

# Catalyst F.I.R.S.T: for Player Safety

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## Injury Deterrence

Injury deterrence is an underlying factor in all aspects of a soccer player's athleticism and skill. The two main components of effectively reducing the risk for injury are: Technique and Flexibility. Both components are achieved through precise execution of the CST Dynamic Warm Up, athleticism mechanics, and exercises (detailed later in this packet). Use the CST Philosophy "Educate and Relate" to explain to the player(s) how injury deterrence is being applied in an exercise. Use a "3-point perspective" to implement the "Correct Technique in Everything" philosophy that ensures all angles show the proper form.

### Technique for Injury Deterrence

It is impossible to stop injuries in a sport, but with proper injury deterrence training a soccer player can limit the risk of injury. When working on injury deterrence the focus is technique, the rate or the exercise is unimportant. The following exercises are key exercises players should be put through before, during and/or after a training session. Refer to the CST Dynamic Warm Up for appropriate body mechanics. When focusing on injury deterrence, joint stability should be at the forefront of the coach's and soccer players' minds. Exercises that engage muscles for joint stability has been shown to have the best results in deterring injuries. Without proper form a soccer player is at a higher risk of injury because the body is in a weaker unnatural state. The best exercises for injury deterrence are form focused and strength building. When working on injury deterrence proper form is essential. Strength, especially the combination of isometric and eccentric exercises that imitate athletic movements will help improve joint stability and strengthen the surrounding muscles. Using a resistance band for squats and shoulder adduction are excellent exercises to engage muscles and promote joint stability. *Varying these exercises to account for player age and ability are important to ensure the player is receiving the full benefits of injury deterrence exercises.*

### Technique Exercises

Squats, Squat Jumps, Squat Jump Knee Tucks Technique

Squatting Coaching Ques: feet flat and pointing forward, knees in line with ankles, hips back, chest up.

Jumping and Landing Coaching Ques: Feet flat and pointing forward, knees in line with ankles, hips back arms back, chest up, arms forward, hips forward, body up, land toe to heel, hips back arms back.

Running and Sprinting Technique

Running and Sprinting Coaching Ques: On the toes, drive knees forward, shoulders in front of hips, arms rotate hip to cheek

Agility Break Down and Turning Technique

Agility Break Down and Turning Coaching Ques: 2-4 small steps, load like a spring, plant off back leg, drive lead leg

**\*Training Tip:** Emphasize correct technique before reps, speed, or duration.