

**PREPARED FOR**  
BANYULE JUNIOR  
FOOTBALL CLUB



# FOOTBALL

Preparation,  
Recovery and Footy Feet

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2019



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**PRIDEPLUS HEALTH**

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Banyule Junior Football Club

# Preparation and Recovery - 2019

Mike Fitzsimon - Exercise Physiologist - PridePlus Health

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“A practical session for players and coaches to reduce injury, improve performance and get more enjoyment out of playing footy”

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About Me: I've spent my life studying and understanding physical movement, from everyday activities through to elite sport. I have played many sports and treated many people for a wide range of conditions and injuries. I love helping others to understand and improve their physical conditioning so they can reach their potential.

## Physical Preparation

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## MOBILITY



Get your body ready to perform and move without restriction



### **Mobility**

**- Perform 2 x 20 - 30 seconds of the following**

#### **In Pairs**

- ★ Calf
- ★ Hamstring
- ★ Quads
- ★ Hip Flexors
- ★ Adductors

#### **By Self**

- ★ Lower back
- ★ Upper back
- ★ Chest
- ★ Shoulders - triceps

## MUSCLE ACTIVATION



Turn on your muscles so they are ready to perform at their best



### **Muscle Activation**

**- Perform 5 x each of the following**

- ★ Kicks- side to side and back to front
- ★ Mini squats
- ★ Crab walks
- ★ Walking mini lunges
- ★ Single Leg Hop squares
- ★ Jump - Reach - Land
- ★ Jog/run/sprint on spot - 5/5/5

### **Running - 10m / 10m in Pairs**

- ★ Slow / Medium x 2
- ★ Medium x 2
- ★ Medium / Fast x 2
- ★ Fast / Slow x 2

## COLLISION PREPARATION



Reduce the risk of collision injury and prepare for the contest

### **Collision Preparation in Pairs**

- ★ Gentle bumping - 5 x each side
- ★ Tackling - 3 x

### **Ball drills in pairs / small groups**

- ★ Handball - close x 5, medium x 5
- ★ Short kicks (less than 10 m) x 5 each side

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- ★ Medium kicks (10-20 m) x 5 each side
  - ★ Long Kicks (20 m plus) x 5
  - ★ Running and kicking - run throughs 5 -10 x

## Nutritional Preparation

Complex carbohydrates in the 48 hrs - 0 hrs before the game

Friday night and Saturday LUNCH are important. Glucose stores are the key.

Pasta, rice, noodles, vegetables, fruit, small portions of protein.



Water - hydrate sufficiently. Drink regularly during the morning and warm-up period before the game, and during.

Breakfast is non-negotiable for morning games.

Lunch for afternoon games too. Eat no later than 2 hours prior to game time.

AVOID junk food Saturday night and game day before the game (24-0 hours).

No carbonated drinks game day and minimal sports drinks game day - 50:50 with water may be tolerated.

## Physical Recovery

**IMMEDIATELY  
AFTER GAME**



0 to 30  
minutes

***Stretches - 2 x 20 - 30 seconds of the following***

- ★ Calf
- ★ Hamstring
- ★ Quads
- ★ Hip Flexors
- ★ Adductors

- ★ Lower back
- ★ Upper back
- ★ Chest
- ★ Shoulders - triceps

**AFTER GAME  
DAY**

1 to 24 hours

### ***Passive Recovery***



**Rest** - enables damaged tissue to replenish energy stores. Consider loads on athlete - other sports on the same day, playing more than one game of footy

**Ice** - reduces bleeding and swelling from contact injuries (corkies), sprains / jarring, overuse symptoms (DOMS)

Apply directly on skin to affected area for 20 minutes at a time - blocks of ice in a plastic bag and / or damp cloth are best. Rest at least for 20 minutes before re-applying. 2-3 ice applications in the first 12 hours after can improve recovery considerably!

