

Intervention US Lesquin

Sensibilisation aux facteurs de la performance

Mardi 09 Janvier 2024



Performance

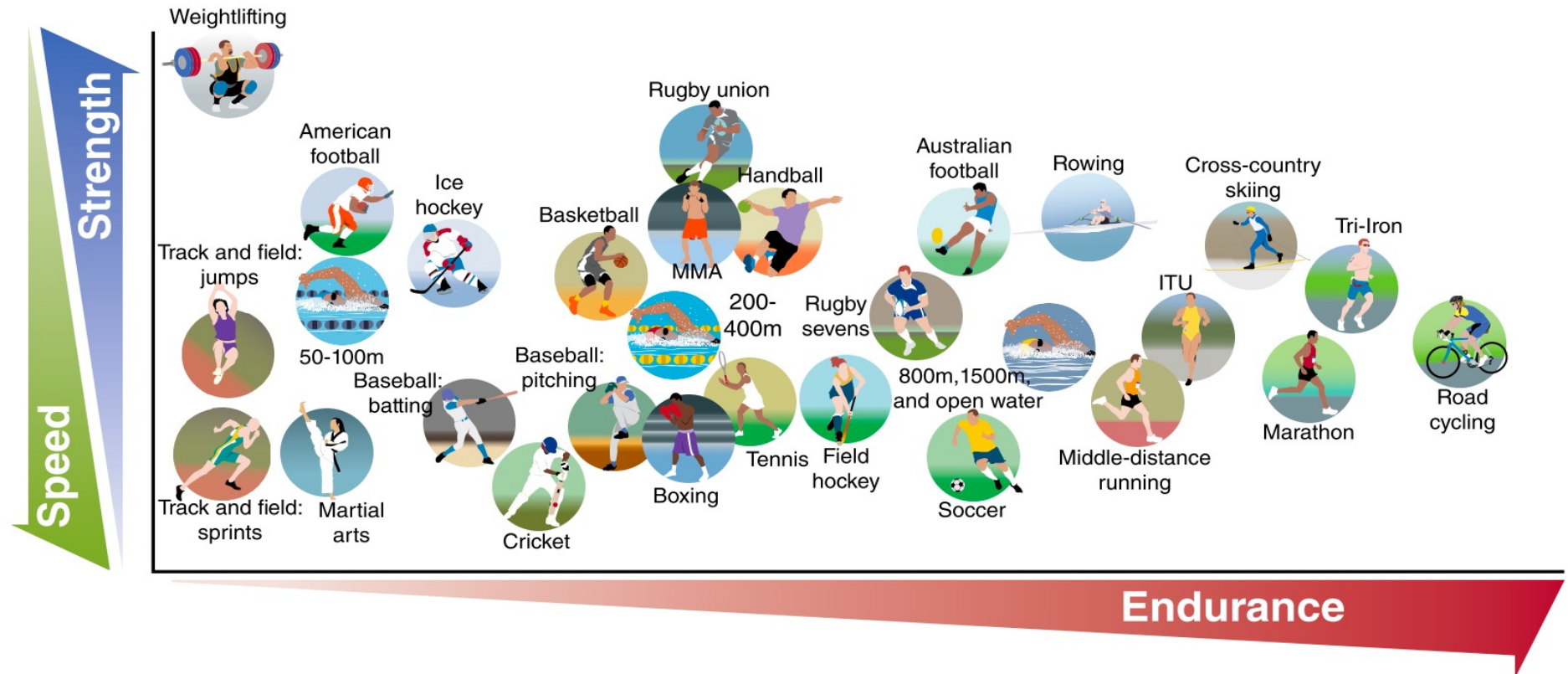


Figure 1.6 Various sports, their physical demands relative to needed speed, strength, and endurance.

Adapted from G.A. Nader, "Concurrent Strength and Endurance Training: From Molecules to Man," *Medicine & Science in Sports & Exercise* 38, no. 11 (2006): 1965-1970.

