

# FODBOLD SKADER

*- EN DEL AF SPORTEN*



DBU JYLLAND

## DAGSORDEN FOR I DAG:

- EN DIALOG OM SKADER I FODBOLD
- GRUNDLÆGGENDE TEORI OM SKADER
- INDFLYVNING TIL PRAKTISK SESSION
- MEDIE TRÆNING PÅ BANEN
- OPSAMLING PÅ DE SIDSTE TIMER OG AFRUNDING



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# HVAD HAR INDFLYDELSE PÅ FODBOLD SKADER:

## HVILKEN MÅLGRUPPE TRÆNER VI

- ALDER
- KØN
- NIVEAU
- EKSTERNE FAKTORER
  
- FYSIK
- MENTALITET
- VÆKST
- CYKLUS
- TIDLIGERE SKADER
- OSV.



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# GRUNDLÆGGENDE TEORI OM SKADER

## SKADER KAN OPDELES I TO GRUPPER:

- AKUTTE SKADER
- OVERBELASTNINGSSKADER



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## AKUTTE SKADER:

- UDGØR 25-30 % AF ALLE SKADER I FODBOLD
- OPSTÅR ALTID PLUDSLEIGT, NÅR DER ER FOR STOR BELASTNING PÅ VÆVET.

## DE KLASSISKE TEGN ER:

- VARME
- RØDME
- HÆVELSE
- SMERTE
- NEDSAT FUNKTION



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## OVERBELASTNINGSSKADER

- UDVIKLES TYPISK OVER LÆNGERE TID MED GRADVIS FORVÆRRING AF SYMPTOMERNE.
- ER ET RESULTAT AF GENTAGENDE BELASTNINGER, HVOR DEN SAMLEDE BELASTNING OVERSTIGER VÆVETS TOLERANCE.
- LÆNGE FØR DER REGISTRES SMERTE, VIL DER VÆRE SKET SMÅ SKADER I VÆVET.

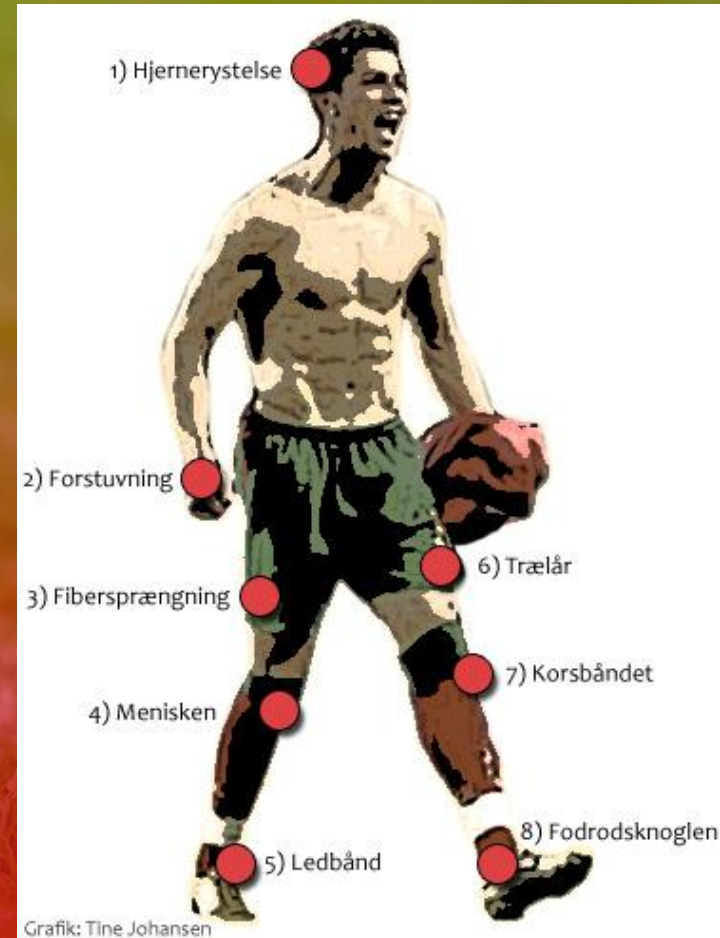
## KLASISKE TEGN ER SMERTETRIADEN:

- IGANGSÆTNINGSBESVÆR
- SMERTE VED LÆNGERE TIDS AKTIVITET
- SMERTE EFTER AKTIVITET.



