

Sanford POWER Return to Competition in light of the COVID-19 shutdown Phase 3: Modified Sport Specific

Phase 3 activities will be similar to the typical offseason and preseason activities. Full team-based activities, scrimmaging and game play may resume on a LIMITED basis. Phase 3 will prepare athletes to handle the demands of full game play and mitigate the risk of major injuries commonly occurring in the early stages of the season. Consider these statistics:

- 240% increase in Achilles tendon ruptures following the lockout of the 2011 NFL season.
- 50% of all NFL ACL injuries occur in pre-season.
- 62% of all UCL injuries occur during the first three months of the MLB season.
- Most heat-related deaths in high school and college football occur in the first four days of practice, with the first two days having the highest risk.

Safety statement

Even during team based activities, all individuals should maximize physical distance from others when possible, practice good hand hygiene, and stay home if sick. Slowing the spread of COVID-19 will greatly improve the outlook for a fall sports season.

Goals

1. Reintroduce individual and limited team based skill work
2. Monitored amounts of full contact and game speed activity
3. Maintain the consistent eating plan you established when you were at home
4. Enjoy the return to sport

Goal 1: Reintroduce individual and limited team based skill work

- Begin with planned movements (3-4/week)
 - Ladder drills, cutting and jumping
- Progress to team-based sport specific drills with pre-determined outcomes (2-3/week)
 - Route running, volleyball hitting, cone drills, etc.
- Continue weight training
 - This phase will focus on increasing maximum strength and should again be centered on a full-body routine.
 - Weight room intensity will increase and duration will decrease due to the addition of team-based activities.
 - **Sets:** 4-6; **Reps:** 2-5; **Intensity:** 85%-95% of max; **Frequency:** 3-4 times per week; **Duration:** 35-45 minutes
 - Upper-body exercises
 - Dumbbell bench press
 - Bent row
 - Dumbbell incline press

- Overhead press
- Lower-body exercise
 - Front/Back Squat
 - Dumbbell Romanian Deadlift (RDL)
 - Deadlift
 - Dumbbell Split Squat
- Full-body/integrated exercises
 - Clean
 - Front Squat to Press
 - Push Press
 - Bear Crawl
- Plyometric exercises
 - Minimize ground contact time
 - Maximize jump height
- Sprinting and agility exercises
 - High intensity with a short duration

Goal 2: Monitor amounts of full contact and game speed activity

- Full speed reaction drills (2-3/week)
 - 1 vs 1, bag drills, set pieces, 7 vs 7 football, 3 vs 3 basketball, etc.
- Controlled scrimmages (1-2/week)
 - Limited open gym/field times
 - Limit total time 15-20 minutes per day
 - Frequent substitutions

Goal 3: Maintain the consistent eating plan you established when you were at home

- Most athletes need 3 meals and at least 1-3 snacks every day.
 - This can also be a meal or snack every few hours.
- As you are able to leave the house more, you may need to pack a meal or snack ahead of time.
 - Plan out when your next meal or snack is to maintain a consistent fueling pattern.

Goal 4: Enjoy the return to sport

- Be mindful of what you enjoy about sport and be thankful for the opportunity to return.
- Focus on what is in front of you, rather than the past or the future.
- Accept where you are (athletically) right now and move forward.
- Do not try to make up for lost time by working too hard, too fast, too soon.
 - Overtraining can lead to injuries and set you back.
 - Small, consistent steps forward are better than trying to take big steps forward and falling one step back.