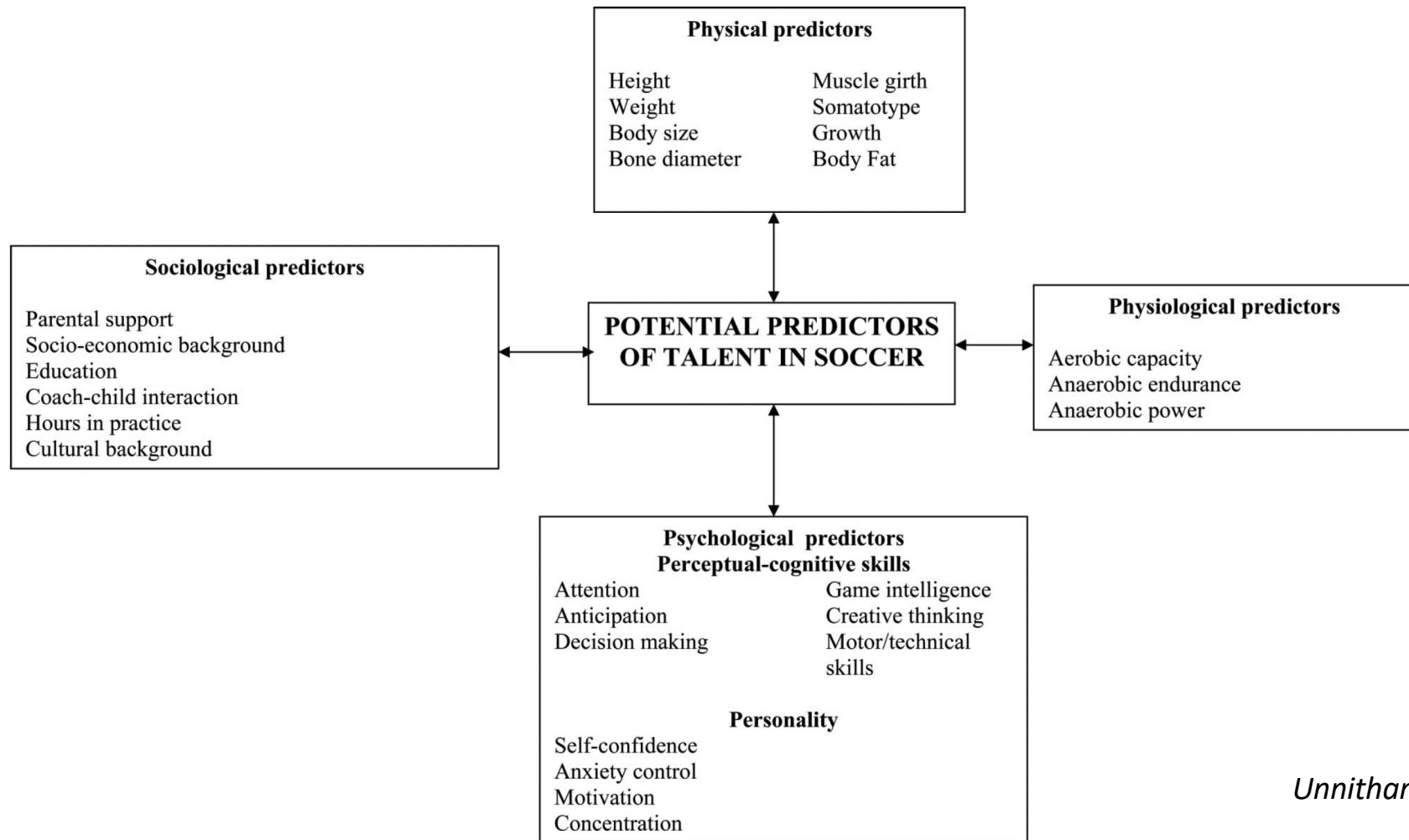
Performance

La performance sportive est
multifactorielle, complexe et largement imprédictible.

Les performances footballistiques sont de nature
multidimensionnelles et beaucoup variables contribuent à la réussite.

Mackenzie & Cushion, 2012

Performance



Unnithan et al., 2012

Performance

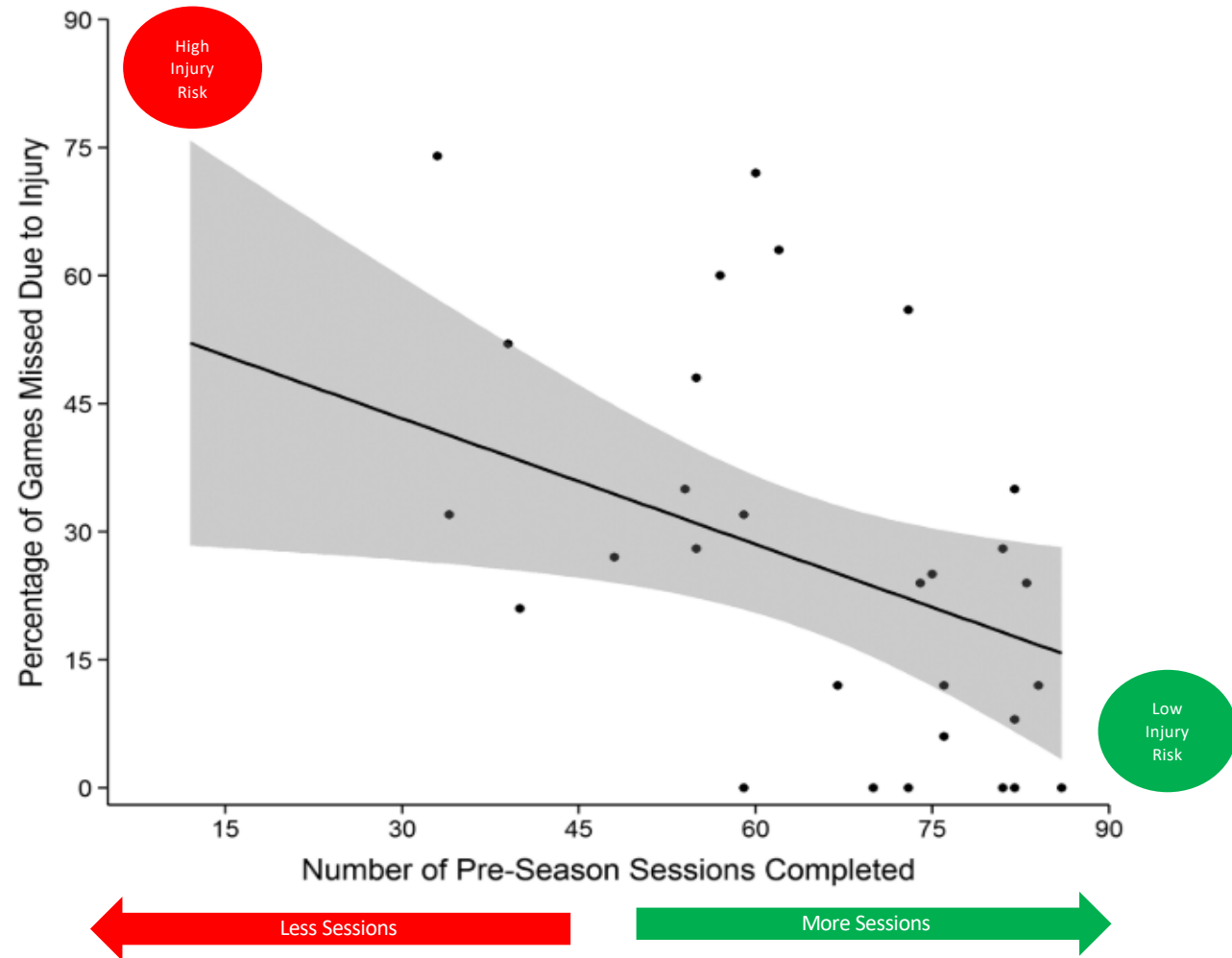
Jeunes en Ligue 1 en 2023-2024

2007	2006	2005	2004	2003
1 joueur	6 joueurs	19 joueurs	29 joueurs	29 joueurs
Bouaddi - Lille	E. Mbappé - PSG			
	Issoufou - Montpellier			
	Kroupi - Lorient			
	Meupiyou - Nantes			
	Zaire Emery - PSG			
	Lambourde - Rennes			

