



Skadesforebyggelse

Nuværende evidens og anbefalinger

Dagens plan

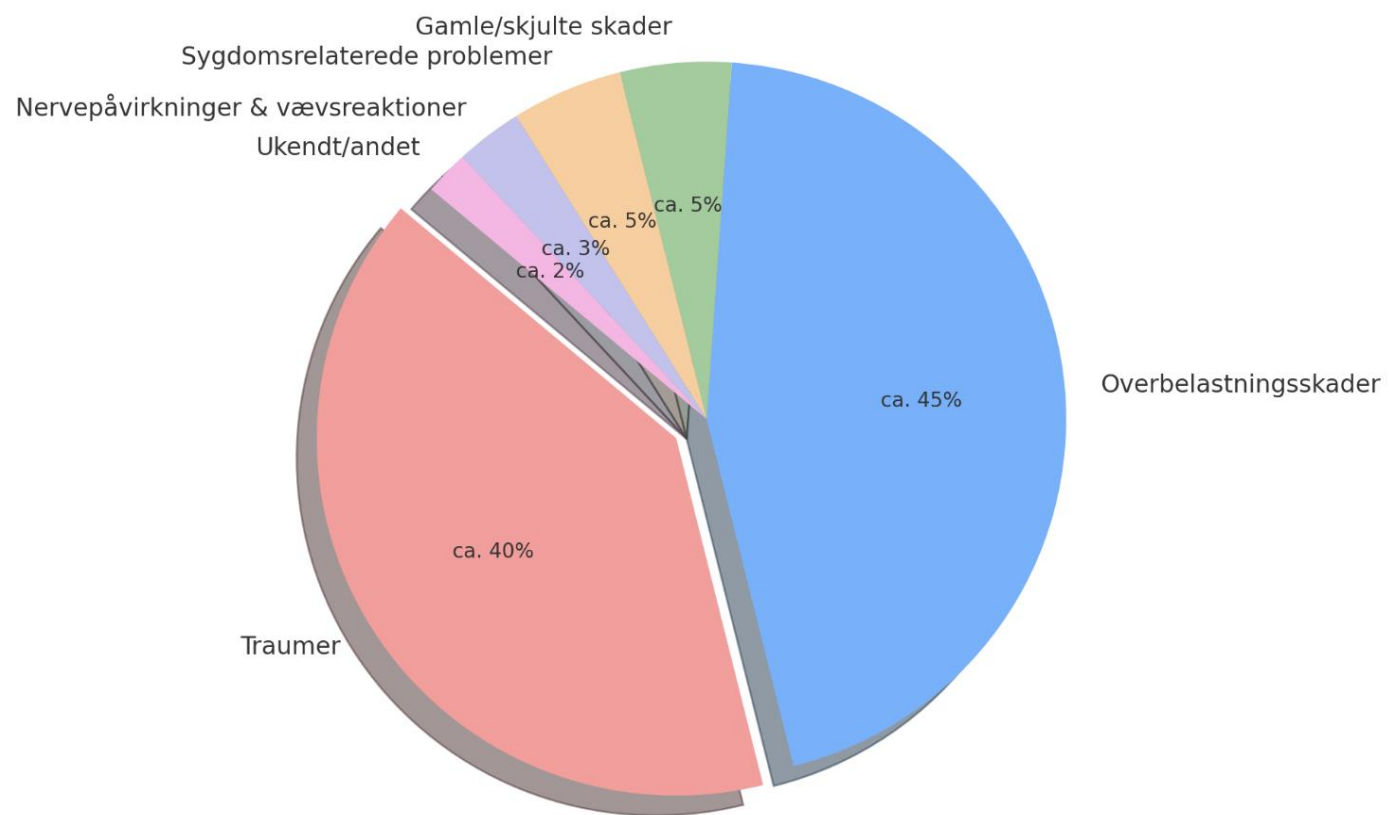


1. Overblik over skadesmekanismer i fodbold
2. Hvad kan i gøre for at forebygge skader på holdene?
3. Opsummering og spørgsmål

Hvordan bliver spillerne skadet?



