# Reducing the risk of Injury

Injury prevention strategies for female grassroots football



#### **HORMONES**

Before puberty, there are essentially no differences in height, weight, and body size between boys and girls. As puberty begins and progresses, height, weight, and body size differences become more evident, primarily because of hormonal changes.



### **STATURE**

On average adult women tend to have more body fat, less muscle, and lower bone mineral density than adult males, but are often lighter in total body weight. Men tend to have broader shoulders relative to their hips and women tend to have broader hips relative to their waist and shoulders.



#### **STRENGTH**

In general women have about two-thirds the absolute strength of men. When expressed relative to body weight, the lower body strength of women is similar to that of men, while the upper body strength of women is somewhat less.



**DIFFERENCE** 

Andy Lindegaard MSc

#### WHAT DO FEMALES INJURE MORE?

The anterior cruciate ligament (ACL) provides stability for the knee joint. This ligament is especially susceptible to injury in female athletes who perform jumping, cutting, turning, and twisting in their sport.

Noncontact ACL injury is 2-6x higher in female athletes than in male athletes.

# WHY DO THEY HAVE THESE INJURIES MORE?

A number of non-modifiable risk factors exist to explain the elevated incidence of knee injuries in female athletes.



#### **HIP WIDTH**

The width of the pelvis and angle of the femur increases injury risk



#### **ACL SIZE**

The actual size of the ACL and knee joint increases injury risk



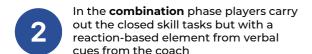
#### JOINT LAXITY

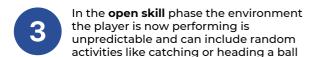
A greater propensity to hypermobility and joint laxity increases injury risk ACL Injury
Training for
prevention

Fitness for Women & Girls' Footbal









# **IMPORTANT**

Sets and repetitions should be determined by the training status, training regime, and competitive schedule of the players. Total volume should not exceed 120 foot contacts per session

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# **CLOSED SKILL PRACTICE**

<u>Exercise</u>	<u>Sets</u>	<u>Reps</u>
Jump and Stick	3	5
Squat Jump	3	5
Forward Jump	3	5
180 Jump	1	10
Walking Lunge	1	10



#### **COMBINATION PRACTICE**

Action
Jump and stick

Jump and stick
Hop and stick
Hop and stick

Jump forwards, backwards, left or right Jump 90 or 180 - random selections Hop forwards, backwards, left or right Hop 90 or 180 - random selections

## **OPEN SKILL PRACTICE**



<u>Action</u>

Jump and stick Jump and stick Hop and stick Hop and stick Jump forwards, backwards, left or right Jump 90 or 180 - random selections Hop forwards, backwards, left or right Hop 90 or 180 - random selections

#### Open random task

Catching a ball in flight, heading a ball in flight, or volleying a ball in flight - initially single direction but progressing to multiple partners

Source: Herrington 2013; Training for prevention of ACL injury: Incorporation of progressive landing skill challenges into a program