

Reducing the risk of Injury

Injury prevention strategies for female grassroots football

DIFFERENCE BETWEEN MEN & WOMEN



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.



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



PUTTING IT IN TO PRACTICE

- 1 This initial phase involves the repeated practice of discreet **closed skill** movements with emphasis on correct limb alignment
- 2 In the **combination** phase players carry out the closed skill tasks but with a reaction-based element from verbal cues from the coach
- 3 In the **open skill** phase the environment the player is now performing is unpredictable and can include random activities like catching or heading a ball

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

| <u>Action</u> | <u>Cue</u> |
|----------------|---|
| Jump and stick | Jump forwards, backwards, left or right |
| Jump and stick | Jump 90 or 180 - random selections |
| Hop and stick | Hop forwards, backwards, left or right |
| Hop and stick | Hop 90 or 180 - random selections |

OPEN SKILL PRACTICE

| <u>Action</u> | <u>Cue</u> |
|----------------|---|
| Jump and stick | Jump forwards, backwards, left or right |
| Jump and stick | Jump 90 or 180 - random selections |
| Hop and stick | Hop forwards, backwards, left or right |
| Hop and stick | 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