**Compression** - bandage injured areas

**Elevation** - reduces swelling and bleeding in affected tissue

### ***Active Recovery***

Improves tissue repair and aids recovery



**Stretching** - see above list

**Walking** - easy

**Cycling** - easy

### **Nutritional Recovery**

Fruit, lolly snakes, powerade / gatorade (if hot weather) immediately afterwards

Within 1-2 hours: High protein meal and complex carbs are best to replenish muscle protein and energy stores - fish, chicken, red meat, tofu, legumes, green vegetables, pasta, rice, Pizza.

Water, chocolate milk - protein and glucose, more water

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Banyule Junior Football Club

# Footy Feet - 2019

Gus McSweyn - Podiatrist - PridePlus Health

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“An insight into the podiatric perspective of all things football”

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About Me: To this day I have always participated into sport & sporting clubs and in particular football, cricket and running. I'm currently preparing for another year of country football and thought that it was a good opportunity to share my knowledge around the aspects of preparation, taping and footwear from not only a podiatric point of view but also a player.

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## Preseason Footwear Selection

Football ovals at this time of year are quite commonly very hard and because of this is it advisable to regularly alternative between your runners and football boots. More specifically, to attempt to reduce the likelihood of foot and lower limb related running & overuse injuries, aiming to wear more stable and supportive running shoes during any preseason running training and gradually incorporating boots into the ball & skill based activities is an ideal routine.

Then as we get closer to the start of the season playing & training surfaces tend to soften and we can more comfortably increase our shiny new boots which have gradually been worn in.



**Asics Lethal  
Ulimite**



**Asics Lethal  
Testimonial**



**Asics Lethal  
Tigreor**

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## New Boots

*Where Can I get Boots?*

There are a couple of good retailers that a have wide selection of appropriate boots. Not only this but should be able to help guide you into ensuring you are getting the right size and fit

- ★ The Athlete's foot
- ★ Rebel Sport

*What to take when getting new boots?*



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When we are going to select our brand spanking new boots, you should take a few essential along with you to make sure that they will be the right boot for you and you feet throughout the season!

- ★ Footy socks - Ensure that your new boots are going to be wide & deep enough to compensate
- ★ Orthotics - Make sure they again that they can comfortably fit because unfortunately orthotics aren't much good to us when we can't wear them!

### *Wearing in new boots*

It is essential to gradually increase the amount of activity and wear in your new footy boots. As a general rule they should be worn for a minimum of two trainings before being worn in a game. Game day isn't the time to be trying out your fancy new wheels!

## **Boot Selection**

As with all footwear our most important aspect is that the shoes is comfortable, but working alongside this is that they are appropriately fitting.

### *Fit*

This is essential. Ensuring that our boots are the appropriate width, depth and length can go a long way in regards to helping to prevent and complications into the future. A little bit like Goldilocks' porridge, not too wide but not too narrow; not too not too long, but not too short - just right!

**Width** - Boots should be wide enough to ensure that our toes aren't being squeezed together, a good way to check this is to take the insole out of the boot and place your foot on top while standing ensuring your foot isn't spreading over the edges.

**Depth** - Making sure that your toes aren't being compressed or rubbed by the upper of shoe.

**Length** - Not too Long, but not too small. For growing feet allow a finger width between the end of the shoe and the longest toe for growing feet.



**Nike Tiempo**



**X Blades Jet III  
19**



**Adidas Copa**

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## **Boot Characteristics**

### *Outsole*

This refers to the material making up the bottom of the boot. The most common variation within this involves the type of stud underneath the boots.

Interestingly 3D printed stud configurations are just being starting to come on the market for elites in 2019. Watch this space.

### *Moulds vs Screw ins*

In general moulded boots are a bit more of an all rounder, used ideally in surface conditions that are a bit dry or hard as aren't as prominent underfoot.

Screw in studs are usually longer in length and harder underfoot and therefore are best used in soft and wet conditions.

Avoid using screw in studs in dry conditions as there is a link between the level of grip a shoe provides and injuries. Too much grip places higher loads on the knee when changing direction, not enough grip and performance is negatively affected.

