



# Youth Football Injury Prevention Exercise Poster

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Recommended for players aged 13–16 (perform 2–3 times per week)

## Single-Leg Balance

Stand on one leg for 30–45 seconds. Keep knee slightly bent. Progress by closing eyes or catching a ball.



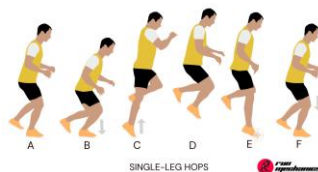
## Calf Raises

3 sets of 12–15 repetitions. Progress to single-leg calf raises.



## Controlled Single-Leg Hops

Hop forward and sideways on one leg. Focus on soft, balanced landings.



## Resistance Band Ankle Work

Move foot inward, outward, and downward using a resistance band. 10–12 reps each direction



## Glute Bridges

Lie on back with knees bent. Lift hips and squeeze glutes. 3 sets of 12 reps.





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## **Jump and Stick Landing**

Small jump then land softly with knees bent and balanced. Hold landing for 2 seconds.



## **Example Weekly Training & Recovery Plan (Age 15 Football Player)**

This example schedule balances football training with recovery and injury-prevention work. It assumes the player trains with a club and plays one match per week.

| Day       | Suggested Activity                                                                    |
|-----------|---------------------------------------------------------------------------------------|
| Monday    | Active recovery: light jog, cycling, or stretching.                                   |
| Tuesday   | Light recovery session or rest. Mobility and stretching.                              |
| Wednesday | Team training session (60–90 minutes).<br>Add 10 minutes injury-prevention exercises. |
| Thursday  | Strength and balance training (20–30 minutes).                                        |
| Friday    | Team training session. Focus on technical work and warm-up routine.                   |
| Saturday  | Rest or light mobility work.                                                          |
| Sunday    | Match day.                                                                            |

Tips for young players:

- Sleep 8–10 hours per night.
- Stay hydrated before and after training.
- Report persistent knee, heel, or ankle pain early.
- Use appropriate boots for 3G surfaces.