



PMSC INJURY PREVENTION

PMSC Injury Prevention

Port Moody SC is following Canada Soccer's Recommendations and implementing FIFA 11+ conditioning program for children aged 14 years and over, and the Canadian Sport for Life Movement Preparation program for children aged 7 years old and older, in all our Teams programs.



1. The Importance of the Proper Warm Up. It is recommended for all Port Moody SC U14 and older teams to warm up using the FIFA 11+ Injury prevention program. The program was developed in 2006 and it is a complete warm-up procedure aimed at injury prevention. The program has proven to reduce the risk of injury by 30%. U7 to U13 PMSC teams will warm up using the Canadian Sport for Life Movement Preparation program. The Program is movement that focuses on incorporating and improving fundamental movement skills and fundamental sport skills into activity. It prepares

the body for movement and enhances the way you move for short-term and long-term benefits. Movement Preparation improves the way you move, which reduces the risk of injury during physical activity. It also teaches skills that will benefit participation in unfamiliar activities.

2. Players should hydrate (drink water) hours before and after practices and games. Failure to hydrate might lead to cramping during or after the activities
3. Players should have a snack within 15-20 minutes after training or game to refuel their body.



4. In case of an injury the player and coaches should follow the recommendations from PMSC and Lift Physio And Fitness, and follow the appropriate protocols and return to play from injury plan.