



BCLFC Prehab

U9's/11's/13's
3rd December 2013
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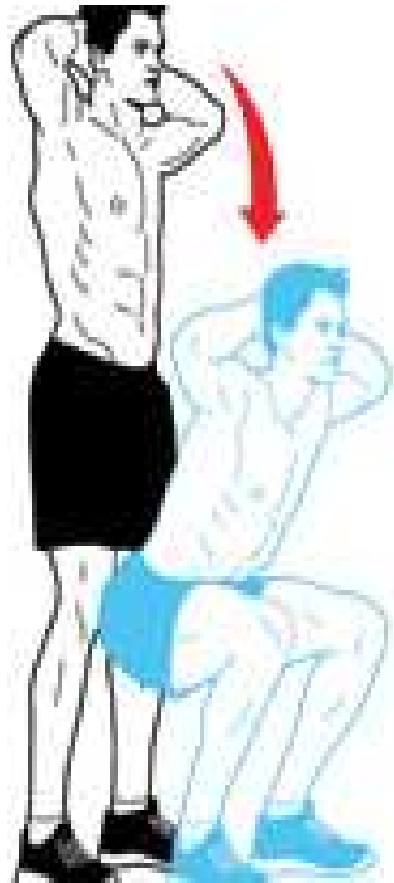
Objectives

- + Outline the purpose of prehabilitation exercises and its role within football
- + Discuss and demonstrate exercises
- + Questions and answer session

What and why?

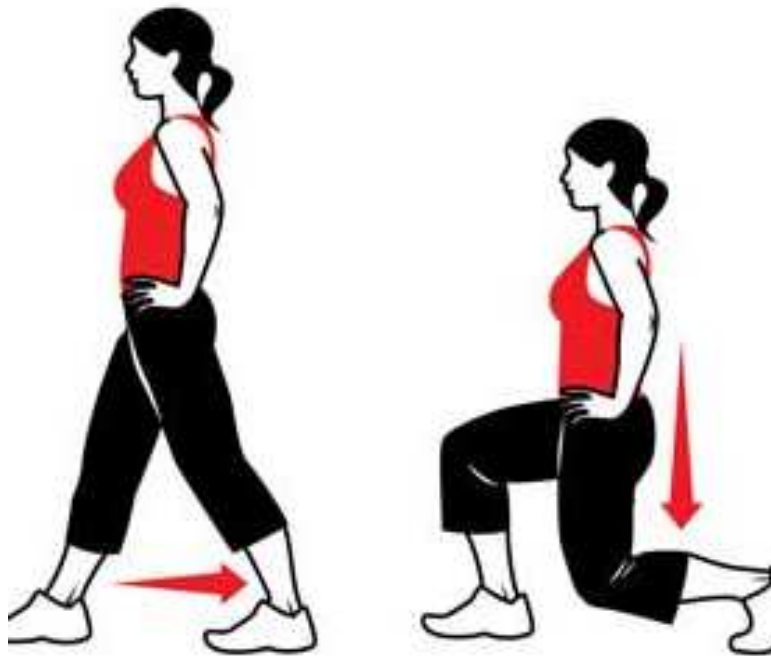
- + Prehab is a programme of exercises designed to prevent injury
- + With decreased preventable injury, you will increase training and pitch time
- + With a potential increase in performance due to being a more balance athlete.

Exercises



- + Body Weight squat
- + Stand with your feet shoulder width apart. You can place your hands behind your head. This will be your starting position.
- + Begin the movement by flexing your knees and hips, sitting back with your hips.
- + Continue down to full depth if you are able to and quickly reverse the motion until you return to the starting position. As you squat, keep your head and chest up and push your knees out.
- + Muscle Groups: quadriceps (main), glutes, hamstrings and trunk (core).