Préparation

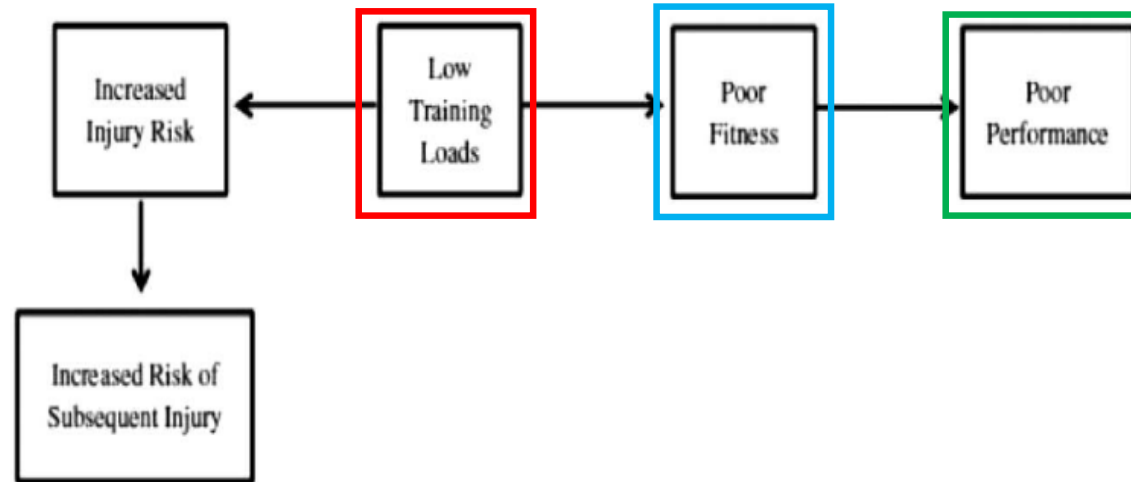


Pré Saison



Windt et al., 2017

Niveau de Fitness



TRAINING LOADS

FITNESS

PERFORMANCE

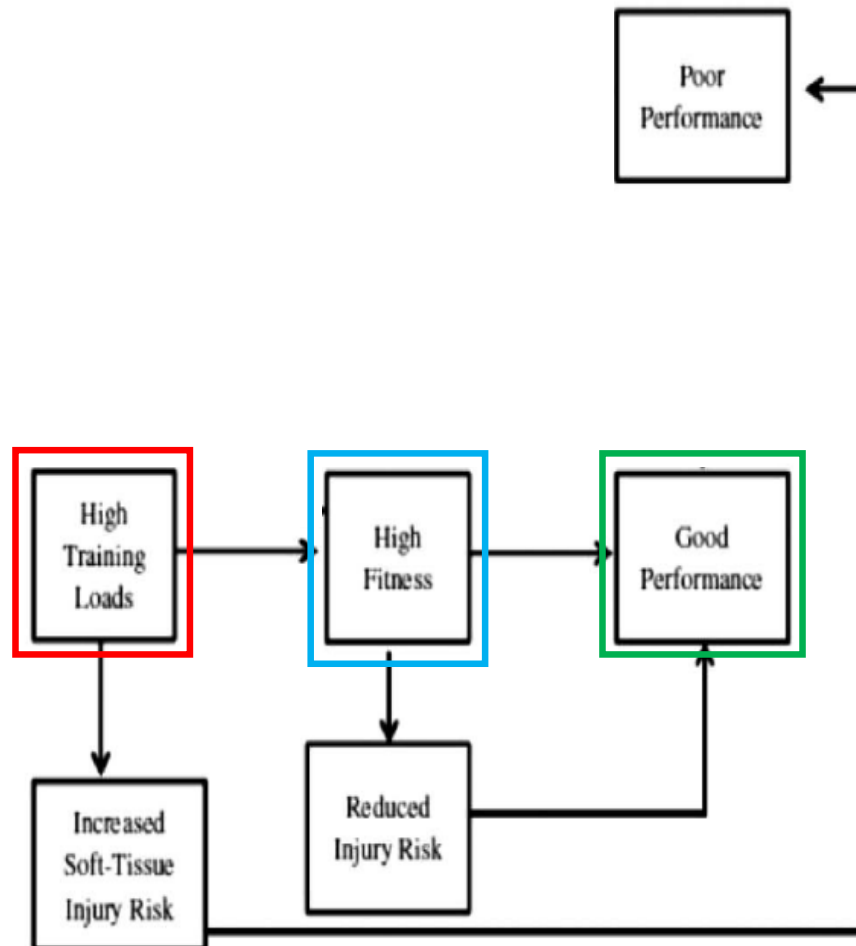
Gabbett et al., 2016

Niveau de Fitness

TRAINING LOADS

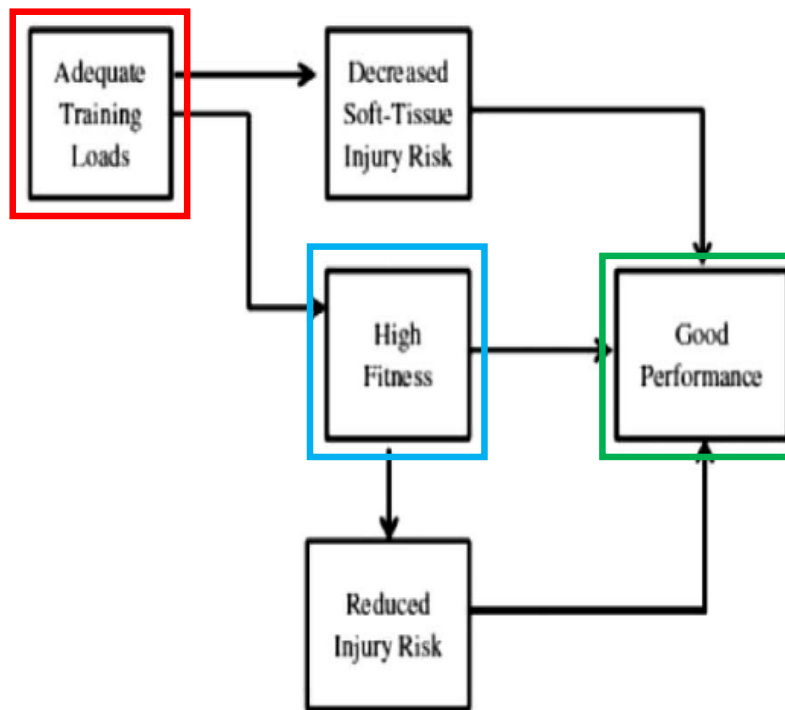
FITNESS

