

floorball

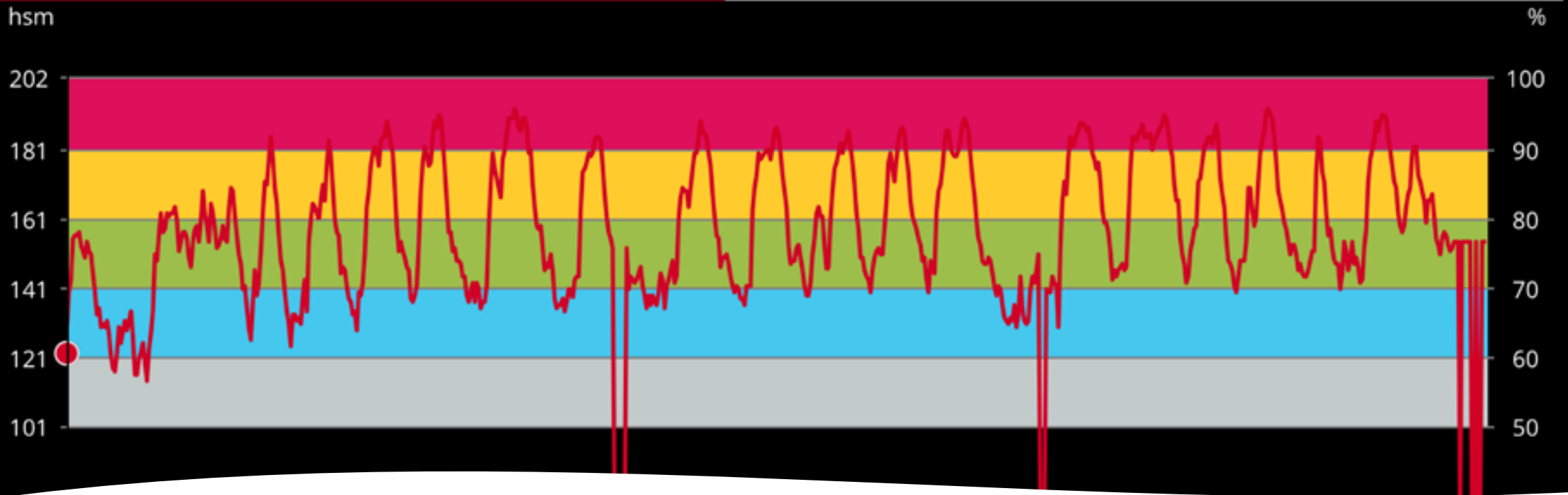
Course: Streng and conditioning

Merijn Smit

Characteristics of floorball

- IFF
- season
- Game
- Ball and stick
- Body check
- High intensity





Physical demands

- High intensity, lots of sprints
- Explosive strengt
- Cardio-vascular system
- Coördination in whole body
- Mobility and stability
- Technique of the stick



Preparation in off- and pre-season

- Sport specific and athlete specific
 - Strive for optimum not perfection

 - Off season:
 - stronger and more resilient
 - Focus on weaknesses
 - Restore optimal body functioning

 - Pre-season:
 - More specific Floorball trainings
 - With energy systems are already filled
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Competition face

- Maintenance and peak performance training
 - 2 trainings sessions per week at maximum
 - Floorball specific or strengt trainings
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Frequent injuries

- Overtraining
 - Eye
 - knee
 - ankle
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(Tranæus et al., 2016)

(Tranæus et al., 2014)

Prevention of frequent injuries (literature based)

- Pre-season preparations
- Sleep, diet and stress
- Psychological training
- Knee control

Prevention of frequent injuries through exercise

- FMS tests
- knee exercises
 - Squat
 - Lunge
 - Step up
- Ankle exercises
 - Calf raises
 - Balance board

Literature

- *ScienceDirect.com* | *Science, health and medical journals, full text articles and books.* (n.d.). <https://pdf.sciencedirectassets.com/272404/1-s2.0-S1466853X22X00060/1-s2.0-S1466853X2200>
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