

EJEMPLOS DE ENTRADAS EN CALOR PREVENTIVAS

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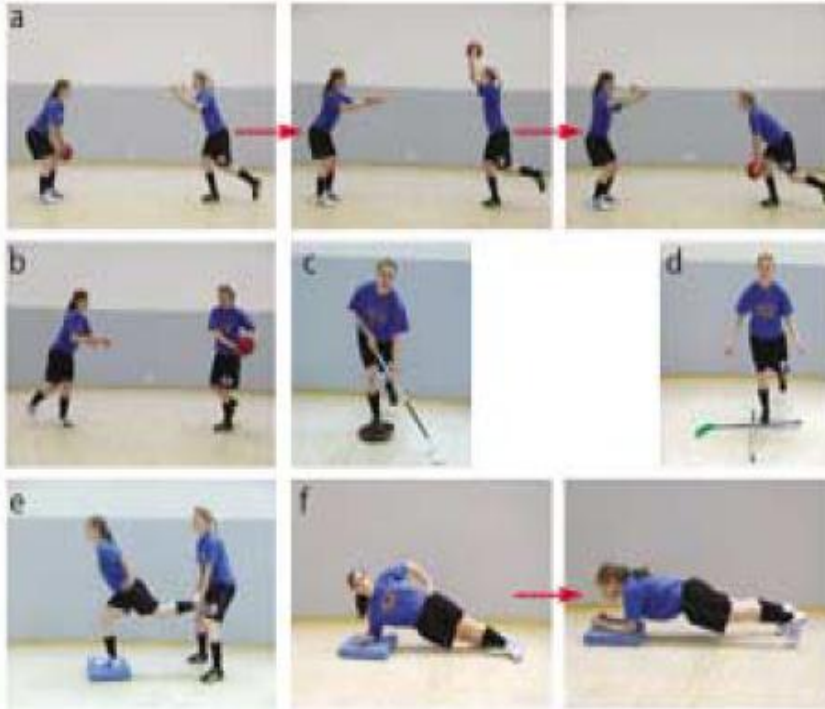
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EJEMPLOS DE PROGRAMAS PREVENTIVOS

BMJ Neuromuscular training and the risk of leg injuries in female floorball players: cluster randomised controlled study

Kati Pasanen, Jari Parkkari, Matti Pasanen, Hannele Hiilloskorpi, Tanja Mäkinen, Markku Jarvinen and Pekka Kannus

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Neuromuscular training programme

Running exercises (5-7 minutes)

Each training session starts with two minutes' jogging (20 m distance back and forth), then three to four minutes of eight running technique exercises, which are listed below (1 or 2 repetitions each of 20 m distance). The running exercise session ends with a speed run (2-3 repetitions of 20 m distance)

- Carioca running
- Sideways gallop
- Zigzag running forward
- Zigzag running backwards
- Skipping
- Walking lunges × 4-8 steps and slow forward running
- Slow alternate bounding
- Combination hops (right-right-left-left-right-right)

Balance and body control exercises (5-7 minutes): one of three exercises

Squat technique with stick (either double or single leg)

Double leg—2-3×10-15 repetitions

Single leg (right and left)—2-3×8-10 for right leg and 8-10 repetitions for left leg

Balance exercise with medicine ball

Single leg (right and left)—2-3×4-6 for right leg and 4-6 throws for left leg

Balance board exercise (double or single leg)

Double leg: with or without stick or ball—2-3×20-30 seconds

Single leg (right and left): with or without stick or ball—2-3×20-30 seconds for right leg and 20-30 seconds for left leg

Plyometrics (5-7 minutes): one of three exercises

Forward jumps (double or single leg)

Double leg jumps—2-3×3-5 repetitions

Single leg hops (right and left)—2-3×3-5 for right leg and 3-5 repetitions for left leg

Jumps in place

Three alternative exercises (lateral skate leap, split squat jump, or cycled split squat jump)—2-3×8-12 repetitions

