

Interval Kicking Program

Basic Kicking and Passing		
Step 1: <ul style="list-style-type: none"> • Warm-up dribbling or juggling (5 min) • Two touch passing, 5.5 meters (5 min) • Rest (5 min) • Warm-up dribbling or juggling, performing opposite activity from start (5 min) • One touch passing, 5.5 meters (5 min) 	Step 2: <ul style="list-style-type: none"> • Warm-up dribbling or juggling (5 min) • Two touch passing, maximum 16.5m (5 min) • Rest (5 min) • Warm-up dribbling or juggling, performing opposite activity from start (5 min) • One touch passing, maximum 16.5 meters (5 min) 	Step 3: <ul style="list-style-type: none"> • Warm-up dribbling or juggling (5 min) • Two touch passing, maximum 16.5 meters (5 min) • Rest (5-10 min) • Warm-up dribbling or juggling (5 min) • One touch passing, maximum 16.5 meters (5 min) • Rest (5-10min) • Warm-up dribbling or juggling (5 min) • One or two touch passing with a maximum 16.5 meters (5 min)
Passing and Basic Shooting		
Step 4: <ul style="list-style-type: none"> • Warm-up dribbling or juggling (5 min) • Two touch passing, maximum 36 meters (5 min) • Rest (5 min) • Warm-up dribbling or juggling, performing opposite activity from start (5 min) • One touch passing, maximum 36 meters (5 min) 	Step 5: <ul style="list-style-type: none"> • Warm-up dribbling or juggling (5 min) • Two touch passing, maximum 36 meters (5 min) • Rest (5-10 min) • Warm-up dribbling or juggling (5 min) • One touch passing, maximum 36 meters (5 min) • Rest (5-10min) • Warm-up dribbling or juggling (5 min) • One or Two touch passing with a maximum 36 meters (5 min) 	Step 6: <ul style="list-style-type: none"> • Warm-up dribbling or juggling (5 min) • One or two touch passing, maximum 36 meters (5 min) • Rest (5-10 min) • Warm-up dribbling or juggling, (5 min) • Shooting (10 shots) and chipped/lofted balls, maximum 11 meters (2-3 min) • Rest (5-10 min) • Warm-up dribbling or juggling, (5 min) • One or two touch passing, maximum 36 meters (5 min)
Advanced Shooting		
Step 7: <ul style="list-style-type: none"> • Warm-up dribbling or juggling (5 min) • One or two touch passing, maximum 36 meters (5 min) • Rest (5-10 min) • Warm-up dribbling or juggling, (5 min) • Shooting (10 shots) and chipped/lofted balls, maximum 11 meters (2-3 min) • Rest (5-10 min) • Warm-up dribbling or juggling, (5 min) • Shooting (10 shots) and chipped/lofted balls, maximum 11 meters (2-3 min) 	Step 8: <ul style="list-style-type: none"> • Warm-up dribbling or juggling (5 min) • One or two touch passing, maximum 36 meters (5 min) • Rest (5-10 min) • Warm-up dribbling or juggling, (5 min) • Shooting (10 shots) and chipped/lofted balls, maximum 16.5 meters (2-3 min) • Rest (5-10min) • Warm-up dribbling or juggling (5 min) • One or Two touch passing with a maximum 36 meters (5 min) 	Step 9: <ul style="list-style-type: none"> • Warm-up dribbling or juggling (5 min) • One or two touch passing, maximum 36 meters (5 min) • Rest (5-10 min) • Warm-up dribbling or juggling, (5 min) • Shooting (10 shots) and chipped/lofted balls, maximum 16.5 meters (2-3 min) • Rest (5-10min) • Warm-up dribbling or juggling (5 min) • Shooting (10 shots) and chipped/lofted balls, maximum 16.5 meters (2-3 min)

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Increased Intensity and Distance		
<p>Step 10*:</p> <ul style="list-style-type: none"> • Warm-up dribbling or juggling (5 min) • One or two touch passing, maximum 36 meters (5 min) • Rest (5-10 min) • Warm-up dribbling or juggling, (5 min) • Shooting (10 shots) and chipped/lofted balls, maximum 36 meters (2-3 min) • Rest (5-10min) • Warm-up dribbling or juggling (5 min) • Shooting (10 shots) and chipped/lofted balls max 16.5m (2-3min) <u>or</u> One or two touch passing, maximum 36 meters (5 min) 	<p>Step 11:</p> <ul style="list-style-type: none"> • Warm-up dribbling or juggling (5 min) • One or two touch passing, maximum 36 meters (5 min) • Rest (5-10 min) • Warm-up dribbling or juggling, (5 min) • Shooting (10 shots) and chipped/lofted balls, maximum 36 meters (2-3 min) • Rest (5-10min) • Warm-up dribbling or juggling (5 min) • Shooting (10 shots) and chipped/lofted balls, maximum 36 meters (2-3 min) 	<p>Step 12:</p> <ul style="list-style-type: none"> • Warm-up dribbling or juggling (5 min) • One or two touch passing, maximum 36 meters (5 min) • Rest (5-10 min) • Warm-up dribbling or juggling, (5 min) • Lofted driven ball maximum 45 meters (25 times) • Rest (5-10 min) • Warm-up dribbling or juggling, (5 min) • Shooting (10 shots) and chipped/lofted balls, maximum 36 meters (2-3 min) <u>or</u> One or two touch passing, maximum 36 meters (5 min)
Initiating Return to Sport		
<p>Step 13:</p> <ul style="list-style-type: none"> • At this point goalkeepers should begin work on punting and drop kicking • Field players may begin to perform >20 min technical portions of practices with their teams as well as shooting and other drills. 	<p>Step 14**:</p> <ul style="list-style-type: none"> • When cleared by medical team player may begin full practices with their team, initially non-contact and progressing to contact. 	<p>Step 15***:</p> <ul style="list-style-type: none"> • Reintroduce game-play first through scrimmages in practice then with gradually increasing periods of game time.
<p>The distances listed in each of these steps are maximum distances. Clinicians and players should not spend the entire time passing or shooting at this maximum distance, but rather vary the passing/shooting distances throughout the allotted time.</p> <p>*Alternatively, once a player reaches step 10 (if cleared by the medical team) a percentage of time spent in warm-up dribbling/juggling and one- or two- touch passing drills (maximum 20 minutes) may be spent working on technical drills with their team, followed by performing the shooting or lofted driven ball practice defined by the progression (with appropriate rest between). This alternative should only be used if the medical team is confident that both player and coach are cognizant of all precautions such as only performing small sided technical drills involving passing and dribbling and avoiding player contact.</p> <p>†Unlike steps 1-13, steps 14 and 15 require more than one day in between. It is at the rehabilitation team's discretion to progress a player through these stages.</p> <p>‡ A gradual increase in game time will allow a player to adjust to the intensity and speed of play, while reducing the amount of time they are exposed to the higher risk game environment.</p>		