## DE HYPPIGSTE FODBOLDSKADER VI SER:

- FIBERSKADER
- FORSTUVNINGER
- KORSBÅND
- TRÆLÅR
- HJERNERYSTELSE



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## NÅR EN SKADE OPSTÅR - BRUGER VI POLICE – PRINCIPPET

*PROTECTION* : BESKYT OMRÅDET

*OPTIMAL LOADING* : SÅ STOR BELASTNING SOM MULIGT, UDEN SKADEN FORVÆRRES – BEVÆGELSER INDEN FOR SMERTEGRÆNSEN.

*ICE*: LÆG IS ELLER ANDET KOLDT PÅ OMRÅDET – ALDRIG DIREKTE – 20/40 REGLEN GÆLDER – BRUGES DE FØRSTE 24-48 TIMER – EFTERFØLGENDE VED SMERTE.

*COMPRESSION*: VIGTIGT DE FØRSTE 10 MIN – KONSTANT DE FØRSTE 48 TIMER – DOG IKKE OM NATTEN – HEREFTER SÅ LÆNGE DER ER HÆVELSE.

*ELEVATION*: PLACER DET SKADEDE OMRÅDE OVER HJERTEHØJDE – I EN HVILE STILLING – FORTSÆTTES DE FØRSTE 24-48 TIMER – EFTERFØLGENDE VED HÆVELSE.

*MOBILISERING*: BRUG DET SKADEDE OMRÅDE INDEN FOR SMERTEGRÆNSEN – DET GIVER ET HURTIGERE COMBACK.



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## KULDE BENYTTES VED

- AKUTTE TRAUMER
- LOKALE SMERTETILSTANDE

BRUGE **ALDRIG** VED – HJERTE PATIENTER.

## BEHANDLING

- 20/40 REGLEREN GÆLDER
- OG ALDRIG IS DIREKTE PÅ HUDEN

## VARME BENYTTES VED

- SMERTER I BEVÆGEAPPARATET
- MUSKELSPÆNDINGER
- ANSPÆNDTHED, TRÆTHED OG NERVØSITET.

BRUGES **ALDRIG** VED - AKUT INFLAMATION PGA AF ØGET VÆSKEDANNELSE

BEHANDLING 20-30 MINUTER ER DEN TID VÆVET RESPONDERER PÅ EN VARME.



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## TRÆNER ROLLEN OG GENOPTRÆNING, EFTER EN SKADE

- DET ER IKKE JERES OPGAVE SOM TRÆNERE AT PLANLÆGGE EN GENOPTRÆNING.
- MEN DET ER JERES OPGAVE SOM TRÆNERE AT MEDINDRAGE DE SKADEDE SPILLERE, SÅ DE FØLER SIG SOM EN DEL AF HOLDET, SELV NÅR DE ER SKADET.
- OG DET ER JERES OPGAVE SOM TRÆNERE AT SKABE EN KULTUR IFT. AT VÆRE SKADET PÅ ET HOLD.



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## HVAD KAN VI GØRE FOR AT REDUCERE SKADER I FODBOLD:

- MED DEN RIGTIGE OPVARMNING, KAN MAN REDUCERE SKADER MED OP TIL 50%!
- MED DEN RETTE TRÆNING KAN SPILLERNE IKKE KUN UNDGÅ SKADER – DE BLIVER OGSÅ STÆRKERE OG MERE MODSTANDS DYGTIGE PÅ BANEN.
- DET ER VIGTIGT AT TRÆNERNE KØBER IND PÅ SKADESFORBYGGELSE OG STYRKETRÆNING, SOM EN DEL AF FODBOLD TRÆNINGEN.