Jumps over stick or sticks (double or single leg)

Double leg: three alternative exercises (backward and forward jumps, lateral jumps, or three dimensional jumps)—2-3×8-12 repetitions

Single leg (right and left): three alternative exercises (backward and forward hops, lateral hops, or three dimensional hops)—2-3×4-8 for right leg and 4-8 repetitions for left leg

Strengthening exercises (5-7 minutes): one exercise for lower legs and one for core stability

Double leg squat with partner on back—2-3×8-12 repetitions

Single leg split squat (right and left)—2-3×4-8 for right leg and 4-8 repetitions for left leg

Nordic hamstrings—2-3×4-8 repetitions

Isometric side and front bridge (right side and front and left side)—2-3×10-30 seconds for right side, 10-30 seconds for front, and 10-30 seconds for left side

Cross curl-up (right and left)—2-3×10-20 for right side and 10-20 repetitions for left side

Stretching exercises (5 minutes): for players with limits on low back function and flexibility

The exercises were introduced during the first two weeks of training. After that the players were advised to carry out the exercises in their own time

Seated hip and low back neutral zone exercise—2-3×20 seconds

Hamstring stretch (right and left)—1-2×20 seconds for right and 20 seconds for left

Knawling hip flexor stretch (right and left)—1-2×20 seconds for right and 20 seconds for left

EJEMPLOS DE PROGRAMAS PREVENTIVOS

Box 2: Programme of warm-up exercises used to prevent injuries

Warm-up exercises

(30 seconds and one repetition each)

Jogging end to end

Backward running with sidesteps

Forward running with knee lifts and heel kicks

Sideways running with crossovers ("carioca")

Sideways running with arms lifted ("parade")

Forward running with trunk rotations

Forward running with intermittent stops

Speed run

Technique

(One exercise during each training session; 4 minutes and 5×30 seconds each)

Planting and cutting movements

Jump shot landings

Balance

(On a balance mat or wobble board, one exercise during each training session; 4 minutes and 2×90 seconds each)

Passing the ball (two leg stance)

Squats (one or two leg stance)

Passing the ball (one leg stance)

Bouncing the ball with eyes closed

Pushing each other off balance

Strength and power

(2 minutes and 3×10 repetitions each)

One quadriceps exercise:

Squats to 80° of knee flexion

Bounding strides (*Sprunglauf*)

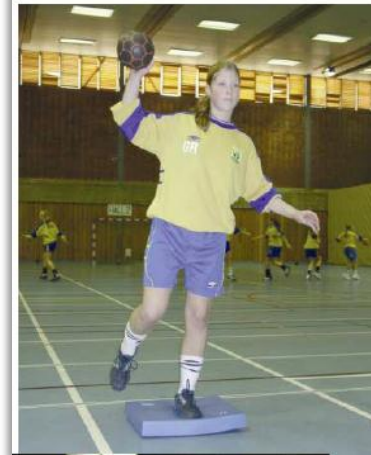
Forward jumps

Jump shot—two legged landing

"Nordic hamstring lowers" (2 minutes and 3×10 repetitions each)

Exercises to prevent lower limb injuries in youth sports: cluster randomised controlled trial

Odd-Egil Olsen, Grethe Myklebust, Lars Engebretsen, Ingar Holme, Roald Bahr



Send gjerne vanskelige passinger (høyre, lavt, ut til siden) til partneren så balansen utfordres enda mer



The FIFA 11+ Program Is Effective in Preventing Injuries in Elite Male Basketball Players : A Cluster Randomized Controlled Trial

Umile Giuseppe Longo, Mattia Loppini, Alessandra Berton, Andrea Marinozzi, Nicola Maffulli and Vincenzo Denaro
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Warm-up Exercise Program Administered to Basketball Players