Detaljeret Fordeling af Skadesmekanismer i Fodbold



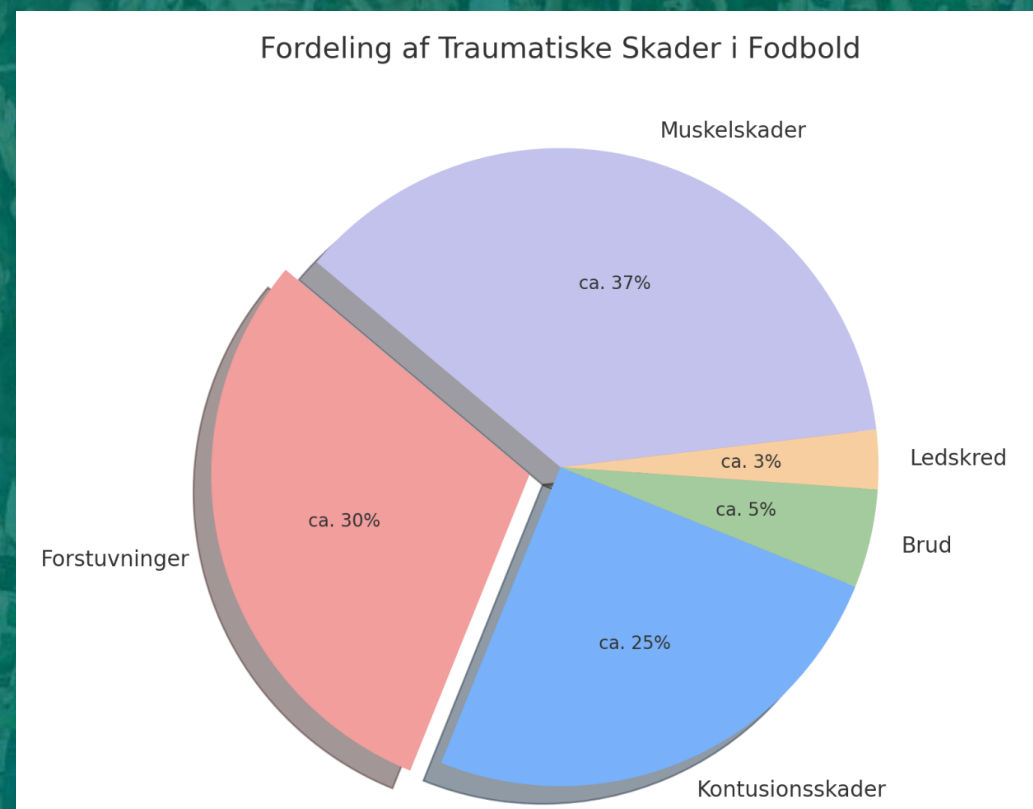
Traumer (40% af alle skader)

- Muskelskader ca. 37%:

- Baglår 35-50%
- Forlår 15-25%
- Læg 10-20%
- Lyske/hofte 10-15%
- Andre 5-10%

- Forstuvninger ca. 30%:

- Ankler 60-70%
- Knæ 20-30%
- Andre 5-10%





Overbelastninger (45% af alle skader)

Top 5 overbelastningsskader i fodbold:

	Forekomst:
1 Knærelateret overbelastning (Patellatendinotapi)	Ca 35 %
2 Lyskerelateret overbelastning (Adductor-tendinopati)	Ca. 20%
3 Hoftebøjerrelateret overbelastning (Iliopsoastendinopati)	Ca. 17%
4 Baglårsrelateret overbelastning (hamstringtendinopati)	Ca. 12%

Hvorfor bliver vi skadet?

Overbelastningsskader 45%

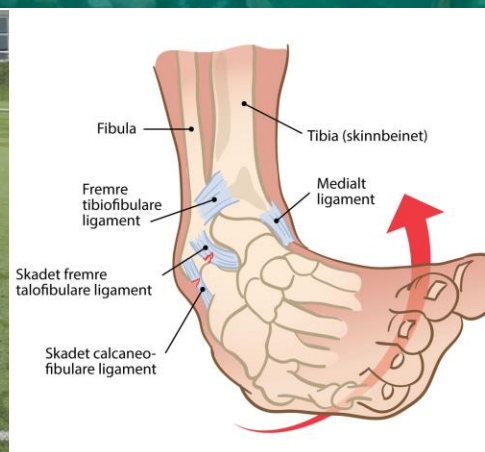
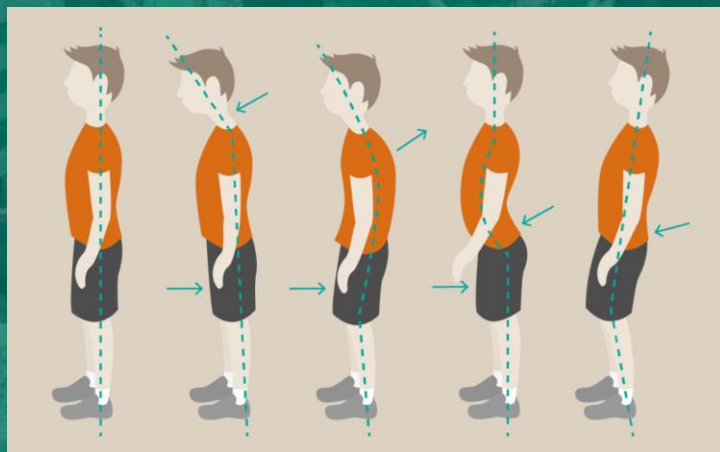
Traumer 40%