### *Midsole*

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This is where a lot of built in features and support are implemented. Usually differing densities of foam are used to redistribute load and pressure throughout different areas of the foot. Boots in the Asics range largely comprise a 10mm Pitch, which means a 10mm height difference between the back and front of the boot, often used to help offload the the insertion of posterior muscles and account for decreased range of movement in the ankle.

### *Upper*

What the outside of the boot is actually made of. The two main coverings of most boots are leather and synthetic, both of which have their pros and cons.

Leather is often used for its softer feel and flexibility. Kangaroo and goat leather will often adapt and stretch to the different demands of the foot but still provide durability however can be a little more expensive and heavier than some synthetics.

Traditionally synthetic plastic uppers are a little more less forgiving and can lead to increased rubbing and friction. Ultimately increasing the likelihood of blistering or skin irritation. These are typically a cheaper alternative.

Newer, modern synthetics blend lighter weight with durable materials. These tend to be in the premium boot ranges.

### *Innersole*

Most boots have inside a removable liner usually made out of a synthetic material. This is in place to increase comfort underfoot as well as to help with friction and durability. From a podiatry stand point, a removable liner is always preferable as it enable us to take it out to create increase depth within the boot if an orthotic is required within the boot.

## Footy Boot Table

BOOT	TRAITS	SUITS	STAR
Asics Lethal Ultimate	Support, Stability, Wide	Wide Feet, Ankle Sprainers, Previous Injuries	Tom Hawkins (GO CATS)
Asics Lethal Testimonial	Stability, Light Weight	Most Foot Types	Ebony Marinoff (Crows)
Asics Lethal Tigreor	Stability, Light Weight	Most Foot Types	Joel Selwood (GO CATS)
Nike Tiempo	Minimalist, Narrow, Light	Narrow, Strong Feet	Patty Cripps (Blues)
X Blades Jet III 19	Stability, Light Weight	Wide Feet (has 4E option), Most Foot Types	Alex Rance (Tiges) Isaac Heeney (Swans)
Adidas Copa	Minimalist, Unstable, Light	Narrow, Strong Feet	Nat Fyfe (Freo)

## Use of Orthotics in Football Boots

A majority of Football boots tend to be a bit more minimalist (lightweight, flexible and lower profile). Due to this and the fact that the more minimalist style of boots tend to be what Patrick Cripps and Buddy Franklin wear they are usually the more popular or 'trendy' choice, especially when it comes to kids.



**3D Printed  
Orthotic**

## **5 Benefits of Custom Foot Orthotics For Footy**

**Pain Relief**  
**Reduce Injury Risk**  
**Enhance Performance**  
**Improve Shoe Fit and Comfort**  
**Prevent Lesion Development**

Thankfully through orthotics we can increase structure and stability within the boot to accommodate for this or any issues and help you to continue or get back to playing without any sore or painful feet. In particular in the help to avoid overload and growth related pains such as Calcaneal apophysitis (achilles) and Osgood-Schlatter disease (knee).

### **Game Day**

#### *Taping*

Due to the explosive and multi-direction nature of AFL, the use of a rigid sports tape is common practice to allow for increased structural support and decreasing of range to help prevent the occurrence of acute injuries such as ankle sprains.

Here are a couple of examples we can run through today

- ★ Ankle
- ★ Turf Toe
- ★ Low Dye

#### *Blister management*

A big issue within not only footballer but a lot of athletes. A couple of helpful preventative strategies involve:

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- ★ Taping - the use of Hypafix or breathable taping to decrease friction and shear
  - ★ Socks - Ensuring that they are a natural, breathable material (i.e. wool or bamboo) and the consistent changing of socks to reduce moisture (i.e. half time)
  - ★ Appropriate fitting boots, orthotics

And although we can put all these good measures in place we can still have the occurrence of the odd grumble, pain or blister.

So if you have anything pop up feel free to come in a see your local PridePlus Podiatrist in Pascoe Vale, Collins St, Queen St or Emerald.

[Prideplus.com.au](http://Prideplus.com.au)



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