Exercise	Repetitions
I. Running exercises, 8 minutes (along the major diameter of the basketball court, about 28 meters)	
Running, straight ahead	10
Running, hip out	2
Running, hip in	2
Running, circling	2
Running and jumping	2
Running, quick run	2
II. Strength, plyometrics, balance, 15 minutes	
Bending with both legs	10 × 3
Nordic hamstring lower	10 × 3
Single-leg balance	
Level 1: holding ball	2 (each leg)
Level 2: throwing ball with partner	3 (each leg)
Level 3: testing partner	3 (each leg)
Squats	
Level 1: with heels raised	2 × 30 seconds
Level 2: walking lunges	2 × 30 seconds
Level 3: 1-leg squats	2 × 10 (each leg)
Jumping	
Level 1: vertical jumps	3 × 15 seconds
Level 2: lateral jumps	3 times along the major diameter of the basketball court
Level 3: box jumps	3 times along the major diameter of the basketball court
III. Running exercises, 1 minute and 40 seconds (along the major diameter of the basketball field, about 28 meters)	
Running over pitch	3
Bounding run	3
Running and cutting	3

EJEMPLOS DE PROGRAMAS PREVENTIVOS



1 RUNNING STRAIGHT AHEAD - 2 sets

The course is made up of 6 to 10 pairs of parallel cones, approx. 5-6 metres apart. Two players start at the same time from the first pair of cones. Jog together all the way to the last pair of cones. On the way back, you can increase your speed progressively as you warm up.



2 RUNNING HIP OUT - 2 sets

Walk or jog easily, stopping at each pair of cones to lift your knee and rotate your hip outwards. Alternate between left and right legs at successive cones.



3 RUNNING HIP IN - 2 sets

Walk or jog easily, stopping at each pair of cones to lift your knee and rotate your hip inwards. Alternate between left and right legs at successive cones.



4 RUNNING CIRCLING PARTNER - 2 sets

Run forwards as a pair to the first set of cones. Shuffle sideways by 90 degrees to meet in the middle. Shuffle an entire circle around one other and then return back to the cones. Repeat for each pair of cones. Remember to stay on your toes and keep your centre of gravity low by bending your hips and knees.



5 RUNNING JUMPING W. SHOULDER CONTACT - 2 sets

Run forwards in pairs to the first pair of cones. Shuffle sideways by 90 degrees to meet in the middle then jump sideways towards each other to make shoulder-to-shoulder contact.
Note: Make sure you land on both feet with your hips and knees bent. Do not let your knees buckle inwards. Make it a full jump and synchronize your timing with your team-mate as you jump and land.



6 RUNNING QUICK FORWARDS & BACKWARDS - 2 sets

As a pair, run quickly to the second set of cones then run backwards quickly to the first pair of cones keeping your hips and knees slightly bent. Keep repeating the drill, running two cones forwards and one cone backwards. Remember to take small, quick steps.

LEVEL 1



7 THE BENCH STATIC - 3 sets

Starting position: Lie on your front, supporting yourself on your forearms and feet. Your elbows should be directly under your shoulders.
Exercise: Lift your body up, supported on your forearms, pull your stomach in, and hold the position for 20-30 sec. Your body should be in a straight line. Try not to sway or arch your back.



LEVEL 2

7 THE BENCH ALTERNATE LEGS - 3 sets

Starting position: Lie on your front, supporting yourself on your forearms and feet. Your elbows should be directly under your shoulders.
Exercise: Lift your body up, supported on your forearms, and pull your stomach in. Lift each leg in turn, holding for a count of 2 sec. Continue for 40-60 sec. Your body should be in a straight line. Try not to sway or arch your back.



LEVEL 3

7 THE BENCH ONE LEG LIFT AND HOLD - 3 sets

Starting position: Lie on your front, supporting yourself on your forearms and feet. Your elbows should be directly under your shoulders. Exercise: Lift your body up, supported on your forearms, and pull your stomach in. Lift one leg about 10-15 centimetres off the ground, and hold the position for 20-30 sec. Your body should be straight. Do not let your opposite hip dip down and do not sway or arch your lower back. Take a short break, change legs and repeat.



