

INERTIAL TRAINING FOR INJURY PREVENTION IN FOOTBALL

AN ECOLOGICAL PERSPECTIVE IN TEAM SPORTS

ENHANCING **FUTURE PROGRAM**

3H PRACTICAL WORKSHOP / 9 DIFFERENT DATES

January 2023

23rd, 24th, 25th

Marbella Football Center (Spain)

March 2023

21st, 22nd, 23th

Marbella Football Center (Spain)

February 2023

6th, 7th, 8th

Marbella Football Center (Spain)

Get 10% Off Now!

Faculty Member of the Workshop

Dr. Dani Romero Rodríguez

Former Physical Coach and S&C Coach at FC Barcelona First Team

POWERED BY



INERTIAL TRAINING FOR INJURY PREVENTION IN FOOTBALL

WORKSHOP ADDRESSED TO PROFESSIONALS OF SPORT HAVING THE ROLE IN INJURY PREVENTION

Physical coaches, physical therapists, athletic trainers , return to play coaches and doctors



POINTS OF THE WORKSHOP

- To focus on practical applications of muscle-tendon and joint injuries in football
- To support decisions on scientific and experience knowledge
- To raise the right / key questions to answer
- To achieve the optimal adaptations in a football player
- To be creative in the design of preventive tasks
- To build a preventive session / program adapted to a football team

AFTER THE WORKSHOP YOU WILL BE ABLE TO

- Understand an ecological approach of injury prevention in football
- Comprehend the benefits of eccentric load
- Generate innovative content with inertial systems for injury prevention
- Apply a new methodology for muscle and tendon injury prevention based on the structural risk factors existing in football

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BLOCK 1 DESCRIPTION OF MUSCLE-TENDON AND JOINT INJURIES

- **Muscle and Tendon:** Practical application to improve elastic properties and decrease structural risk factors of injury
- **Joint:** Balance – Speed reaction – Environment approach in practical applications to understand injury mechanism



**Understanding Tissue
Proprieties and its
Structural
Components**

BLOCK 2 DESIGNING TASKS

- **Adding Context:** Progression from the analytic work to the introduction of an ecological approach (football environment)
- **Replicating Demands:** Strength – Balance – Speed reaction qualities: The optimal combination for every specific need



**Contextualising the
Movement**

BLOCK 3 CREATING A SESSION AND PREVENTIVE PROGRAMS

- **Distributing Content:** Organization of preventive load in a competitive microcycle
- **Applying Inertial Systems:** Methodology of strength training with inertial systems: The key of prevention work
- **Targeting the point :** Design of a muscle-tendon and joint prevention session



**Periodisation and
Execution of Training
Programs**

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Faculty Member of the Workshop

Daniel Romero Rodríguez



PhD in Sport Sciences (University of Zaragoza, Spain).

Dani is a physical coach, with strength and conditioning specialisation in sport performance, injury prevention and return to play process after injury.

In the sport field, and with over 30 years working with professional players, he has been focused the last three years at Football Club Barcelona (FCB), being the strength conditioning coach: FC Barcelona first team 2020-21 / 2021-22 and reserve team 2019-20.

On the academic field, Dani continues with his position of Director of the Physical Therapy Department at the International University of Catalonia (Sant Cugat del Vallès, Spain). Previously to this task, he was the Director of the Return to Play Master Degree at the University School of Health and Sport (EUSES, University of Girona, Spain), between 2011 and 2021.

The aim of the workshop is to interact with a methodological approach of football-specific injury prevention training. The author will share his academic knowledge and professional experience to discuss his practical proposal with those professionals attending this workshop.

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Workshop

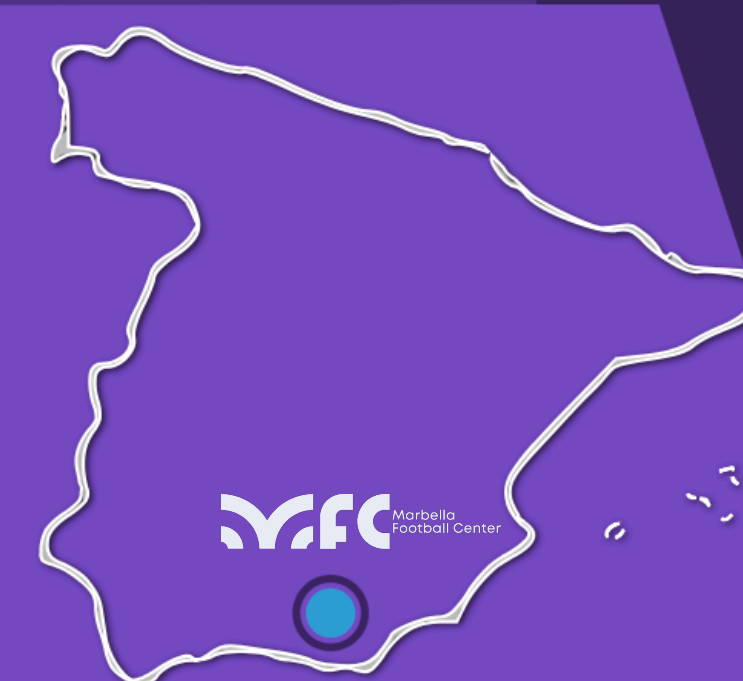
- Faculty member: Doctor in sport and exercise science
- 3h of practical sessions
- Active participation (sportswear)
- Dossier, files and documentation of the lecture
- Certificate of the course

Facilities

- High Performance Gym
 - Inertial systems (conical axe)
 - Inertial systems (cylindric axe)
 - Pneumatic systems
 - Vibration platform

Location

- Marbella Football Center (MFC)
- Finca el Potril Urbanización La quinta Golf Finca, Carril de El Potril, s/n, 29670 San Pedro Alcántara, Málaga, Spain
- From 18:30h to 21:30h for every workshop



- Price: 315€ pax
- 283,50€ pax (10% discount) if you book before the 15th of March 2023 or you are more than 2 participants from the same organization / club.
- Caixa Bank: ES15 2100 0417 1002 0013 6624
- Swift: CAIXESBBXXX
- Send the payment receipt to info@cifc.es

- Last 3 days to choose
- Upcoming dates: 21st, 22nd and 23rd March
- 15 available spots per workshop
- info@cifc.es

Booking

+ INFO

MAXIMIZE YOUR POTENTIAL