PERFORMANCE



Gabbett et al., 2016

Niveau de Fitness



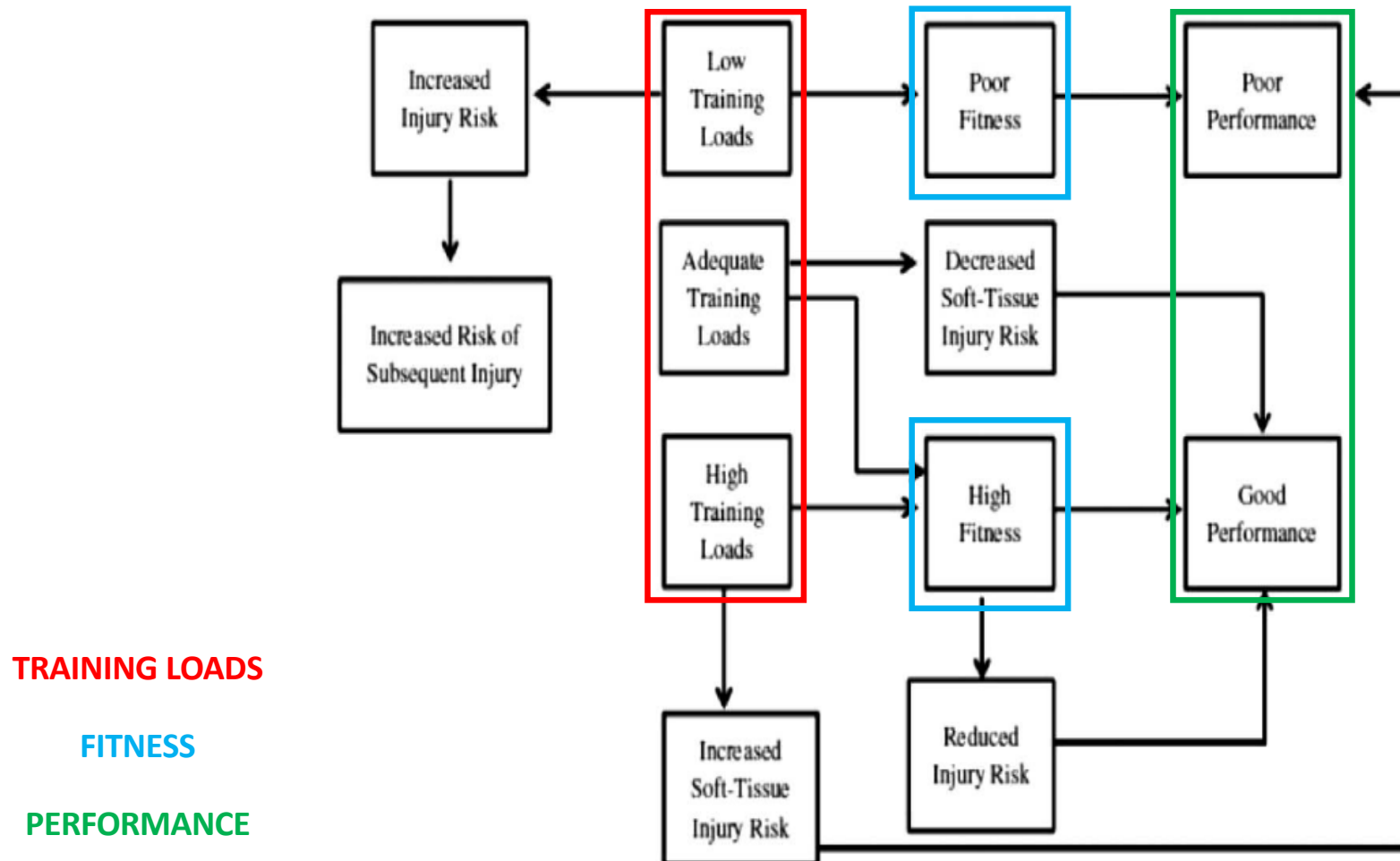
TRAINING LOADS

FITNESS

PERFORMANCE

Gabbett et al., 2016

Niveau de Fitness



Gabbett et al., 2016

Mise en pratique 1

Circuit Mobilité

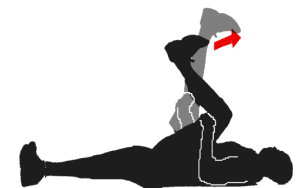


Essuie-glace



30''

