

SPORTS SCIENCE & MEDICINE PROGRAM



SPORTS DIRECTOR

ELITE PERFORMANCE PLAN

**CHEZASPORTS ACADEMY
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PHILOSOPHY STATEMENT

Chezasports FC strive for excellence in all areas. The Academy sports science and medicine programme is no different. The programme is designed to facilitate optimal player performance and development in keeping with the coaching programme. We also place a firm emphasis on injury reduction techniques and protocols. The programme is based on a fundamental communication process between coaching, sports science and medical staff. It is this process that enables the sports science and medicine programme to run efficiently and supports the other facets of the academy system.

One of our essential roles is to transform adolescents into physically robust, well-balanced competent athletes, giving them every opportunity to flourish in professional football.

PHYSIOLOGY

Players are monitored by the Head Of Science and Medicine (**HSM**) on a daily basis with regards training loads and recovery.

Players under the Elite scholarship program are required to fill a wellbeing and recovery form, on a monthly basis. The form designed by the **HSM** seek to draw information on the following specifics *fatigue, sleep, stress, mood, muscle soreness, training/game time and rate of perceived exertion (RPE)*.

The loads of *U17 player's under the Elite scholarship program* are managed and monitored using GPS. GPS pods are worn for training and match days in order for us as coaches to better manage players' physical component of their game. Data post training/matches are analysed by the **HSM** and visible to players *the same week on the official club website*. This includes *total distance covered, top speed, number of sprints, sprint distance and power plays*.

Their loads *are also discussed between coaches* to better inform training sessions to accommodate for both *adequate recovery and prevent overtraining*.

Players *receive recovery advice* from the *HSM* to ensure optimal recovery and more importantly to educate the players on the importance of recovery for performance and why recovery strategies are implemented.

BIOMECHANICS

Players are assessed by the academy physiotherapist using *an appropriate ios/android software*. This enables us to closely monitor biomechanical issues arising when running and performing other functional activities.

The *Ubersense app* allows us to watch the footage in super slow motion and pause when required. It also allows us to measure limb angles during movement by allowing us to draw lines on the video then also measure the angle between these lines i.e. Q angle. *On the back of these results*, the players are then given strength and flexibility exercises in order to maintain their optimum function. The results of this screening is noted by HMS

For aged groups U9-U18 FMS (Functional Movement Screening) will be carried out, which in turn will be analysed and followed up with injury prevention plans to facilitate this, based on the physical movement competence of each player.

PHYSICAL TESTING AND MEASUREMENTS

The sports science department (lead sport scientist and sports science interns) will carry out various physiological testing conducted at 4 points during the season covering Foundation Phase, Youth Development Phase and Professional Development Phase.

U9-12 Testing will include:

- Anthropometric testing
- Physiological fitness testing three times per season
- Functional Movement Screening three times per season
- Predictive testing
- Maturation assessment

U13-U16 Testing will include:

- Anthropometric testing
- Physiological fitness testing three times per season
- Functional Movement Screening three times per season

- Predictive testing
- Maturation assessment

U17 Testing will include:

- Anthropometric testing every 6 weeks
- Physiological fitness testing twice per season
- Lower body power assessments every 6 weeks
- Endurance testing three times per season
- Speed testing three times per season

- Functional Movement Screening three times per season
- Predictive testing three times per season
- Maturation assessment three times per season
- Bodyfat assessment every 6 weeks

Players are also given strength and conditioning programmes that specifically target any weaknesses demonstrated. These programmes are phase specific and will be progressed and regressed according to age group then *uploaded to the official club website*

Nutrition

Players are sent *a nutrition booklet* via e-mail by lead sports scientist/head of academy coaching, to ensure their educated on the important role nutrition plays for young footballers. The players also have access to the science and medicine staff for advice *whenever required*.

The HMS will lead *an induction presentation to all parents from age groups U9-U16* as well as providing this to players aged U16-18. The presentation consists of education around nutrition and all players will have access to nutrition documents through the Official Website This can be accessed individually by each player from U9-18.

The club encourage players to use protein supplements post training to facilitate optimal recovery. Players are educated on the importance of maintaining hydration and the disastrous effects of dehydration on performance.

