

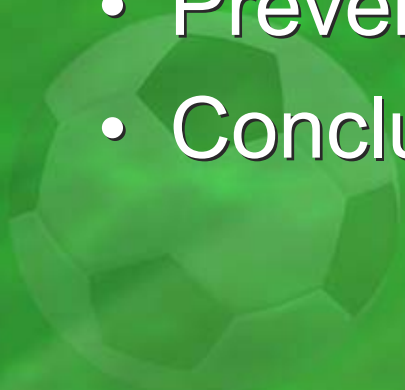
Review of Prevention of Soccer Injuries Through Preseason Conditioning



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Outline

- Purpose of the Review
- The Game of Soccer
- Physical Demands
- Injury and the Effects
- Prevention
- Conclusion



Purpose of the Review

To examine mechanisms of soccer injury, evaluate the influence of preseason conditioning on the incidence of soccer injury, and identify the components of preseason training program that positively impact the risk of soccer injury.



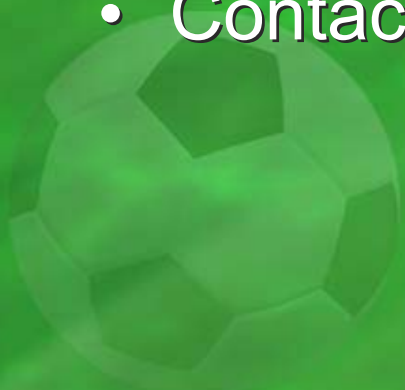
The Game of Soccer

- Participation
 - Amateur
 - Professional
- Youth Soccer
- Local Leagues
- Increase (Francisco et al. 2000)



Physical Demands

- Physical Attributes of Soccer
- Fitness Components
- Contact Sport



Injuries

- Lower Extremity Injuries
 - Knee Injuries
 - Ankle Injuries



The Effects

- Gender
- Age
- Games vs. Practices
- Contact vs. Non-contact



Causes

- Poor Conditioning: Lees and Nolan
- Ostenberg and Roos
 - Lack of Focus
 - Fatigue
 - Aerobic Exhaustion
 - Game Competition
 - Severe Injuries
- Knee Fully Extended: Boden et. al.



Causes Continued

- Overuse
- Foul Violation



Prevention

- Equipment Use
- Assessment



Prevention Continued

- Coaching Expertise
- Prevention Program
 - Plyometrics
 - Weight Training
 - Flexibility

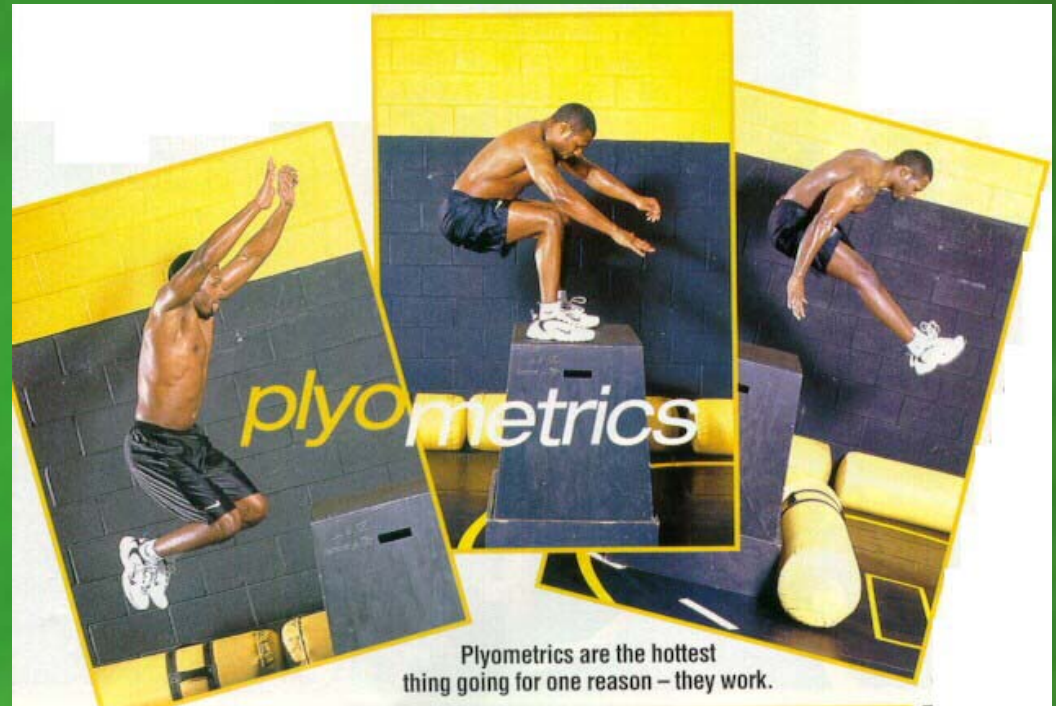


Fitness Testing

Aerobic Endurance	1.5 Mile Run
	300-Yard Shuttle
Muscular Power / Strength	Vertical Jump
	Margaria Stair Test
Speed / Agility	T-Test Run
Flexibility	Sit-and-Reach
Body Composition	Skin fold Measurements

Plyometrics

- Jump to Box
- Jump Over Barrier
- Skipping
- Squat Jump



Weight Training

Preseason Resistance Training

Training Status	Freq/w k.	Training Goal	Sets	Reps.
Beginner	2-3	Power Exercise	4	5
Intermediate	3-4	Core Exercise	3	6
Advanced	4-7	Assisted Exercise	2	10

Conclusion

- Popularity
- Challenges
- Concerns
- Avoidance