Extenseur dynamique



30'' / Côté

Flexion dorsale de chevilles



30'' / Côté

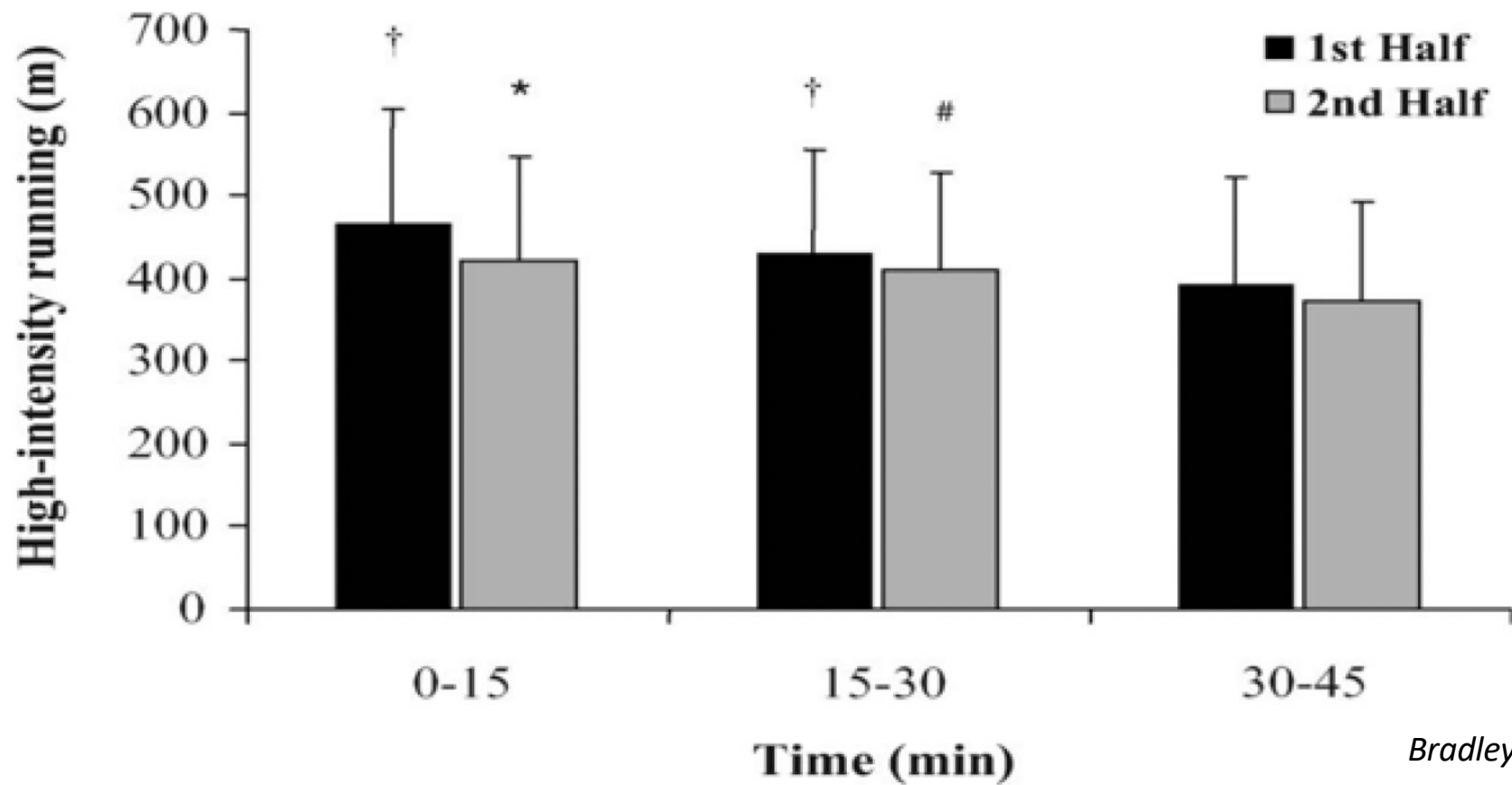
2 TOURS

Mobilité fessiers



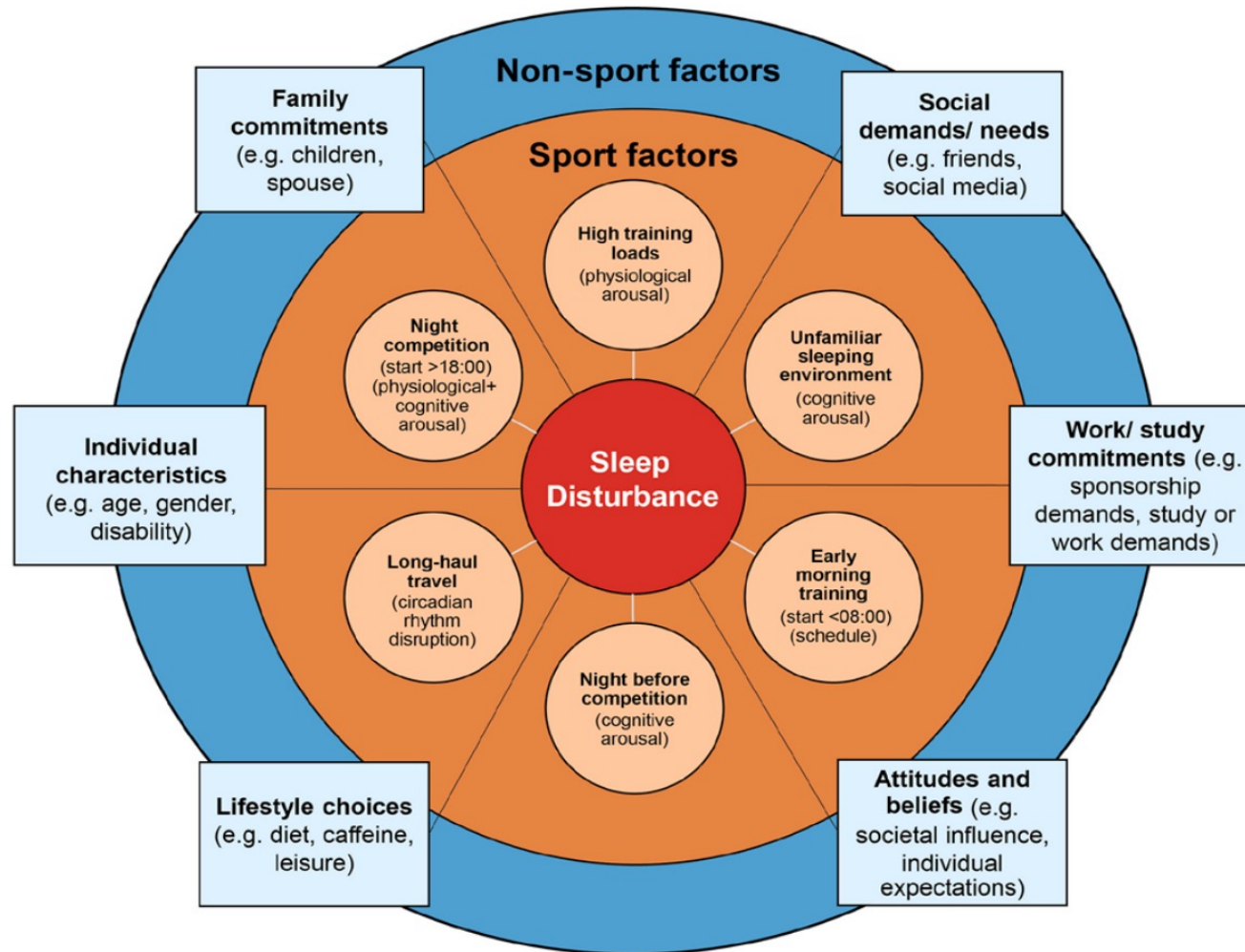
30'' / Côté

Fatigue



Bradley et al., 2009

Sommeil



Walsh et al., 2021

Sommeil

10%



YOU WON'T LET
THIS HAPPEN TO
YOUR PHONE

10%



THEN WHY DO YOU
LET THIS HAPPEN
WITH YOUR MIND?

Sommeil

- Quantité du sommeil nocturne
 - **8 à 10h** pour les adolescents (Watson et al., 2015).
 - Plus de sommeil pour les athlètes (Bird, 2013).
- La sieste peut **compléter** un sommeil nocturne insuffisant (Walsh et al., 2021).
