

WHAT DO COMMUNITY FOOTBALL PLAYERS THINK ABOUT DIFFERENT EXERCISE TRAINING PROGRAMMES?

There are exercise training strategies that reduce the risk of injuries in community football players. A recent study in the British Journal of Sports Medicine wanted to find out what football players think about these different exercise training programmes. The players are ultimately those who benefit from these programmes, so it is important for us to know what works and what doesn't work for them. This information will help in improving injury prevention programmes in the future.

The players provided valuable feedback on the injury prevention training programme that they participated in. Players thought the programme was easy, and suitable for their warm-up. They also said that the programme made training more enjoyable. To improve the programme, players suggested that it needs to be shorter, and that there needs to be more variety in the drills/exercises. Encouragingly, the players did think that the programme would reduce injury, and the majority said that they would like to do similar programmes as part of their training in the future for that reason.

How this research can be of use:

- The injury prevention programme used in this study can be used in community football clubs as is
- The programme can be adapted to other sports
- Future programmes should include difficulty levels that players can progress through
- Emphasising the injury prevention benefits of the programme will ensure that more players are willing to use it

Published source:

Finch CF, Doyle TA, Dempsey AR, Elliott BC, Twomey DM, White PE, Diamantopoulou K, Young W, Lloyd DG. What do community football players think about different exercise-training programmes? Implications for the delivery of lower limb injury prevention programmes. *British Journal of Sports Medicine*. 2014;48(8):702-707. Link to published item:
<http://bjsm.bmjjournals.com/content/early/2013/09/18/bjsports-2013-092816.short>

Funding The PAFIX study was funded by a nationally competitive research grant from the (Australian) National Health and Medical Research Council (NHMRC)—Project ID 400937; The Australian Centre for Research into Injury in Sport and its Prevention (ACRISP) is one of the International Research Centres for Prevention of Injury and Protection of Athlete Health supported by the International Olympic Committee (IOC). CFF was supported by an NHMRC Principal Research Fellowship (ID: 565900).