8 SIDEWAYS BENCH STATIC - 3 sets on each side

Starting position: Lie on your side with the line of your lowermost leg bent to 90 degrees. Support your upper body by resting on your forearm and knee. The elbow of your supporting arm should be directly under your shoulder. Exercise: Lift your uppermost leg and hips until your shoulder, hip and knee are in a straight line. Hold the position for 20-30 sec. Take a short break, change sides and repeat.



8 SIDEWAYS BENCH RAISE & LOWER HIP - 3 sets on each side

Starting position: Lie on your side with both legs straight. Lean on your forearm and the side of your foot so that your body is in a straight line from shoulder to foot. The elbow of your supporting arm should be directly beneath your shoulder. Exercise: Lower your hip to the ground and raise it back up again. Repeat for 20-30 sec. Take a short break, change sides and repeat.



8 SIDEWAYS BENCH WITH LEG LIFT - 3 sets on each side

Starting position: Lie on your side with both legs straight. Lean on your forearm and the side of your foot so that your body is in a straight line from shoulder to foot. The elbow of your supporting arm should be directly beneath your shoulder. Exercise: Lift your uppermost leg up and slowly lower it down again. Repeat for 20-30 sec. Take a short break, change sides and repeat.



9 HAMSTRINGS BEGINNER - 1 set

Starting position: Kneel on a soft surface. Ask your partner to hold your ankles down firmly. Exercise: Your body should be completely straight from the shoulder to the knee throughout the exercise. Lean forward as far as you can, controlling the movement with your hamstrings and your gluteal muscles. When you can no longer hold the position, gently take your weight on your hands, falling into a push-up position. Complete a minimum of 2-3 repetitions and/or 60 sec.



9 HAMSTRINGS INTERMEDIATE - 1 set

Minimum 7-10 repetitions.



9 HAMSTRINGS ADVANCED - 1 set

Minimum of 12-15 repetitions.



10 SINGLE-LEG STANCE HOLD THE BALL - 2 sets

Starting position: Stand on one leg. Exercise: Balance on one leg whilst holding the ball with both hands. Keep your body weight on the ball of your foot. Remember: try not to let your knees buckle inwards. Hold for 30 sec. Change legs and repeat. The exercise can be made more difficult by passing the ball around your waist and/or under your other knee.



10 SINGLE-LEG STANCE THROWING BALL WITH PARTNER - 2 sets

Starting position: Stand 2-3 m apart from your partner, with each of you standing on one leg. Exercise: Keeping your balance, and with your stomach held in, throw the ball to one another. Keep your weight on the ball of your foot. Remember: keep your knee just slightly flexed and try not to let it buckle inwards. Keep going for 30 sec. Change legs and repeat.



10 SINGLE-LEG STANCE TEST YOUR PARTNER - 2 sets

Starting position: Stand on one leg opposite your partner and at an arm's length apart. Exercise: Whilst you both try to keep your balance, each of you in turn tries to push the other off balance in different directions. Try to keep your weight on the ball of your foot and prevent your knee from buckling inwards. Continue for 30 sec. Change legs.



11 SQUATS WITH TOE RAISE - 2 sets

Starting position: Stand with your feet hip-width apart. Place your hands on your hips if you like. Exercise: Imagine that you are about to sit down on a chair. Perform squats by bending your hips and knees to 90 degrees. Do not let your knees buckle inwards. Descend slowly then straighten up more quickly. When your legs are completely straight, stand up on your toes then slowly lower down again. Repeat the exercise for 30 sec.



