance passing/receiving</li> <li><input type="checkbox"/> Dynamic shooting/dribbling</li> <li><input type="checkbox"/> Outside neutral or target player for small sided games</li> <li><input type="checkbox"/> Passing/movement patterns</li> <li><input type="checkbox"/> Shadow attacking play</li> <li><input type="checkbox"/> Other _____</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Inside neutral player for small to moderate sided games</li> <li><input type="checkbox"/> Shadow defending play</li> <li><input type="checkbox"/> Attacking set pieces</li> <li><input type="checkbox"/> Other _____</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Attacking/defending 1v1 to 4v4</li> <li><input type="checkbox"/> Small/medium/large sided games</li> <li><input type="checkbox"/> Defending set pieces</li> <li><input type="checkbox"/> Transitions</li> <li><input type="checkbox"/> Other _____</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Full</li> </ul>

- Progression of criteria/time based phases is determined by healthcare provider
- Amount of time/sessions per phase is determined by healthcare provider and coach

- Partial contact - defender going at 25%-50% intensity (shadow/soft block challenges)
- Partial to full contact - defender going at 50%-100% intensity (hard block challenges, aerial challenges, slide tackles)