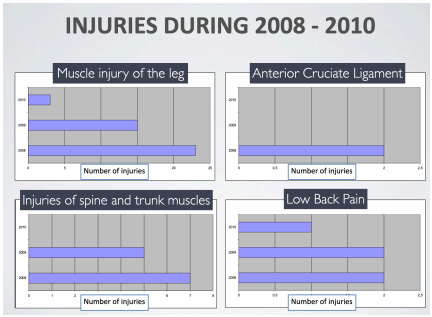
Soccer girls training based on the sprinter/skater principle

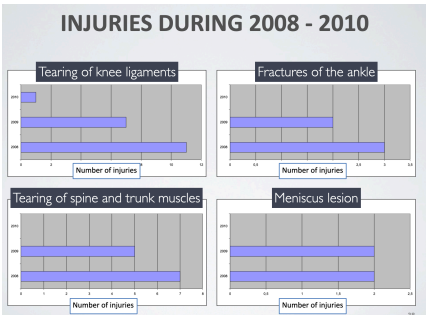
adapted from Fritz Basner report , U 17 BVS Bad Sassendorf, Germany

Purpose: The basic idea of this case study arose from the fact that women are many more times likely to have a cruciate ligament rupture than men! That preventive training in the context of anterior cruciate ligament injuries can have a positive influence shows the U17 soccer girls' team of Bad Sassendorf. It also became clear that not only female players at risk of ligament ruptures benefited from this training, but that also basic motor skills such as mobility, strength, endurance and coordination improved, and there were less injuries recorded.

Methods: Data on injuries (2008–2010) of the players were collected by means of questionnaires. The subjectively collected values were supported by biomechanical measurements and isokinetic force measurements looking to reduce injury, more mobility, Interaction/coordination in the group according to team sport and alignment of the leg joints (cf. drop jump)
Training: - 2× a week, 120 min, soccer training, 1× a week, approx. 60 min sprinter/ skater method and league games/competition situations (tournaments): 1× a week, approx. 80 min

Results: The goal was achieved and even exceeded. Since 2008 the Sprinter/Skater Coordination Training (CLT) was added to the specific soccer training and mobility, strength, endurance and coordination were improved. The improved performance level of the individuals also led to a considerable increase in the collective's performance (more scoring, less injuries), and the girls jumped 3 classes higher in level. Since, these exercises are part of everyday training.





Key words: soccer, Sprinter/skater coordination, training