



TRAINING PREPARATION FOR SPORT

HOW TO HELP REDUCE INJURY RISK

Youth are opting out or leaving sport. Parent concerns include: **injury risk**, quality or behavior of coaches, cost, time commitment, and emphasis of winning over fun.

200K

The number of anterior cruciate ligament (ACL) injuries that occur in the United States each year.

The number of ankle injuries suffered by high school athletes in the US each year.

325K

AGES
10-12

Motor development is critical when during periods of growth and maturation.

TRAINING PREPARATION FOR SPORT CAN REDUCE ~80% OF ALL NON-CONTACT INJURIES TO THE LOWER BODY.

By utilizing this type of training 2-3 times per week, through repetition and quality feedback, athletes can develop the fundamental movement skills and motor control to improve their overall soccer play and reduce risk of sport-related injury.

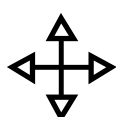
COMPONENTS OF TPS



Flexibility



Plyometrics



Balance Training



Strength & Core Strength



Agility and Footwork



Sport-Specific Movements

Source Information:

<http://www.aspenprojectplay.org/the-facts>

National Athletic Trainers' Association Position Statement: Prevention of Pediatric Overuse Injuries