Årsager til overbelastningsskader i Fodbold:

- ✗ For mange gentagne bevægelser
- ✗ Utilstrækkelig restitution
- ✗ Muskelubalancer*

Årsager til traumer i Fodbold:

- ✗ Fysisk kontakt
- ✗ Manglende stabilitet over led
- ✗ Træthed og dårlig restitution



- Uoverensstemmelse mellem krav og kapacitet

Hvordan forebygger i skader?



Mere træningsintensitet

Mere styrketræning

Nedvarmning


Mindre
træningsintensitet

Bedre opvarmning

Udspænding

Forberedelse
inden træning

✖ Top 7 myter om skadesforebyggelse i fodbold:

Myte	Sandheden 
1 "Jo hårdere du træner, jo mindre risiko for skader"	Overbelastning er en af de største årsager til skader
2 "Udstrækning før træning forebygger skader"	Statisk udstrækning før træning øger faktisk skadesrisikoen
3 "Styrketræning gør dig stiv og langsom"	Styrketræning forebygger skader og øger din eksplosivitet
4 "Smerter er bare en del af gamet"	Smerte er et signal om, at kroppen har brug for restitution
5 "En stærk core forhindrer knæskader"	Core-træning hjælper, men styrke i hofte- og lårmuskler er vigtigere
6 "Kinesiologitape forebygger skader"	Tapening har minimal effekt på skadesforebyggelse
7 "Fodboldspillere skal ikke lave tung styrketræning"	Tung styrketræning reducerer risikoen for fibersprængninger og korsbåndsskader

Træningsintensitet

Uoverensstemmelse mellem krav og kapacitet

Træner vi for hårdt?

- Overbelastningsskader til kamp & træning

Træner vi ikke hårdt nok?

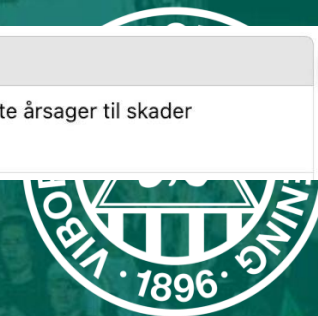
- Overbelastningsskader i kamp
- Traumer i kamp

Myte

1 "Jo hårdere du træner, jo mindre risiko for skader"

Sandheden ✓

Overbelastning er en af de største årsager til skader



Udspænding

Myte

2 "Udstrækning før træning forebygger skader"

Sandheden ✓

Statisk udstrækning før træning øger faktisk skadesrisikoen

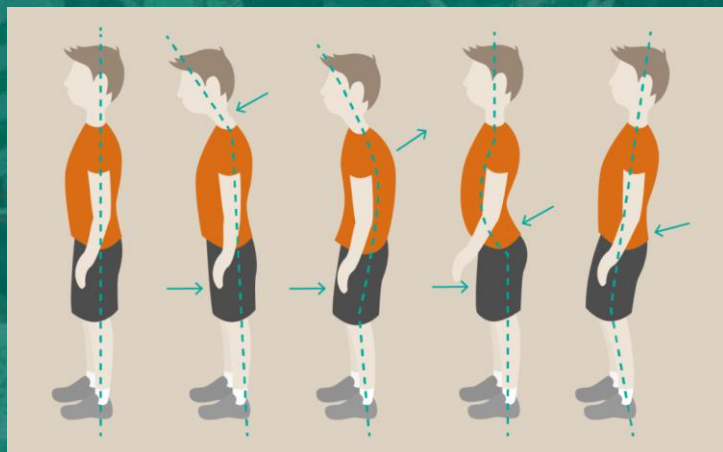


Statisk

1. Statisk udspænding kan ikke reducere DOMS og har derfor ingen væsentlig påvirkning på restitutionen.
2. Statisk udspænding før idrætsaktiviteter kan påvirke RFD (kraftudvikling) negativt.
3. Udspænding har ingen generel skadesforebyggende effekt, men statisk udspænding kan måske reducere risikoen for muskelskader i underekstremiteten ved specifikke idrætsaktiviteter (løb/sprint). -

