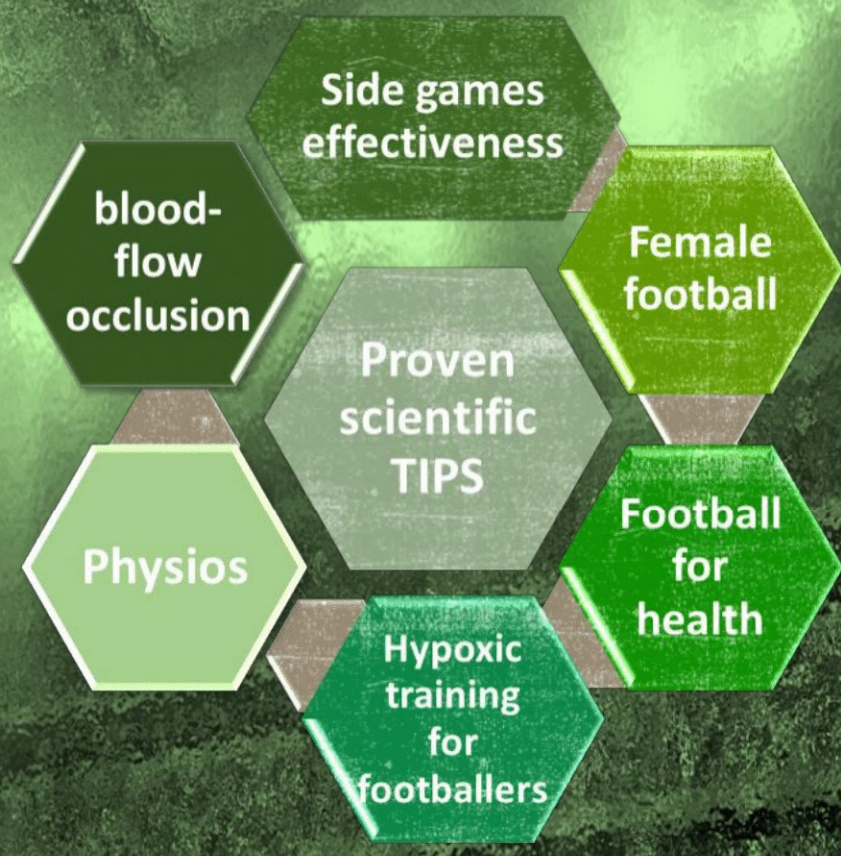


International Science And Football Association



Edition 3 - 2019



ISAF Newsletter Magazine

Edition 3 – 2019

Edited by Prof. Monèm Jemni

© ISAF: International Science and Football Association * www.isafa.info

Managing editor: Mr. Mohammad Shoaib Prince

Proof editors: Ms. Solveig Roser & Dr. Bessem Mkaouer

Art work: Ms. Assia Belmahdi

* Powered by the International Science And Football Academy, Ltd. Cambridge, UK



Injury Prevention and Performance Enhancement: Tournament Strategies for 055+ Masters Football Teams and Players



¹Chris Franks, ²Tom Lilley, ³Harry Hubball and Ian Franks,

¹Physiotherapist, Vancouver Whitecaps FC, Canada; ²Team Trainer & Sports-Outdoor First Aid, England; ³The University of British Columbia, Canada.

Introduction: Increasing numbers of 055-065+ senior multi-day international masters football world cup tournament players are participating in masters football tournaments.

(e.g., 11v11, 5v5, futsal, 3v3, walking football) which involve a series of competitive matches interspersed over a full or multi-day event (Hubball et al, 2018). The vigorous physical/mental demands of masters football tournaments can increase the chances of injury (especially for ill-prepared or injury-prone players) and thus significantly hinder optimal tournament experiences for teams and individual players. Very little research has examined effective injury-prevention strategies for 055-065+ masters players participating in full or multi-day football tournaments. As part of preparation for the 055+ International Masters 5-a-side World Cup Football Tournament at the University of Bristol, England, 2018, case study methodology (Yin, 2017) was employed over a 6-month period in order to assess effective pre, during and post-tournament injury prevention strategies. Data collection and analyses focused on team development and individual preparation practices with a select 055 masters football team (three times international masters world cup tournament winners); a series of tournament-specific consultation and debrief sessions with a professional football physiotherapist, as well as team trainer; and, key insights from a representative sample of participating international tournament team leaders. This paper highlights key findings for effective pre, during and post-tournament injury-prevention strategies for 055+ players participating in a

PRE-TOURNAMENT

Injury-prevention strategies prior to participating in a multi-day 055+ masters football tournament.

- In the months prior, teams should gradually increase the quantity of strategic fixtures/practice games against similar age and ability teams (as tournament opposition) in order to closely simulate the game format, as well as related physical and mental fitness demands for an upcoming (full or multi-day) masters football tournament. Cross-training aerobic activities such as the use of an elliptical machine, stair-climber, rowing machine, upright stationary bike, brisk hiking, or swimming reduces excess impact and stress on the muscles, bones, joints and tissues. Furthermore, increase strength training of major muscle groups is critical for conditioning against the rigours of a demanding masters football tournament. For example, key range of motion losses (crucial to football) experienced with aging include: hip extension and thoracic rotation. Specific recommended exercises include progressive back-leg raises that simulate football shooting, lateral trunk and upper body twists.



Continued..



Furthermore, common football injuries experienced with aging include calf and hamstring muscle strains. Specific recommended exercises include side-lying and progressive lower back rotation stretching, and single leg glute bridge exercises respectively (Thorborg et al, 2017). Adopt an effective football-specific warm-up and cool-down routine prior to and on completion of training/games in order to get one's body feeling better for the start of a match (and for the next day!) and help prevent non-contact injuries that occur due to poor training/game preparation.