U17s hydration is tested once per week at random to encourage good habits in being vigilant and monitoring their own hydration levels.

This education also practiced by having *wall charts with hydration information*. These charts are located in the appropriate location on the training ground.

PHYSIOTHERAPY/SPORTS THERAPY AND MEDICAL SERVICES

Injury Assessment

All players ***have the responsibility to report injuries to coaching and medical staff as soon as possible.*** Players are then assessed by the academy physiotherapist. Coaching staff are then informed of the recovery guidelines and a return to train and play estimate for the player. Notes are made by the academy physiotherapist on the official Club Website.

The academy physiotherapist also keeps an electronic injury audit spreadsheet to map out injuries and evaluate any trends and ***implement prevention strategies where appropriate.***

Injury Treatment

Injured players report to the academy physiotherapist/senior academy physiotherapist by 9:30am to await the treatment and rehabilitation plan for that day. Players requiring medical treatment (massage/strapping) before training report by 9:00am. All other players complete their individual pre-training programmes prior to training as an injury preventative measure. Players receive manual therapy and other hands on therapies i.e. electrotherapy between 10:30 and 11:30am. From 11:30-12:30 injured players undergo rehabilitation and rest of the body conditioning. Injured players then return after lunch for further conditioning and rehabilitation if appropriate between 1:30pm and 3:30pm. 3:30pm – 4:30pm is available for players to receive sports massage if required on Mondays and Fridays during school holidays

Injured players are given structured home exercises and rehabilitation plans, e-mailed to them for their reference when required.

Referral to Appropriate Staff

Players are referred to the club's head physiotherapist or doctor if appropriate for further investigation and/or treatment. The First team physiotherapist is available on a daily basis and the club doctor is at the club for 2 clinic sessions a week on a Tuesday and Thursday.

Player Screening

In addition to the physiological testing carried out, players also fill out a medical questionnaire, and undergo a functional movement analysis and **MSK** screen performed by the academy physiotherapist; this information is then uploaded to Official Club website.

This functional analysis allows us to evaluate postural and functional issues and implement training programmes to normalise whenever possible or at the very least decrease its effect on performance. Players also undergo the FA cardiac screening.

These reports are received by the club doctor and then forwarded on to the academy physiotherapist for further action if required. Injury prevention programmes are implemented based on the results of the screening process. These programmes are designed and produced by the academy physiotherapist.

Sports Massage

Sports massage is available for all players if they require it. It is not mandatory but U17 players are openly encouraged to have at least one sports massage a week to further facilitate recovery and muscle tissue health. Sports massage is generally available on request time allowing.

STRENGTH AND CONDITIONING

This service is available to players under the Elite scholarship program

During their first year scholar, the players undergo a generic strength programme which takes them through the correct periodization and progressions. i.e. Hypertrophy/muscle adaptation phase, strength phase and power phase.

During their second year players are given their own personalised strength and conditioning programmes, tailored from their fitness results and their own personal expectations and position specific demands.

These programmes are added to the Official club website where the player can view the plans. These plans are reviewed and adapted accordingly.

Players are given conditioning sessions to perform on match day for those who haven't played or had limited minutes. This is to ensure their aerobic and anaerobic fitness levels are maintained regardless of minutes. Further conditioning will be provided on the Monday morning post-match for players who have played under 60

minutes. For those players that have played 60 minutes or more on a weekend match day, they will undergo a recovery session, Players also undergo injury prevention, strength and conditioning as part of their warm-up prior to sessions. Each warm-up will consist of proprioception, plyometric, acceleration and deceleration and SAQ drills.

PSYCHOLOGICAL SUPPORT

This service is available to players under the Elite scholarship program.

Players receive psychological support from a number of sources. Coaches provide support during sessions and games as a frontline response.

The coach monitors players with regards fatigue, sleep, stress, and mood and actions plans implemented on the results. If a player is observed to have a high stress the academy Psychologist will have an informal one to one meeting with player to assess and issues and deal with them accordingly. Relevant information is then relayed to the academy manager and relevant coaching staff.

Academy Psychologist works on a part time basis implementing plans and working with the scholars once a week. Some of the work she does at youth team level will be rolled out to the academy groups throughout the season.