

9/25/13

FCB Fitness Weekly #2

This week I want to focus on hip mobility. The dynamic warm-up our teams are doing is designed to prep the body to move in various directions with various loads and demands the game requires. We cannot move on from the basics until we master them with quality movement skills. **Please ensure you are continuing to supervise the warm-up and provide proper instruction.** We cannot allow our players to have sloppy form. Top coaches (in any sport) will demand more of them in their ability and as such need to have the basics masters in order to for them have more loads and demands put on them. Same as school, right? As they learn more and get better at piano, math, etc. people around them load them various increasing amounts of demands. Challenge them, yet find ways for them to have success. We need to do the same for our muscles and joints.

As our young players mature and physically develop, they go through various changes in size, limb lengths, restrictions and opportunities to gain a better understanding of movement. Things in biomechanics and kinesiology which cannot be argued against (gravity happens everywhere, soccer players move in three planes of motion all the time, etc.) become relevant.

We can and should talk in absolutes but relative to yours and my experiences. As such, we absolutely need our glutes (butt) and hamstrings to “push” or propel us forward, not have our hip flexors “pull” us forward. As powerful as soccer is, our posterior chain has to be strong and mobile. Our younger kids may not have the strength to “push”, but are mobile enough to move.

Take a look at the attached hip mobility exercises. Try the exercises as part of our dynamic warm-up. Use players as “hurdles”. For the “duck walks”, have two players form a “tunnel” or bridge” that players must walk under. Do it for this next week. Ask your players how they feel. Do they feel looser? Are they able to stabilize themselves using their hips?

The web site where the attached article comes from <http://performancecondition.com/>. It is a pretty good site, but certainly not the definitive source of fitness for soccer. Please do not just grab any article and try to replicate the information at will. Have thought. Does it make sense for what is happening with your players? Age appropriate? Intensity appropriate? This is the carry over message from Fitness Weekly #1.

Wags



PERFORMANCE SOCCER CONDITIONING

A NEWSLETTER DEDICATED TO IMPROVING SOCCER PLAYERS

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Improving Hip Mobility

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ip mobility is important in establishing and moving from a low, defensive-athletic position. Before embarking on the comprehensive conditioning program, athletes must be able to perform the following series of functional movements. If an athlete cannot perform these movements, a specialized conditioning program should be established to achieve this objective. Mastery of the following body weight exercises will ensure proper mechanics and prevent injury.

Equipment

Hurdles can be adjusted to a variety of heights, ranging from 30 to 42 inches. The setting should be determined by height and hip flexibility of each athlete. Cost per hurdle is about \$65.00.

Menu of Exercises

Pendulum Swings: Facing perpendicular to the hurdle, swing nearest leg back and forth 20 times. Facing the hurdle with hands holding the hurdle, swing leg side-to-side 20 times each direction. Alternate legs.

Step-Overs: Line up eight hurdles approximately waist high. Place hurdles about two feet apart. Facing the hurdles, step over by flexing the hip and extending the first leg over. Then the leg that follows abducts and internally rotates over the hurdle (classic hurdler track style). Alternate legs.

Straddle Rotations: Start straddling a hurdle, flex, abduct and internally rotate hip over hurdle, turning 180 degrees by pivoting on the planted foot. Alternate legs. See Figure 1.

Back Step-Overs: Start with back to hurdle. Flex hip, externally rotate and step backward over hurdle. Alternate legs.

Leg Swings: Standing next to the hurdle, flex hip with straight leg and externally swing leg over hurdle. Then trail leg flexes at the hip and internally swings over the hurdle. Alternate legs. See Figure 2.

Alternating Duck Walks: Duck walk in a deep squat position under hurdle, followed by stepping over the next hurdle. Repeat.

Alternating Lateral Ducks: Duck walk laterally stepping underneath a hurdle in a low lunge position, then over with a lateral step. Repeat. See Figure 3.



Figure 1

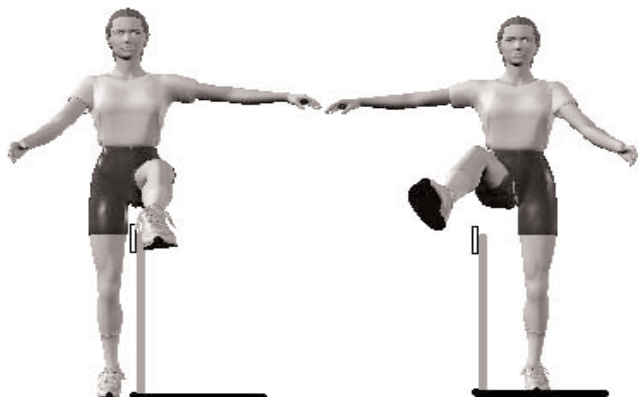


Figure 2

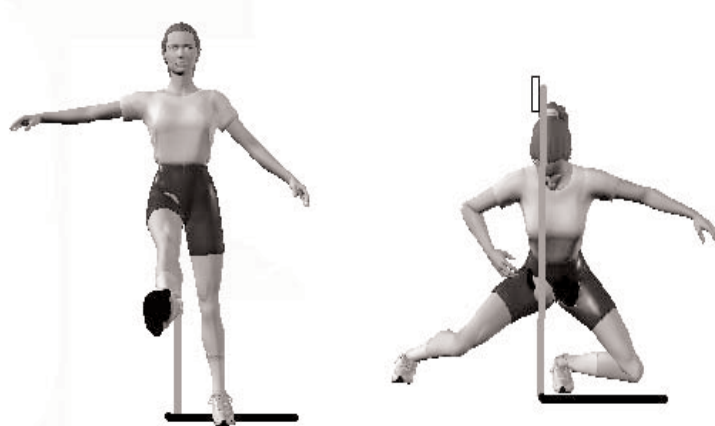


Figure 3