- Bonne hygiène du sommeil (Brown et al., 2002).
 - Eviter les stimulants (ex : la caféine), l'alcool et les repas lourds trop proches de l'heure du coucher, à s'exposer suffisamment à la lumière naturelle le matin, à avoir un environnement propice au sommeil avec le frais, le sombre et le calme, ...

Sommeil

10-3-2-1 Sleep "Formula"

hours before bed:

limit:

10

Caffeine

3

Eating

2

Work

1

Screens

Alimentation

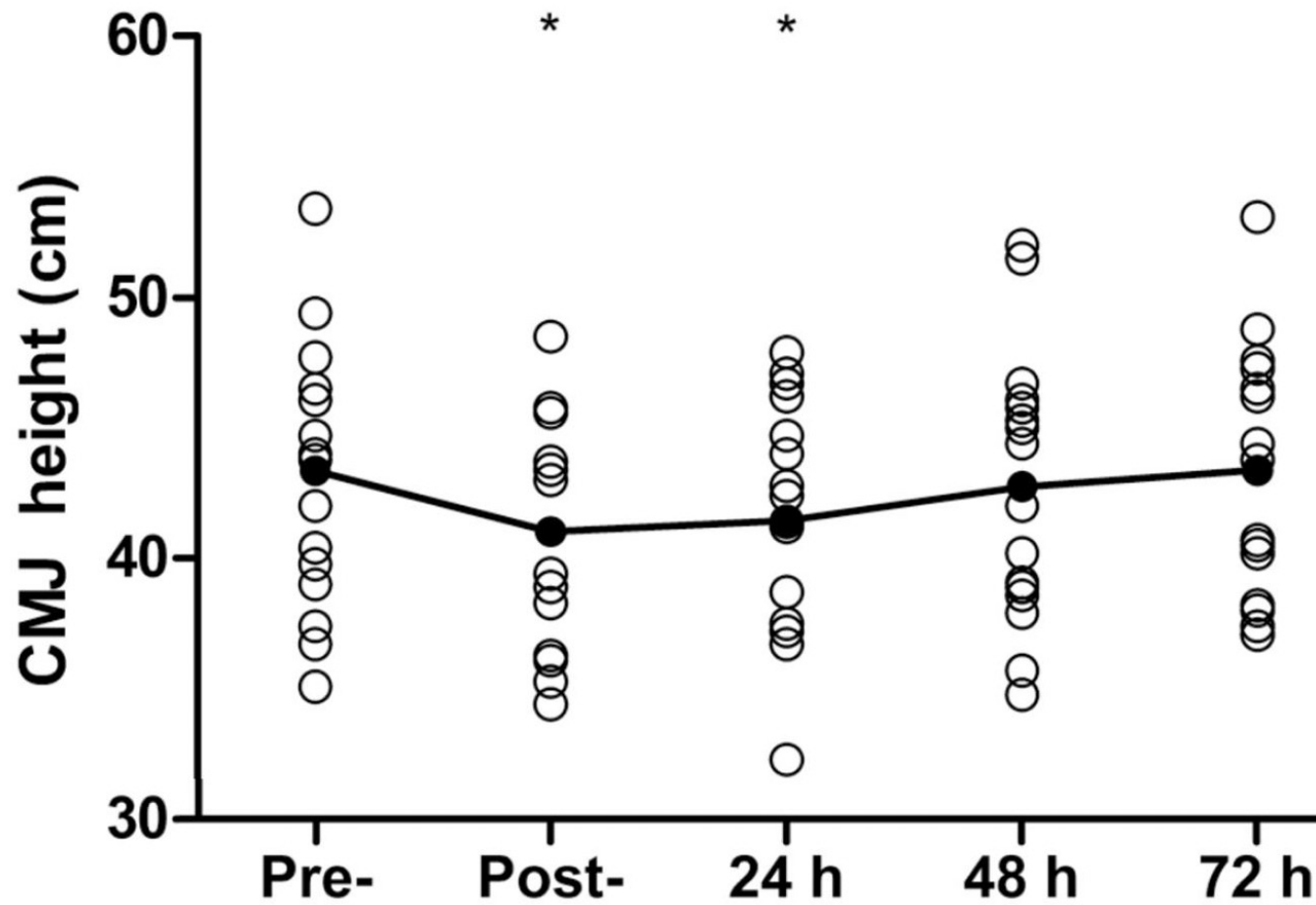
- Jour de match
 - Jour d'entraînement
 - Jour de repos
-
- Attention aux compléments alimentaires

