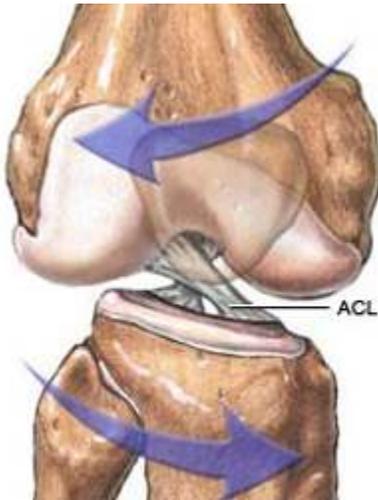


Coaching Tip of the Month ACL Injuries & Prevention



With the RDYSL season literally just a week away, I'd like to remind all coaches about the importance of implementing a proper warm and cool down with every practice. Both components are extremely important in producing and maintaining high performance levels with your players and most importantly, decreasing the risk of injury with all your players.

As most of you know, the warm-up takes place before training and the cool down (warming-down) immediately after. If you think about it, the warm up is a great opportunity to help set the stage for your training session and review your practice plans and expectations with your team. Consequently, the cool down session is also a great opportunity to allow the team and the coach time to discuss how the training session went and to discuss how the team might have played in the match that just occurred. Time well spent both from a physical point of view and organizational point of view as a coach!

At the bottom of this email, I thought I would share with you a couple of videos regarding ACL Preventative Warm up Exercises, exercise routines that could easily be adapted as a warm up for your team. ACL injuries are almost often season ending and in some cases, can be career ending for some players. ACL injuries are not always contact driven and could happen simply by landing clumsily after being pushed off the ball or even turning your hips/knee awkwardly after crossing a ball from the wing. The point is if we can prevent one ACL injury from occurring within our club because we are doing preventative exercises with our teams.....then that's a good enough reason for me to ask our coaches to consider educating themselves on proper warm up and ACL prevention programs.

Because female athletes are much more likely to experience ACL injuries, those who coach female athletes tend to be more interested in the concept of ACL injury prevention. However, obviously both genders can be injured. In fact, estimates run to over 100,000 ACL tears per year, with 30,000 of them high school age

females.

In any case, please take a look at the two short video links I provided below. I hope I have at least triggered you to think about the importance of a proper warm up and cool down with your teams. The benefits are plentiful! I also hope I have gotten you to think about implementing one of the ACL Prevention Warm Up routines with your team. Injuries do happen, its part of the game. However, injuries can also be prevented.....that's part of the game too! Thanks for taking the time to consider.

ACL Prevention Warm Up and Exercises #1 – [Click Here](#)

ACL Injury Prevention Exercises #2 – [Click Here](#)

Thank you again and good luck to you and your teams on a healthy and successful season!!

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