

Workshop on:

INJURY PREVENTION AND PERFORMANCE IN YOUTH FOOTBALL

Hosted by
Southampton football club

Tuesday 10 October 2017
09:30 – 15:00

This interactive workshop offers the opportunity for coaches of male and female youth football teams to:

- Learn about the injury prevention warm up exercise programmes for 1st team and academy players at Southampton FC
- Learn about the FIFA 11+ warm-up programme and how it has been used to successfully reduce injury rates in community youth football in Canada
- Question a panel of professional coaches and players about how to optimise player development and safety in youth football
- Have your say about the experiences of community clubs in using routine warm up exercise programmes and what might help you deliver these
- Hear about evidence of the benefits of injury prevention on player performance

Sessions will include: brief presentations, demonstration of warm up exercises used at Southampton FC, small group and whole group discussions, the opportunity to ask panels of coaches, players and administrators questions.



The event is run by the Arthritis Research UK Centre for Sport, Exercise and Osteoarthritis, and is hosted by Southampton FC.



Further details of the venue, programme for the day and speakers will follow.

The workshop is free of charge but places are limited.



To book your place, please complete the online form:

www.tinyurl.com/ippyf101017

or email:

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or tel: 0115 8231411

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