Les organismes de certifications :



- Réhabilitation et joueurs blessés

Récupération



Brownstein et al., 2017

Récupération

RECOVERY IN FOOTBALL

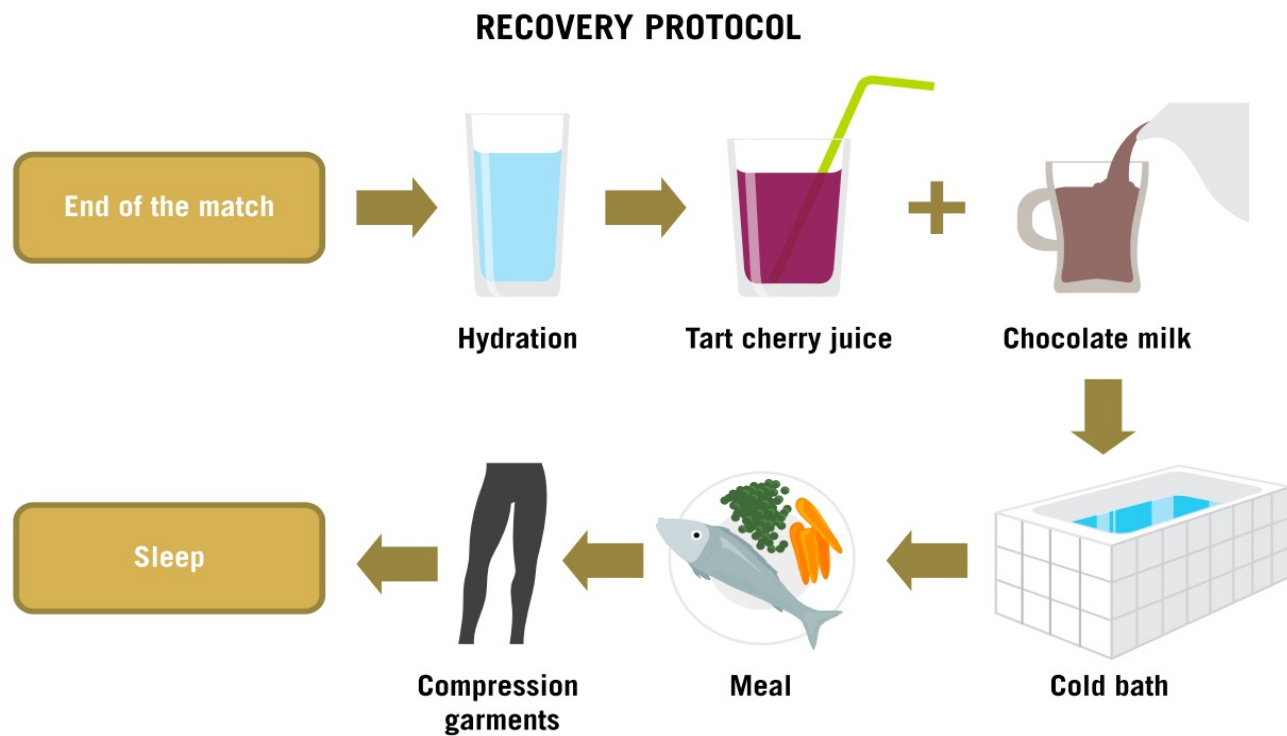
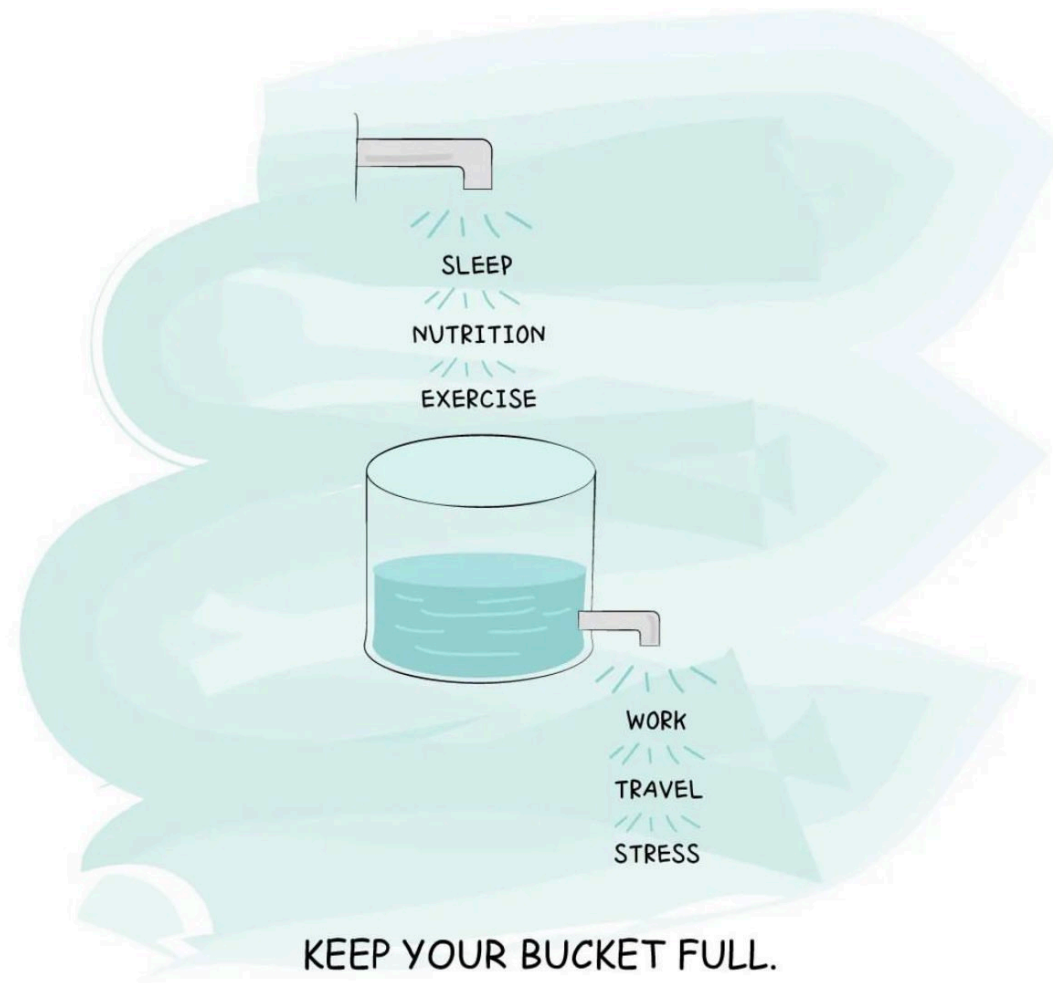


