



Foothills Sport Science Department

- 1) What is a Sports Science Department?
 - Sports Science is a general term which can be broken down into the following subheading;
 - Injury Prevention** – Working to reduce the players risk of becoming injured
 - Strength and Power Training** – Improving a player’s muscular strength and where most of our athletic development work is done.
 - Nutritional Support** – Advice about what and when to eat and drink
 - Conditioning/ Fitness** – Improving player’s capacity to perform at their best for the full duration of the game.

- 2) What does a Sports Science Session Consist of?
 - A session is made up of 3 main components
 - Movement Mastery** – This will focus on improving movement. This may involve the teaching of acceleration/ deceleration/ running/ jumping and bounding mechanics. During this portion our coaches will be teaching the players the right patterns and letting them attempt to perform.
 - Strength Training** – This will vary on the age and the tier of the player, but will predominantly be done in our facility. Here we will cover the injury prevention portion of our work through various exercises such as squats/ lunges and box drops. Then we will also address strength, strength a massive corner stone for athletic performance. It not only helps you to run faster and jump higher but also helps you become more robust and therefore deal with demanding training and playing schedule.
 - Last 15 Conditioning** – During this part of the session we are looking to be able to help you last longer in the game. Keep those hands of your knees after that long run. We will cover all aspects of the energy systems from aerobic endurance work from repeat spring work. Obviously this will vary between ages and tiers.

- 3) Do you fitness test the players?
 - Of course we do. Two reason, the first is to make sure that our program is helping develop better athletes. If our aim, for example is to make all tier 2 teams fitter and after 6weeks the teams are the same or have got worse then our program isn’t working and we’re not doing our jobs properly. Secondly so we can see where the players sit in terms of physical standards.

- 4) Do you hold players to the physical standards?
 - Of course, because they’ll be held to standards for the rest of their life. However, those standards vary between age and tier and age. For example a Tier 3 U12 will be help do basic physical competency such as Body weight squat and push up competency. Whereas a Tier 1 u16 will be held against local Universities or Women’s National Teams if they so desire.

- 5) Who takes the Sports Science sessions?

- Sadly, it is not always me. As I am in charge of running the department I can't be on every field every day. Sometimes I am having meetings with coaches, other times I am working with injured players, sometimes im observing my Sports Science Trainers and giving them feedback on how they can improve.

We have a team of Sports Science Trainers with varying skills sets. We have trainers that have player Varsity soccer, Trainers that have played for Foothills, Trainers that are highly educated and Trainers that used to be bodybuilders.

The main thing to understand is we have a physical syllabus that all our coaches work from. We have Professional development sessions once a month. We observe each other coach and give feedback in order to help improve the experience for the players.