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## HVAD INDEHOLDER ET GODT TRÆNINGSPAS?

- OPVARMNING 10-15 MIN
- SKADESFOREBYGGENDE TRÆNING 10 MIN
- FODBOLD TEKNISKE TRÆNING KAMP
- NEDVARMNING/AFRUNDING 5-10 MIN

## EN GOD OPVARMNING INDEHOLDER:

- BEVÆGELIGHED
- KREDSLØB
- STYRKE OG STABILITET
- BALANCE OG KOORDINATION



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## ØVELSER TIL SKADESFØREBYGGENDE TRÆNING OG OPVARMNING

- KUN FANTASIEN SÆTTER GRÆNSER FOR DE ØVELSER I KAN LAVE.
- DET VIGTIGSTE, BLIVER AT I FINDER DET RETTE NIVEAU IFT. ALDER OG ERFARING
- DER ER MASSER AF HJÆLP AT HENTE PÅ NETTET, DBU, YOUTUBE OSV.
  
- I SKAL TURDE AT STILLE KRAV TIL SPILLERNE
- I SKAL TURDE AT UDFORDRE DEM PÅ ØVELSER DER ER SVÆRE FOR DEM
- I SKAL TURDE AT FEJLE MED SPILLERNE

**= INVESTERINGEN ER STOR PÅ DEN LANGE BANE**



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### EXERCISE 1 JOG & LOOK AT THE COACH (TO STOP)

- 2x 5-step commands
- 3x 5-step commands
- 3x 5-step commands
- 3x 5-step commands
- 3x 5-step commands

 Listen to the command	 Watch for the command	 Keep the ball in the hands and listen to the command	 Keep the ball in the hands and watch for the command	 Juggle the ball and listen to the command
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### EXERCISE 2 SKATING HOP

- 2x 10 hops (3 on each leg)
- 2x 10 hops (3 on each leg)
- 2x 10 hops (3 on each leg)
- 2x 10 hops (3 on each leg)
- 2x 10 hops (3 on each leg)

 Practice how to land on one leg	 Keep the ball in the hands	 Balance the ball on one hand	 Touch the ground with the ball	 Balance and stretch forward with the ball
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### EXERCISE 3 ONE LEG STANCE

- To right/hold and 5 passes per player
- To right/hold and 5 passes per player
- To right/hold and 5 passes per player
- To right/hold and 5 passes per player
- To right/hold and 5 passes per player

 Throw the ball	 Circle the ball around the leg & throw it	 Pass the ball	 Throw the ball & play it back	 Challenge your balance
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### EXERCISE 4 PUSH UP

- 2x, until each kid rolls to the ball (max. 8 kids)
- 3x 15 seconds
- 3x 15 seconds
- 3x 15 seconds
- 3x 15 seconds

 Make a tunnel & roll the ball under/over	 In a plank position & roll the lower leg on the ball	 Tummy position & roll the ball between hands	 Tummy position & roll the ball between hands and feet	 Hands on the ball & challenge your position
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### EXERCISE 5 ONE LEG HOPS

- 2x, 4 hops on right leg and 5 hops on left leg
- 2x, 4 hops on right leg and 5 hops on left leg
- 2x, 4 hops on right leg and 5 hops on left leg
- 2x, 4 hops on right leg and 5 hops on left leg
- 2x, 4 hops on right leg and 5 hops on left leg

 Hop forwards	 Hop forwards & backwards	 Hop sideways	 Follow the command & hop	 Follow the command & hop while holding the ball in the hands
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### EXERCISE 6 SPIDERMAN

- 3x 3-15 seconds
- 3x 3-15 seconds
- 3x over 4-10 minutes
- 3x over 4-10 minutes
- 3x over 4-10 minutes

 Touch the ball with alternating feet	 Stretch out the position	 Crawling	 Crawling & move the ball between the feet	 Crawling with the hands & move the ball with the feet
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### EXERCISE 7 ROLL OVER

