



# Injury Prevention & Safe Training Practices FEBRUARY



# Injury Prevention

Football is one of the most popular team sports in Australia and worldwide. Football places many demands on the technical and physical skills of players, and as a result, injuries can and do occur.

Doing everything possible to prevent injuries is important including good preparation, good technique and practices and wearing the right protective equipment.

# Safe Training Practices

- Good preparation is important. Always warm up, stretch and cool down.
- Undertake training prior to competition to ensure readiness to play.
- Undertake fitness programs to develop endurance, strength, balance, coordination and flexibility.
- Gradually increase intensity and duration of training.
- Good technique and practices will help prevent injury
- Know the rules and play fairly.
- Instruction on correct kicking, heading and tackling techniques must be available and reinforced.
- Coaches should undertake regular re accreditation and education to ensure their knowledge is kept up-to-date.
- Officials should enforce game rules.

