

Course/Education for soccer coaches 'Injury Prevention and Strength Training by Mobility and Flexibility'

When:

Where:

Who:

- 🕒 Inquisitive/ambitious trainers and coaches of 12-year-olds and older
- 🕒 Physiotherapists
- 🕒 Recovery / individual / rehabilitation trainers
- 🕒 Youth academy leaders
- 🕒 Trainers / coaches from other sports

General content (theory + practice):

- 🕒 How can we, using 3D mobility and flexibility, prevent injuries and create a foundation for the strength training of soccer players?
- 🕒 Where do we start our warming up and how do we 'stretch' soccer oriented?
- 🕒 How do we perform strength training on and off the soccer field?
- 🕒 What are the myths regarding abdominal training and stabilization training?

Theory

- 🕒 How do most non-contact injuries originate and how can we avoid them?
- 🕒 How do we warm up currently and what can we add?
- 🕒 What principles do we apply and why?
- 🕒 How do we perform strength training and why?
- 🕒 Why are the abdominal muscles so important? And is that really true?
- 🕒 When we perform 'stability training', how do we do it and why?
- 🕒 What is 'unstable' in soccer players?
- 🕒 Is it a 'trend' which we blindly follow or does it create more 'stable' soccer players?

Practice

- 🕒 Where do we start our warming up: why and how?
- 🕒 Static stretching ... or dynamic? How?
- 🕒 What strength exercises can we perform on the field and how do we make them soccer oriented?
- 🕒 How do we prepare / train abdominal muscles for playing soccer?
- 🕒 Stability from a different viewpoint: 'stability or mostability'?

Participation in this unique course will bring you insights into movements and needs of soccer players and gives you the most up-to-date tools in the task oriented and functional training.

Participation fee:

Registration and reservations through info@act2prevent.com.

See you there,

Willem Timmermans

Functional Injury Prevention - Training - Rehabilitation - Education

Personal & Lifestyle Trainer - Movement Analyst / Applied Functional Science - Physiotherapist

www.Act2Prevent.com

www.Top-Training-Tips.com

Blog : <http://act2prevent.wordpress.com/>

+32 477 / 80 50 50

