

Football Injury Prevention & Enhanced Performance

- 1. Properly warm-up with dynamic drills**
- 2. Improve strength (core, hip abductors, hamstrings)**
- 3. Improve balance and proprioception**
- 4. Improve conditioning and agility**
- 5. Improve flexibility (static stretching after practice)**
- 6. Teach proper running mechanics**
- 7. Teach proper jumping(landing) mechanics**
- 8. Teach proper tackling and blocking form**
- 9. Preventing and monitoring for heat stroke/exhaustion**

DYNAMIC WARM-UP DRILLS

- Use at the beginning of every practice
- Increase core body temperature and improve joint range of motion/muscle flexibility
- Should not be performed at full speed, focus on proper technique

- 1. Light jog around field**
- 2. High knees (20 yards)**
- 3. Butt Kickers(20yards)**
- 4. High kicks (20 yards)**
- 5. Lateral shuffles facing right/ facing left(20 yards)**
- 6. Back peddles (20 yards)**
- 7. Karioka (20 yards)**

SPEED, AGILITY and POWER WORK

- 1. Sprints focusing on proper technique**
 - Start from 3 point stance
 - Stay low before you straighten up and keep head up
 - Pivot arm at shoulder with elbow locked at 90
 - Hand moves from cheek to cheek (face to buttock)
 - Foot should strike ground directly under center of gravity and push forward
 - Run on balls of feet and do not let knee collapse in**Perform (4) 20 yard sprints and rest 20 seconds**

- 2. Ladder**

- Head up, pump arms and stay on balls of feet
- Perform forward with cutting sprint to cone (1 to right, 1to left)**
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- Perform lateral with drop step sprint to cone(1 to right,1to left)**

3. Running Hills

4. Resisted Running- use sport cord (only increase resistance 10-15%)

STRENGTH , BALANCE and PLYOMETRIC EXERCISES

- Focus on hip abductors, hamstrings and deep core strengthening to reduce injury risk by up to 50% (ie ACL, ankle sprains, back stress fractures)
- Perform exercises 2 x per week on non-consecutive days

1. Lunges- focus on form 2 sets of 10 yards

- Don't let knee collapse inward (knee in line with second toe)
- Keep chest up
- Take long step and push through heels
- Don't let knee cross in front of toes

2. Hip abduction walks with resistance bands (2 sets of 10 yards)

- Keep slight bend in knees
- Keep feet apart

3. Planks (2 sets of 20-30 seconds)

- Draw belly in towards spine
- Don't let back arch

4. Squat jumps (2 sets of 10)

- Perform slowly
- Don't let knees collapse inward
- Focus on landing softly on ball of foot or entire foot (not on heels).

5. Push ups (2 sets of 10)

- Place hands directly below shoulders
- Space hands slightly wider than shoulder width apart
- Keep stomach tight by drawing in belly
- Don't let back arch
- Perform 3/4 range

6. Single leg Hops(2 sets-10 yards)

- Focus on landing on the ball of foot or entire foot (not on heels)
- Land softly and quickly jump forward
- Don't let knee collapse in and land with bent knee

7. Balance anterior reaches

- Stand on one foot reach towards ground with opposite hand
- Keep back straight and bend from hips
- Push through heels

STATIC STRETCHES- perform after practice. Designed to improve flexibility and decrease injury risk

1. Quad and hip flexor
2. Calf and hamstring
3. Low back and buttock
4. Groin

Perform 1 stretch for 20 seconds on each side

TEACH PROPER TACKLING AND BLOCKING FORM

- Never lead with head, make contact with shoulder or chest, head to one side
- Don't leave feet
- Stay square to target, remain balanced, keep head and chest up, back straight and bend knees
- Uncoil with power from hip/ leg drive, don't stand up, drive through target while squeezing with arms(bear hug), keep legs churning

PREVENTION OF HEAT EXHAUSTION AND HEAT STROKE

- Prevention requires careful monitoring of local temperature and humidity
- Regular hydration before, during and after sports participation
- Consumption of 8 ounces of water every 15 minutes of strenuous activity
- Rehydration after exercise
- Cold water absorbs faster than warm water

Heat exhaustion symptoms- fatigue and exhaustion, pale skin, profuse sweating, narrow pulse. Treatment- IV fluids, electrolytes and cool with ice

Heat Stroke symptoms- disoriented, headache, incoherent, confused or unconscious, flushed skin , wide pulse width. Treatment- IV fluids, cool with ice, transport to hospital

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