Exercises



- + Single Leg Lunge
- + **Preparation** - Stand one foot in front of the other
- + **Execution** -Squat down by flexing knee and hip of front leg until knee of rear leg is almost in contact with floor. Return to original standing position by extending hip and knee of forward leg and repeat. Continue with opposite leg.
- + Muscles Groups: quads (main), glutes, adductors (groin), hamstrings, calf

Exercises



Anterior Reach



Posteromedial Reach



Posterolateral Reach

- + Y-balance – standing on one leg, other leg moves in a controlled manner, forwards, back to the outside, back to the inside. Repeat on other leg
- + Works on balance, fine control of movement, core control
- + Good scores on Y-Balance have shown up to 6 x decreased likelihood of knee injuries.

Balance

- + Single Leg
- + Stand without any support and attempt to balance on one leg. Begin with your eyes open and then try to perform the exercise with your eyes closed. Hold the single-leg position for 30 seconds. Repeat 3 times.



Single Leg Hops and Holds

Single Leg-

On your chosen leg to start. When you have your balance hop off, with upwards and forwards movement.

Landing on same take off leg.

The landing needs to be cushioned and controlled (a quiet landing).



Zig- Zag Hops and Holds

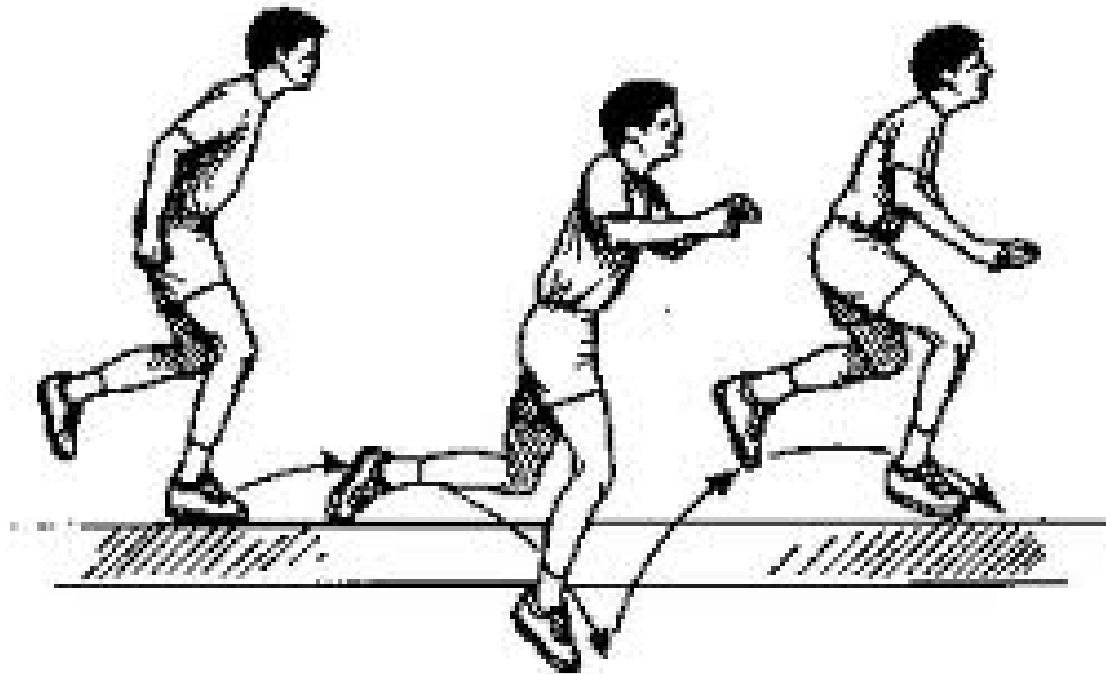
On take off leg:

Jump sideways and forwards.

Sticking the landing each time you land.

Once regained good balance hop to the opposite side.

Again with controlled and cushioned landing



Any Questions....

- + Any Questions feel free to ask in front of the group or ask one of us at the end.
- + Thank you for listening