11 SQUAT WALKING LUNGES - 2 sets

Starting position: Stand with your feet at hip-width apart. Place your hands on your hips if you like. Exercise: Lunge forward slowly at an even pace. As you lunge, bend your leading leg until your hip and knee are flexed to 90 degrees. Do not let your knee buckle inwards. Try to keep your upper body and hips steady. Lunge your way across the pitch (approx. 10 times on each leg) and then jog back.



11 SQUATS ONE-LEG SQUATS - 2 sets on each leg

Starting position: Stand on one leg, loosely holding onto your partner. Exercise: Slowly bend your knee as far as you can manage. Concentrate on preventing the knee from buckling inwards. Bend your knee slowly then straighten it slightly more quickly, keeping your hips and upper body in line. Repeat the exercise 10 times on each leg.



12 JUMPING VERTICAL JUMPS - 2 sets

Starting position: Stand with your feet hip-width apart. Place your hands on your hips if you like. Exercise: Imagine that you are about to sit down on a chair. Bend your legs slowly until your knees are flexed to approx 90 degrees, and hold for 2 sec. Do not let your knees buckle inwards. From the squat position, jump up as high as you can. Land softly on the balls of your feet with your hips and knees slightly bent. Repeat the exercise for 30 sec.



12 JUMPING LATERAL JUMPS - 2 sets

Starting position: Stand on one leg with your upper body bent slightly forwards from the waist, with knees and hips slightly bent. Exercise: Jump approx. 1 m sideways from the supporting leg on to the free leg. Land gently on the ball of your foot. Bend your hips and knees slightly as you land and do not let your knee buckle inwards. Maintain your balance with each jump. Repeat the exercise for 30 sec.



12 JUMPING BOX JUMPS - 2 sets

Starting position: Stand with your feet hip-width apart. Imagine that there is a cross marked on the ground and you are standing in the middle of it. Exercise: Alternate between jumping forwards and backwards, from side to side, and diagonally across the cross. Jump as quickly and explosively as possible. Your knees and hips should be slightly bent. Land softly on the balls of your feet. Do not let your knees buckle inwards. Repeat the exercise for 30 sec.



13 RUNNING ACROSS THE PITCH - 2 sets

Run across the pitch, from one side to the other, at 75-90% maximum pace.



14 RUNNING BOUNDING - 2 sets

Run with high bounding steps with a high knee lift, landing gently on the ball of your foot. Use an exaggerated arm swing for each step (opposite arm and leg). Try not to let your leading leg cross the middle of your body or let your knees buckle inwards. Repeat the exercise until you reach the other side of the pitch, then jog back to recover.



15 RUNNING PLANT & CUT - 2 sets

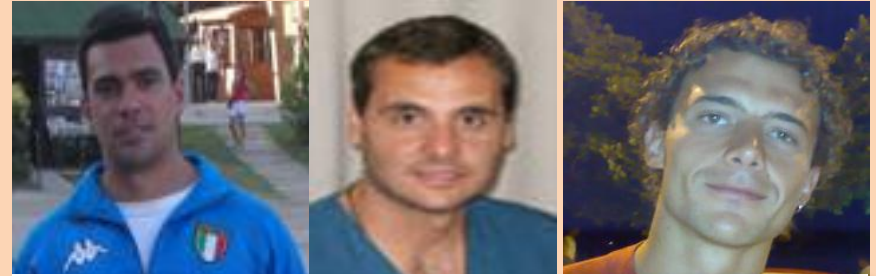
Jog 4-5 steps, then plant on the outside leg and cut to change direction. Accelerate and sprint 5-7 steps at high speed (80-90% maximum pace) before you decelerate and do a new plant & cut. Do not let your knee buckle inwards. Repeat the exercise until you reach the other side, then jog back.

Running Exercises- 8 min

Strenght Pliometrics- Balance- 10 min

Running Exercises-2 min

NUESTROS EQUIPOS DE TRABAJO



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“Nadie tiene la verdad absoluta porque hasta un reloj parado esta en lo cierto dos veces al día”