**SPORT-SPECIFIC PROTOCOLS FOR FOOTBALL, HANDBALL, BASKETBALL, AND FLOORBALL**

General instructions for all sports: The athlete will train within each level for ≥2 weeks and complete ≥4 practices before moving to the next level. The athlete will not progress to practice level 4 until >8 months after surgery and after an approved knee assessment. The athlete will not progress to practice level 6 until >9 months after surgery and after an approved knee assessment. The athlete will participate fully in team practice (practice level 6) for ≥4 weeks with no pain and effusion before starting the progression in match play. In the first 3 months after match play progression has started, the athlete can play no more than 1 match per week.

The specific instructions for each sport are found in tables 1-4.

*Table 1: Football protocol*

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| **Practice level** | **Activities on the field** |
| *1* | Simple passing drills, running/dribbling without rapid change of directions |
| 2 | Passing drills with movement before/after passing, shooting/finishing, running/dribbling with change of direction but no opponent |
| 3 | All technical drills with the team, 1-on-1 drills, stand on the outside in square possession and similar drills (do not chase the ball) |
| 4 | All drills with the team, participate as back or wing in full-sided play |
| 5 | All drills with the team, full participation in full-sided play |
| 6 | Full participation, including small-sided play |
| **Match level** | **Playing time** |
| 1 | 10 minutes |
| 2 | 20 minutes |
| 3 | 30 minutes |
| 4 | 45 minutes |
| 5 | 60 minutes |
| 6 | 90 minutes |

*Table 2: Handball protocol*

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| **Practice level** | **Activities on the court** |
| *1* | Simple throwing drills against wall or with another player, running with and without ball - without rapid change of directions. |
| 2 | Passing drills with movements before/after passing, fast breaks with jump shot without opponent, running/dribbling with change of direction without opponent |
| 3 | All technical drills with the team, 1-on-1 drills |
| 4 | All drills with the team. In play: participation only in defense |
| 5 | All drills with the team. In play: participation in defense and attack, but only long-distance shots |
| 6 | Full participation |
| **Match level** | **Playing time** |
| 1 | 10 minutes |
| 2 | 15 minutes |
| 3 | 20 minutes |
| 4 | 30 minutes |
| 5 | 45 minutes |
| 6 | 60 minutes |

*Table 3: Basketball protocol*

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| **Practice level** | **Activities on the court** |
| *1* | Simple throwing drills against wall or with other player, running with and without ball without rapid changes of directions, shooting practice without jumping |
| 2 | Passing with weave, running/dribbling with change of direction without opponent, layups without opponent, jump shots without opponent, fast breaks without opponent |
| 3 | All technical drills with the team, 1-on-1 drills |
| 4 | All drills with the team. In play: guard position only. Defense without rebound duels (can punch ball, but not jump), attack only with long distance shots (work on passes, screens, long distance shots – keep distance to the basket) |
| 5 | All drills with the team. In play: guard position only. Full participation in defense, attack only with long distance shots (work on passes, screens, long distance shots – keep distance to the basket) |
| 6 | Full participation |
| **Match level** | **Playing time** |
| *1* | Available 1 quarter |
| 2 | Available 1 quarter |
| 3 | Available 2 quarters |
| 4 | Available 2 quarters |
| 5 | Available 3 quarters |
| 6 | Available 4 quarters |

*Table 4: Floorball protocol*

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| **Practice level** | **Activities on the court** |
| *1* | Simple passing drills, running/dribbling without rapid change of directions |
| 2 | Passing drills with movement before/after passing, controlled finishing drills (e.g., dribbling ball from the corner in for a shot, or pass from player before shot) |
| 3 | All technical drills with the team, 1-on-1 drills, stand on the outside in square possession and similar drills (do not chase the ball) |
| 4 | All drills with the team, participate as back in full-sided play |
| 5 | All drills with the team, full participation in full-sided play |
| 6 | Full participation, including small-sided play |
| **Match level** | **Playing time** |
| *1* | Available for 1 period |
| 2 | Available for 1 period |
| 3 | Available for 1 period |
| 4 | Available for 2 periods |
| 5 | Available for 2 periods |
| 6 | Available for 3 periods |