Dynamisk

1. Dynamisk udspænding som en del af opvarmningen kan reducere risikoen for muskelskader i underekstremiteten ved specifikke idrætsaktiviteter (løb/sprint).



Anbefalinger for stræk:

- Statisk stræk anbefales primært til udøvere med muskulær ubalance.
- Statisk stræk udføres ved +30 sekunder x 2-3 sæt x +4 dage i ugen for vedvarende effekt.
- Statisk stræk udføres aldrig før træning.
- Dynamisk stræk anbefales før træning

Styrketræning

- Regelmæssig progressiv styrketræning kan forebygge skader, øge eksplosivitet, udholdenhed og balance.

Tidspunkt	Effekt
Off-season ✓	Tung styrke + muskelopbygning
Pre-season ✓	Eksplosiv styrke og power
I sæson ✓	Vedligehold og skadesforebyggelse

Myte

3 "Styrketræning gør dig stiv og langsom"

Sandheden ✓

Styrketræning forebygger skader og øger din eksplosivitet



1 Ben og core (2-3 gange om ugen):

Øvelse	Antal sæt	Antal reps
Squat ✓	4 sæt	5-8 reps
Bulgarsk split squat ✓	3 sæt	8-10 reps
Dødløft ✓	4 sæt	5 reps
Nordisk hamstrings ✓	3 sæt	6 reps
Planke med rotation ✓	3 sæt	45 sek
Side plank ✓	3 sæt	30 sek per side

2 Skadesforebyggende øvelser (1-2 gange om ugen):

Øvelse	Fokusområde
Copenhagen adductor ✓	Lysken
Glute bridge ✓	Baglår og baller
Ankeltræning ✓	Ankel og achilles
Balancetræning på et ben ✓	Knæ- og hoftekontrol

3 Eksplosiv styrketræning (1-2 gange om ugen):

Øvelse	Antal sæt	Fokus
Power cleans ✓	4 x 5	Eksplosiv styrke
Plyometriske hop ✓	3 x 8	Eksplosivitet
Medicinboldkast ✓	3 x 8	Core-eksplosion
Box jump ✓	3 x 6	Springstyrke

Hvad virker faktisk?

- **Progressiv styrketræning** ✓
- **Korrekt belastningsstyring** ✓
- **Neuromuskulær opvarmning (FIFA 11+)** ✓
- **Nok restitution** ✓
- **30-50% af alle skader kan forebygges gennem et skadesforebyggende opvarmningsprogram som FIFA11+**

FIFA 11+

PART 1 RUNNING EXERCISES - 8 MINUTES

<p>1 RUNNING STRAIGHT AHEAD</p> <p>The coach stands up at 10-15 metres of several cones, spaced 3-6 metres apart. Two players start at the same time from the first pair of cones. Key together at the end of the pair of cones. Do the next task when the player opposite your friend progresses as you warm up. 2 sets</p>	<p>2 RUNNING HIP OUT</p> <p>Walk on each side, stepping at each pair of cones to 90° your knees and rotate your hip outwards. Alternate between left and right hip at successive cones. 2 sets</p>	<p>3 RUNNING HIP IN</p> <p>Walk on each side, stepping at each pair of cones to 90° your knees and rotate your hip inwards. Alternate between left and right hip at successive cones. 2 sets</p>
<p>4 RUNNING CIRCLING PARTNER</p> <p>Run forwards as a pair to the first set of cones. Shuffle sideways by 90° degrees to meet at the middle. Shuffle as you circle around each other and then return back to the cones. Repeat for the next set of cones. Shuffle to the next set of cones and keep your centre of gravity low by bending your hips and knees. 2 sets</p>	<p>5 RUNNING SHOULDER CONTACT</p> <p>Run forwards as a pair to the first pair of cones. Shuffle sideways by 90° degrees to meet at the middle. Run sideways forwards each other to make shoulder-to-shoulder contact.</p> <p>Note: Make sure you land on both feet with your hips and knees bent. Do not let your knees buckle backwards. Make a full pump and appreciate your stride with your feet make as you pump and land. 2 sets</p>	<p>6 RUNNING QUICK FORWARDS & BACKWARDS</p> <p>As a pair run slowly to the second set of cones then backwards slowly to the first pair of cones. Repeat your feet and knees slightly back. 2 sets</p> <p>Note: Make sure you land on both feet with your hips and knees bent. Do not let your knees buckle backwards. Make a full pump and appreciate your stride with your feet make as you pump and land. 2 sets</p>