- 5-7x per side
- 5-7x per side
- 5-7x per side
- 5-7x per side
- 5-7x per side

 Crouch and roll over	 From standing, slowly roll over	 From standing, holdy roll over	 Crawl and roll over	 Jog & roll over
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# The 11+

## PART 1 RUNNING EXERCISES - 8 MINUTES

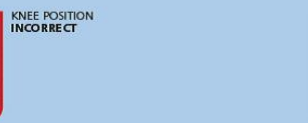
 <b>1 RUNNING STRAIGHT AHEAD</b> The course is made up of 4 x 10 paces or parallel lanes, approx. 5-6 m apart. They appear to be the same throughout the first part of course. Run together with the rest of your team. On the way back, you can release your feet progressively as you move up. 2 sets	 <b>2 RUNNING HIP OUT</b> Walk on legs only, change each pair of cones to 10 your front and rotate your hips. Alternate downward and upright at successive cones. 2 sets	 <b>3 RUNNING HIP IN</b> Walk on legs only, change each pair of cones to 10 your front and rotate your hips. Alternate downward and upright at successive cones. 2 sets
 <b>4 RUNNING CURLING PARTNER</b> Run forwards as a pair to the first of cones. Shuffle always to 10 degree to match the other. Shuffle an angle that would give you and the other the same time to the cone. Repeat for rest of cones. Remember to stop on your own and keep your centre of gravity low by bending your hips and knees. 2 sets	 <b>5 RUNNING SHOULDER CONTACT</b> Run forwards to the first of cones. Shuffle always to 10 degree to meet in the middle then progress to 10 towards each other to make a shoulder-to-shoulder contact. Repeat. Make sure you land on both feet with your hips and knees bent. Do not let your knees buckle inward. Make it a full length and experience your timing with your team-mate as you jump and land. 2 sets	 <b>6 RUNNING QUICK FORWARDS &amp; BACKWARDS</b> As a pair, run quickly to the second of cones then run backwards until you find a pair of cones keeping your hips and knees slightly bent. Keep repeating the 100 cones forward and 100 back backwards. Remember to take small, quick steps. 2 sets

