

THE ACADEMY **PORTISHEAD**
Units 4, 9 & 10 Harbour Road Trading Estate

Enhancing and complementing the work done on the pitch. We focus on ankle and leg drills, fast footwork, total body conditioning and flexibility to avoid injury.

FOOTBALL FITNESS



Make a
difference to
your game

CLASSES FOR BOYS AND GIRLS

6pm - 6.50pm Under 10's mixed

7pm - 7.50pm Over 10 Girls

THURSDAY £3.50 Unit 4

8pm - 8.50pm Over 10 Boys

Football is not a continuous steady state sport - there are frequent changes in running speed and intensity of effort, plus various strength and power movements like tackling and jumping. Players, therefore, require a 'fuel mix' of aerobic and anaerobic energy to sustain performance. The aim of fuel mix training is to develop a capacity to generate energy and resist fatigue, so players can perform effectively for the duration of the game.

Core stability is the foundation for explosive movements and control (agility, balance and co-ordination), qualities vital in football. It is the ability of your trunk to support the effort and

forces from your arms and legs. This is so that your muscles and joints can perform in their safest, strongest and most effective positions.

Most soft-tissue injuries can be avoided by adhering to injury prevention strategies and a well-designed conditioning program. Prehabilitation involves strength and conditioning exercises for specific muscles and joints that help to reduce injury risks, before an injury actually occurs. Prehabilitation is sport-specific and targets common injuries and strength imbalances that occur in the particular sport.



**BOOKING
ESSENTIAL
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