PART 2 STRENGTH · PLYOMETRICS · BALANCE · 10 MINUTES

LEVEL 1	LEVEL 2	LEVEL 3
<p>7 THE BENCH STATIC</p> <p>Starting position: Lie on your front, supporting yourself on your forearms and feet. Your elbows should be directly under your shoulders.</p> <p>Exercise: Lift your body up, supported on your forearms, and pull your stomach in. Hold the position for 20-30 sec. Your body should be in a straight line. Try not to move or wobble your back. 2 sets</p>	<p>7 THE BENCH ALTERNATE LEGS</p> <p>Starting position: Lie on your front, supporting yourself on your forearms and feet. Your elbows should be directly under your shoulders.</p> <p>Exercise: Lift your body up, supported on your forearms, and pull your stomach in. Lift one leg in turn, holding for a count of 2 sec. Continue for 40 sec. Your legs should be in a straight line. Try not to wobble or wobble your back. 2 sets</p>	<p>7 THE BENCH ONE LEG LIFT AND HOLD</p> <p>Starting position: Lie on your front, supporting yourself on your forearms and feet. Your elbows should be directly under your shoulders.</p> <p>Exercise: Lift your body up, supported on your forearms, and pull your stomach in. Lift one leg up about 10-15 centimetres off the ground, and hold the position for 20-30 sec. Your body should be straight. Do not let your stomach sag. Repeat for 20-30 sec. Take a short break, change sides and repeat. 2 sets</p>
<p>8 SIDWAYS BENCH STATIC</p> <p>Starting position: Lie on your side with the knee of your forearm leg bent to 90 degrees. Support your upper body by resting on your forearm and knee. The elbow of your supporting arm should be directly under your shoulder.</p> <p>Exercise: Lift your supporting leg and hip up and hold straight. Lift and knee in a straight line. Hold the position for 20-30 sec. Take a short break, change sides and repeat. 2 sets on each side.</p>	<p>8 SIDWAYS BENCH RAISE & LOWER HIP</p> <p>Starting position: Lie on your side with both legs straight. Lean on your forearm and the side of your foot so that your body is in a straight line from shoulder to foot. The elbow of your supporting arm should be directly beneath your shoulder.</p> <p>Exercise: Lift your body up to the ground and raise both legs up again. Repeat for 20-30 sec. Take a short break, change sides and repeat. 2 sets on each side.</p>	<p>8 SIDWAYS BENCH WITH LEG LIFT</p> <p>Starting position: Lie on your side with both legs straight. Lean on your forearm and the side of your foot so that your body is in a straight line from shoulder to foot. The elbow of your supporting arm should be directly beneath your shoulder.</p> <p>Exercise: Lift your supporting leg up and slowly lower it down again. Repeat for 20-30 sec. Take a short break, change sides and repeat. 2 sets on each side.</p>
<p>9 HAMSTRINGS BEGINNER</p> <p>Starting position: Kneel on a soft surface. Ask your partner to hold your ankles. Note: Your body should be completely straight from the shoulder to the knee throughout the exercise.</p> <p>Exercise: Lift your body up, supported on your forearms, and pull your stomach in. Lift one leg in turn, holding for a count of 2 sec. Continue for 40 sec. Your legs should be in a straight line. Try not to wobble or wobble your back. 2 sets</p>	<p>9 HAMSTRINGS INTERMEDIATE</p> <p>Starting position: Kneel on a soft surface. Ask your partner to hold your ankles. Note: Your body should be completely straight from the shoulder to the knee throughout the exercise.</p> <p>Exercise: Lift your body up, supported on your forearms, and pull your stomach in. Lift one leg in turn, holding for a count of 2 sec. Continue for 40 sec. Your legs should be in a straight line. Try not to wobble or wobble your back. 2 sets</p>	<p>9 HAMSTRINGS ADVANCED</p> <p>Starting position: Kneel on a soft surface. Ask your partner to hold your ankles. Note: Your body should be completely straight from the shoulder to the knee throughout the exercise.</p> <p>Exercise: Lift your body up, supported on your forearms, and pull your stomach in. Lift one leg in turn, holding for a count of 2 sec. Continue for 40 sec. Your legs should be in a straight line. Try not to wobble or wobble your back. 2 sets</p>