## PART 2 STRENGTH - PLYOMETRICS - BALANCE - 10 MINUTES

LEVEL 1	LEVEL 2	LEVEL 3
 <b>7 THE BENCH STATIC</b> Starting position: Lie on your front, supporting yourself on your forearms and feet. Your elbows should be directly under your shoulders. Exercise: Lift your body up, supported on your forearms, and pull your stomach in, and hold the position for 20-30 sec. Your body should be in a straight line. Try not to sag or arch your back. 2 sets	 <b>7 THE BENCH ALTERNATE LEGS</b> Starting position: Lie on your front, supporting yourself on your forearms and feet. Your elbows should be directly under your shoulders. Exercise: Lift your body up, supported on your forearms, and pull your stomach in. Lift each leg in turn, holding for a count of 2 sec. Continue for 20-30 sec. Your body should be in a straight line. Try not to sag or arch your back. 2 sets	 <b>7 THE BENCH ONE LEG LIFT AND HOLD</b> Starting position: Lie on your front, supporting yourself on your forearms and feet. Your elbows should be directly under your shoulders. Exercise: Lift your body up, supported on your forearms, and pull your stomach in. Lift one leg, hold for 15 sec, and then repeat, and hold the position for 20-30 sec. Your body should be straight. Think of your opponent's hip as you do not sag or arch your back. Complete a minimum of 15-20 repetitions and/or 60 sec. rest
 <b>8 SIDEWAYS BENCH STATIC</b> Starting position: Lie on your side with the knee of your front leg bent 90 degrees. Support your upper body with your forearms and feet. The above of your legs should be parallel to your front shoulder. Exercise: Lift your body up, supported on your forearms, and pull your stomach in. Hold the position for 20-30 sec. Take a rest, then repeat. 2 sets on each side.	 <b>8 SIDEWAYS BENCH RAISE &amp; LOWER HIP</b> Starting position: Lie on your side with both knees straight. Lean on your forearm and the side of your foot so that your body is in a straight line from head to foot. Exercise: Lift your body up, supported on your forearms, and pull your stomach in. Lower your hip to the ground and then lift up again. Repeat for 20-30 sec. Take a rest, then repeat. Change sides and repeat. 2 sets on each side.	 <b>8 SIDEWAYS BENCH WITH LEG LIFT</b> Starting position: Lie on your side with both knees straight. Lean on your forearm and the side of your foot so that your body is in a straight line from head to foot. Exercise: Lift your body up, supported on your forearms, and pull your stomach in. Lift one leg, hold for 15 sec, and then repeat, and hold the position for 20-30 sec. Your body should be straight. Think of your opponent's hip as you do not sag or arch your back. Complete a minimum of 15-20 repetitions and/or 60 sec. rest
 <b>9 HAMSTRINGS BEGINNER</b> Starting position: Kneel on a soft surface. Ask your partner to hold your ankles over your head. Exercise: Your body should be completely straight from the shoulders to the feet throughout the exercise. Lean forward as far as you can, controlling the movement with your forearms and your feet. When you can no longer hold the position, gently take your weight on your hands, hold for a push-up position. Complete a minimum of 5-10 repetitions and/or 60 sec. rest	 <b>9 HAMSTRINGS INTERMEDIATE</b> Starting position: Kneel on a soft surface. Ask your partner to hold your ankles over your head. Exercise: Your body should be completely straight from the shoulders to the feet throughout the exercise. Lean forward as far as you can, controlling the movement with your forearms and your feet. When you can no longer hold the position, gently take your weight on your hands, hold for a push-up position. Complete a minimum of 5-10 repetitions and/or 60 sec. rest	 <b>9 HAMSTRINGS ADVANCED</b> Starting position: Kneel on a soft surface. Ask your partner to hold your ankles over your head. Exercise: Your body should be completely straight from the shoulders to the feet throughout the exercise. Lean forward as far as you can, controlling the movement with your forearms and your feet. When you can no longer hold the position, gently take your weight on your hands, hold for a push-up position. Complete a minimum of 5-10 repetitions and/or 60 sec. rest
 <b>10 SINGLE-LEG STANCE HOLD THE BALL</b> Starting position: Stand on one leg. Exercise: Balance on one leg while holding the ball with both hands. Keep your body weight on the ball of your foot. Remember: Try not to let your knee buckle inward. Hold for 30 sec. Change leg and repeat. 2 sets on each side.	 <b>10 SINGLE-LEG STANCE THROWING BALL WITH PARTNER</b> Starting position: Stand 2-3 m apart from your partner, with each of you standing on one leg. Exercise: Throw your ball, and with your stomach flat, throw the ball to one another. After you catch the ball of your foot. Remember: Keep your feet straight. Change leg and repeat. 2 sets	 <b>10 SINGLE-LEG STANCE TEST YOUR PARTNER</b> Starting position: Stand on one leg opposite your partner and at arm's length. Exercise: Watch your partner try to lose your balance, and if you can't see how to help, the other will do so in a controlled manner. Repeat the exercise. Continue for 30 sec. Change leg and repeat. 2 sets
 <b>11 SQUATS WITH TOE RAISE</b> Starting position: Stand with your feet hip-width apart. Place your hands on your hips if you like. Exercise: Imagine that you are about to sit down on a chair behind you by bending your hips and knees to 90 degrees. Do not let your knees buckle inward. Count down slowly then sit on your feet. Repeat the exercise for 30 sec. 2 sets	 <b>11 SQUATS WALKING LUNGES</b> Starting position: Stand with your feet hip-width apart. Place your hands on your hips if you like. Exercise: Large lunge forward slowly at an even pace. As you lunge, imagine your leading leg with its hip and knee at 90 degrees. Do not let your knee buckle inward. Try to keep your upper body and hips straight. Repeat the exercise for 30 sec. 2 sets	 <b>11 SQUATS ONE-LEG SQUATS</b> Starting position: Stand on one leg, holding holding onto your partner. Exercise: Slowly lower your knee as far as you can manage. Concentrate on lowering the knee into the buttock inward. Hold your knee about there. Repeat the exercise for 30 sec. Change leg and repeat. 2 sets
 <b>12 JUMPING VERTICAL JUMPS</b> Starting position: Stand with your feet hip-width apart. Place your hands on your hips if you like. Exercise: Imagine that you are about to sit down on a chair. Bend your legs slowly and gently raise your feet to 90 degrees, and hold for 1 sec. Do not let your knees buckle inward. From the squat position, jump up as high as you can. Land softly on the ball of your feet with your hips and knees slightly bent. Repeat the exercise for 30 sec. 2 sets	 <b>12 JUMPING LATERAL JUMPS</b> Starting position: Stand on one leg with your upper body bent slightly forward from the hip with knees and hips slightly bent. Exercise: Jump up gently. Land on the ball of your foot. Bend your hips and knees slightly as you land and do not let your knees buckle inward. Repeat your balance on each leg. Repeat the exercise for 30 sec. 2 sets	 <b>12 JUMPING BOX JUMPS</b> Starting position: Stand with your feet hip-width apart. Imagine that there is a box in front of you. Exercise: Alternate between jumping forwards and backwards, then side to side, and diagonals across the circle. Jump as high and as explosively as possible. Your knees and hips should be slightly bent. Land softly on the balls of your feet. Do not let your knees buckle inward. Repeat the exercise for 30 sec. 2 sets