- In the weeks prior to participating in a multi-day 055+ masters football tournament, reduce/taper-off from your usual physical training quantity and/or high impact activities i.e., don't overdo pre-tournament games/training and increase risk of injury and non-participation! For example, increase tournament-specific mental skills preparation (e.g., visualize the series of games from start to finish), reduce distance-speed running or competitive football training/games, and ensure rest-day recovery periods. If you do go for a run in this pre-tournament phase, avoid road-running and use softer terrain such as a turf field or nature trails. Include 'fartlek' sessions or short intervals (e.g., 2-3 mins of moderate to high intensity followed by 2-3 mins of light intensity or mini-rest periods for 4-6 repetitions) in order to help prepare for changes in running intensity during vigorous tournament conditions.

DURING TOURNAMENT

Injury-prevention strategies during a multi-day 055+ masters football tournament.

- Nutrition and fluid intake - Eat a meal with complex carbohydrate and lean protein at least 3 hours prior to the first tournament game. Have a small snack 30-60 mins prior to kick-off (e.g., granola bar)
- Warm-up - Despite tournament excitement and/or nerves when teams gather prior to kick off (i.e., interactions with team mates and/or other masters players), ensure deliberate and adequate warm-up prior to each game for optimal (physical and mental) performance state
- SAFETY: Tournament Rule number 1! - Absolutely no dangerous challenges (e.g. tackles from behind, slide tackles). It is imperative to play with safety in mind toward others and self (including compulsory shin pads). The collegial atmosphere among participating masters players, teams and referees is critical and thus safety must be strictly enforced by all!
- On completion of each individual tournament game - Add clothing to maintain full body warmth, and ensure immediate refuelling and re-hydration (e.g., water, pasta, bread, nuts & raisins, granola bar, electrolyte/minerals) especially in warmer weather, and when appetite is often suppressed from vigorous activity. Try to mentally relax while maintaining very light mobility exercises, massage, and short walks to prevent body seizing-up.

Continued..



Furthermore, avoid exposure to the sun and temptation to stand still or lie down unless significant game-break periods enable deliberate and adequate post-game cool down (e.g., to dissipate lactic acid in muscles), as well as pre-game warm-ups for optimal performance state. During this phase, team leaders should provide psychological support and check-ins to see “how each player is feeling” to further encourage and assist optimal performance states. If appropriate, administer light massage for cramped muscles and/or instant ice-pack treatment for bruising or light impact injuries.

POST-TOURNAMENT

Injury-prevention strategies following an 055+ masters football tournament

On completion of Day 1 tournament games - If possible, use a stationary bike for 15 minutes at a light – moderate intensity in order to assist circulation and decrease leg soreness for the following day. Hot/cold contrast baths following the first tournament day can help to increase circulation and decrease soreness in the legs for the following day.

Resist temptation for excess alcohol and sedentary activity since both impair (physical and mental) performance state for the start of Day 2. Prior to beginning Day 2 tournament games, a hot bath for 5 mins followed by a short walk and light jog with gentle stretching can help to ease body soreness and muscle tightness. Recycle above “During Tournament” strategies for Day 2!



Continued..



- On completion of a full or multi-day tournament - address any injuries as soon as possible in order to decrease injury duration and prevent recurring injuries in future. Resume light daily aerobic activities such as walking, cycling, and/or swimming, however, allow adequate time/weeks before resuming vigorous bouts of exercise (including competitive football and high impact activities) in order for your body to fully heal and recover from a full or multi-day masters football tournament.

Conclusion: Injury prevention is key for 055+ teams and players participating in demanding full or multi-day football tournaments. Our research with 055+ players preparing for a 2-day international masters football tournament suggests that individualized pre- (e.g., taper-off, increase cross-training, core conditioning, mental skills preparation), during (e.g., light mobility exercises, refuel and hydration

loading in-between game periods) and post-tournament (e.g., attend to injuries, light recovery activities) injury-prevention strategies enhance optimal tournament experiences and performance. Insights from this research will assist masters football tournament organizers, coaches and players.

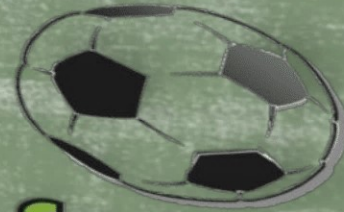
Selected References

- Hubball, H.T., Reddy, P., Sweeney, M., & Kauppinen, R. (2018). Development and Impact of the International Masters/Veterans 5-a-side World Cup Football Tournament (2006-2018).
- The International Journal of Sport and Society, 9(2), 1-17. Hubball, H.T., & Lopes, P. (in press 2019). Performance analysis in elite masters football: Strategic team and player development implications. In M. Hughes and Ian M. Franks (3rd Edition), Essentials of Performance Analysis in Sport. New York, USA: Routledge.
- Thorborg K., Krommes K.K., Esteve E., Clausen M.B., Bartels E.M., Rathleff M.S. (2017). Effect of specific exercise-based football injury prevention programmes on the overall injury rate in football: a systematic review and meta-analysis of the FIFA 11 and 11+ programmes.
- British Journal of Sports Medicine, 51(7), 562-571. Yin, R.K. (2017). Case Study Research and Applications: Design and Methods, Sixth Edition. Thousand Oaks, CA: Sage Publications.





ISAF



**International Science
And Football Association**