<p>10 SINGLE-LEG STANCE HOLD THE BALL</p> <p>Starting position: Stand on one leg. Exercise: Lift your body up, supported on your forearms, and pull your stomach in. Lift one leg in turn, holding for a count of 2 sec. Continue for 40 sec. Your legs should be in a straight line. Try not to wobble or wobble your back. 2 sets</p>	<p>10 SINGLE-LEG STANCE THROWING BALL WITH PARTNER</p> <p>Starting position: Stand 2-3 m apart from your partner, with each of your standing leg up.</p> <p>Exercise: Lift your body up, supported on your forearms, and pull your stomach in. Lift one leg in turn, holding for a count of 2 sec. Continue for 40 sec. Your legs should be in a straight line. Try not to wobble or wobble your back. 2 sets</p>	<p>10 SINGLE-LEG STANCE TEST YOUR PARTNER</p> <p>Starting position: Stand on one leg, holding your partner and at arms' length.</p> <p>Exercise: Lift your body up, supported on your forearms, and pull your stomach in. Lift one leg in turn, holding for a count of 2 sec. Continue for 40 sec. Your legs should be in a straight line. Try not to wobble or wobble your back. 2 sets</p>
<p>11 SQUATS WITH TOE RAISE</p> <p>Starting position: Stand with your feet hip-width apart. Place your hands on your hips or on your knees.</p> <p>Exercise: Squat as you are about to sit down on a chair. Perform squats by bending your knees and hips. Do not let your knees buckle backwards. Disengage slowly when straightening up. Repeat for 30 sec. 2 sets</p>	<p>11 SQUATS WALKING LUNGES</p> <p>Starting position: Stand with your feet hip-width apart. Place your hands on your hips or on your knees.</p> <p>Exercise: Squat as you are about to sit down on a chair. Perform squats by bending your knees and hips. Do not let your knees buckle backwards. Disengage slowly when straightening up. Repeat for 30 sec. 2 sets</p>	<p>11 SQUATS ONE-LEG SQUATS</p> <p>Starting position: Stand on one leg, holding your partner and at arms' length.</p> <p>Exercise: Squat as you are about to sit down on a chair. Perform squats by bending your knees and hips. Do not let your knees buckle backwards. Disengage slowly when straightening up. Repeat for 30 sec. 2 sets</p>
<p>12 JUMPING VERTICAL JUMPS</p> <p>Starting position: Stand with your feet hip-width apart. Place your hands on your hips or on your knees.</p> <p>Exercise: Squat as you are about to sit down on a chair. Perform squats by bending your knees and hips. Do not let your knees buckle backwards. Disengage slowly when straightening up. Repeat for 30 sec. 2 sets</p>	<p>12 JUMPING LATERAL JUMPS</p> <p>Starting position: Stand on one leg with your upper body slightly forward. Bend the knee, with knees and hips slightly bent.</p> <p>Exercise: Jump to the right or left. Repeat for 30 sec. 2 sets</p>	<p>12 JUMPING BOX JUMPS</p> <p>Starting position: Stand with your feet hip-width apart. Place your hands on your hips or on your knees.</p> <p>Exercise: Squat as you are about to sit down on a chair. Perform squats by bending your knees and hips. Do not let your knees buckle backwards. Disengage slowly when straightening up. Repeat for 30 sec. 2 sets</p>

PART 3 RUNNING EXERCISES · 2 MINUTES

<p>13 RUNNING ACROSS THE PITCH</p> <p>Run across the pitch, from one side to the other, at 75-80% maximum pace. 2 sets</p>	<p>14 RUNNING BOUNDING</p> <p>Run with high bounding steps with a high knee lift, landing gently on the ball of your foot. Use an exaggerated arm swing for each step. Repetition time is 30 sec. 2 sets</p>	<p>15 RUNNING PLANT & CUT</p> <p>Run 5 steps, then plant on the outside leg and to change direction. Accelerate and repeat 5-7 times. High knee lift. Repeat for 30 sec. 2 sets</p>
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Spørgsmål