## PART 3 RUNNING EXERCISES - 2 MINUTES

 <b>13 RUNNING ACROSS THE PITCH</b> Run across the pitch, from one side to the other, at 75-80% maximum pace. 2 sets	 <b>14 RUNNING BOUNDING</b> Run with high bounding steps with slight inward, landing gently on the ball of your foot. Use an edge and arm swing for each step. Support arm and leg. Repeat the exercise until you reach the other side of the pitch, then jog back to recover. 2 sets	 <b>15 RUNNING PLANT &amp; CUT</b> Run 4-5 steps, then plant your foot on the outside and cut to change direction. Advance and repeat 5-7 steps at high speed 100-120% maximum speed before you do the next cut. Repeat 10-15 times for each leg. Repeat the exercise until you reach the other side, then jog back. 2 sets
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## PRAKTISK SESSION I DAG

- MIN MÅLGRUPPE I DAG ER U11-U13 PIGER
- TRÆNING ER MED HENBLIK PÅ AT SKADESFOREBYGGE OG REDUCERE SKADER.
- JEG KENDER IKKE PIGERNE – SÅ JEG VURDERER DEM UNDERVEJS
- FUNKTIONEL ANALYSE – HVAD KAN DE – HVILKET NIVEAU HAR DE?
- JEG HAR FULD FOKUS PÅ PIGERNE I DERES TRÆNING IDAG

## JERES OPGAVE BLIVER

- LIG MÆRKE TIL DE ØVELSER JEG LAVER MED PIGERNE, TAG DET I KAN BRUGE.
- LIG MÆRKE TIL HVORDAN JEG STILLER KRAV OG GUIDER PIGERNE.
- REFLEKTER OVER OM DET ER NOGET I GØR I JERES TRÆNING – HVORFOR OG HVORFOR IKKE?
- KAN DET IMPLEMENTERES I JERES TRÆNING FEMOVER - AT SKADESFOREBYGGE?



**LAD OS GÅ UD TIL PIGERNE..**

- VI TRÆNER CA 1 TIME

- VI TAGER SPØRGSMÅL - NÅR VI KOMMER IND !!



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# AFRUNDING

- OPSAMLING PÅ TRÆNING
- HAR I FÅET NOGET MED SOM I KAN BRUGE?
- SPØRGSMÅL/KOMMENTARER?



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# TAK FOR I DAG



**INFO@FYSIO-SPORT.DK** – I ER VELKOMMEN TIL AT SENDE MIG EN MAIL – HVIS I HAR SPØRGSMÅL!



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