

SOCCER:

Step 1: stationary bike for 30 minutes or walking outside up to 1 mile

Step 2: Up to 8 laps of jogging, Inside/outside, top tapping the ball, dribbling in a straight line, dribbling around cones, chipping, goal-keeper punts, goal-keeper catches, long and short passing (inside foot and instep), shooting, volleys

Step 3: Up to 16 laps of jogging, Ball-tossed headers from knees (progress to standing then jumping), goal-keeper dives from knees (progress to standing), 1-on-1 (progress to 2-on-2, 3-on-3, etc.)

Step 4: Full practice

WRESTLING:

Step 1: stationary bike for 30 minutes or walking outside up to 1 mile

Step 2: Up to 8 laps of gym jogging, All drills done at half speed, shooting single/double leg, hand fighting, sit-outs from a referee's position, stand-up escapes from referee's position, leg riding

Step 3: Up to 16 laps of gym jogging, Full speed take downs, break downs, outside carry, full speed shots, pinning combinations

Step 4: Full practice

VOLLEYBALL:

Step 1: stationary bike for 30 minutes or walking outside up to 1 mile

Step 2: Up to 8 laps of gym jogging, No scrimmage or match play, passing drills (progress from wall passing to partner passing, can do Free Ball pass receive), Hitting (approaches with no ball), blocking (wall blocking), Serving

Step 3: Up to 16 laps of gym jogging, No scrimmage or match play, hitting drills (progress from approaches with no ball to full hitting), Passing (progress from partner passing to Pepper drill to serve receive), full blocking, serve

Step 4: Full practice