Pre-Tournament

Injury-prevention strategies in the weeks prior to participating in a 1-2 day 055-065+ masters soccer tournament

Start your specific build-up preparation as early as possible prior to the tournament.

- Reduce warm-ups for your usual warm-up exercises (e.g., distance-speed running or football training games) and start with 1-2 football sessions per week to get in the habit of getting fit to play. If you do not do so, you risk overtraining, increasing your injury risk.

- Cross-training wherever possible with activities that are less stressful on the joints and tissues and can provide intensity training (e.g., use the elliptical machine, stair-climber, rowing machine, upright stationary bike, high-speed walking, or swimming). For example, when cross-training, perform an interval type of training (e.g., 3-5 min at moderate intensity and then 2 min at high intensity) to improve your fitness and prepare you for the changes in running intensity that may be experienced in the tournament.

- Increase core conditioning exercises (e.g., strength training for major muscle groups) in weeks/month prior to the tournament.

- Warm-ups before each training session should last 15-20 mins.

- Ensure rest and recovery periods in between any vigorous training sessions and don't overload pre-tournament games, training exercises, and exercises of any type or non-participation.

- The two key reasons for injury occurrence that we experience with ageing in our football player are: Hip Extension and Rotation. In exercises in the video will help to improve these two areas and get you feeling better on the pitch. (video segment 1) https://www.youtube.com/watch?v=vI05vMn19uR

- Calf and hamstring and quad strains are also very common injuries, so we have included some exercises (video segment 2) to reduce the risk of these injuries. (video segment 2)

- A good explanation of core conditioning exercises and avoiding any overtraining can be found in video segment 3. (video segment 3)

- Post training and games, try to increase your fruit intake (natural anti-inflammatory) and protein consumption with the best vivo nutrition. (video segment 4) Having a protein bar or shake and a small leaf of frills can help you recover faster and feel better, as well as the most convenient way is to drink water. (video segment 4)

- Drink water frequently throughout the session. Sports drinks can help to replenish electrolytes lost, particularly if the weather is warm, so use as recommended with water is always a good idea.

During the Tournament

Injury-prevention strategies DURING a 1-2 day 055-065+ masters soccer tournament

- Try to eat a meal with complex carbohydrates (CHO) and lean protein at least 3 hours prior to the first game.

- Have a small snack 30-60 mins prior to kickoff (e.g., granola bar) and a simple CHO (e.g., energy bars, sports gel) 10-15 mins prior to kickoff.

- In between all matches, try to increase your fruit intake (natural anti-inflammatory) and protein consumption with the best vivo nutrition. (video segment 4) https://www.youtube.com/channel/UCw6J4JxVw

-bedtime

- If you are able to do a light spin on a stationary bike for 10-15 mins in between games, even better.

- Go on a stationary bike for 15 mins at a low - modest intensity after the first day’s games are done to again help with circulation and decrease leg soreness the following day.

- Prior to beginning the second day’s games, a hot bath for 8-10 mins followed by some gentle stretching can help to ease body soreness and muscle tightness.

- A light cycle prior to the second day’s games for 8-10 mins is also helpful.

Post Tournament

Injury-prevention strategies in the hours/days/week following a 1-2 day 055-065+ masters soccer tournament

- Be patient, and chip it!

- Light activity such as walking, easy cycling or other unloaded active activities are recommended on a daily basis. Keep moving!

- Get any post-tournament injuries looked at sooner rather than later to help decrease injury duration and prevent re-injury of the same area in the future.

- Avoid rigorous/long exercises and allow adequate time/wrists for your body to heal from a 1-2 day tournament session. Prior to resuming your regular football or high impact activity schedule.

Useful References: Masters Soccer Tournament Injury Prevention Strategies