Figure 1: An example of a practical recovery protocol based on scientific evidence.

Dupont et al., 2015

Bonne balance



Mise en pratique 2

Circuit Abdos - Gainage



7'

Superman alternance D / G



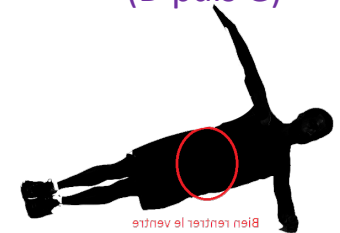
30''

Gainage Face + élévation
jambe D / G alternées



30''

Gainage latéral
(D puis G)



20'' / Côté

Main / pied alternance D / G



20'' / Côté

3 TOURS

(30'' entre 2 tours)

Blessures

Football est **1 000 fois** plus risqué que les métiers à risque

Drawer & Fuller, 2002

Blessures

Ranked importance	Risk factor	Accumulated 'points of importance' (maximum points=132)
1st	Previous injury	121
2nd	Fatigue	105
3rd	Muscle imbalance	99
4th	Fitness	97
5th	Movement efficiency	83

McCall et al., 2014

Blessures



Blessures musculaires

- Ischio
- Quadriceps
- Adducteur
- Mollet
- ...



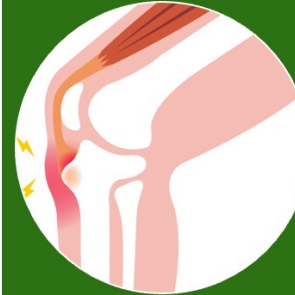
Entorse

- Cheville
- Rupture du ligament croisé antérieur



Tendinopathie

- Tendinite
- Pubalgie
- ...



Pathologie de croissance

- Osgood-Schlatter
- Sever
- ...



Mandorino et al., 2023

6 Ways to Reduce Overuse and Burnout Injuries in Young Athletes



Blessures

1

Avoid sport specialization by participating in a variety of sports throughout the year

2

Limit training to no more than 18-20 hours/week

3

Limit practice to 1.5 hours/day and competitive games to 3x/week

4

Young athletes should have at least 1-2 days off/week to decrease risks of injuries

5

Young athletes should have at least 3 months off every calendar year, in increments of at least one month each, from organized sport training to allow for physical and psychological recovery

6

Focus on form and technique before intensity.

Developed by J. P. Barfield, D.A., FACSMT, Department of Physical Therapy, School of Health Sciences, Emory & Henry College; 2019



AMERICAN COLLEGE
of SPORTS MEDICINE
LEADING THE WAY

Prévention

Table 5 Exercises used by premier league clubs to prevent non-contact injuries (%)

Exercise type	Clubs using this exercise type (%)
Core	100
Balance/proprioception	95.5
Stretching	81.8
Eccentric	79.5
Nordic	65.9
Isokinetic	40.9
Functional training (movement and strength)	40.9
Pilates	34.1
Lower body multijoint strength	31.8
Glute activation and hip/pelvis dissociation	29.5
Flywheel	20.5
Yoga	6.8
Foam roller	6.8
Slide board	6.8
Upper body strength	4.5
Oblique activation	4.5

Mc Call et al., 2014

Prévention



Blessures musculaires

- Ischio
- Quadriceps
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- ...



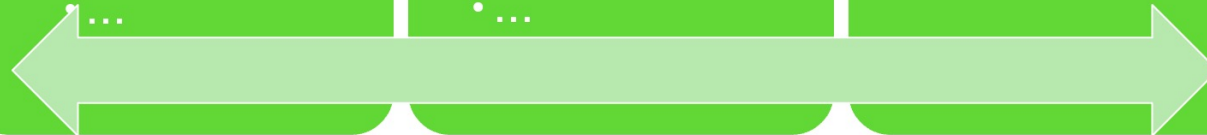
Entorse

- Cheville
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Tendinopathie

- Tendinite
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Renforcement et Proprioception

Prévention

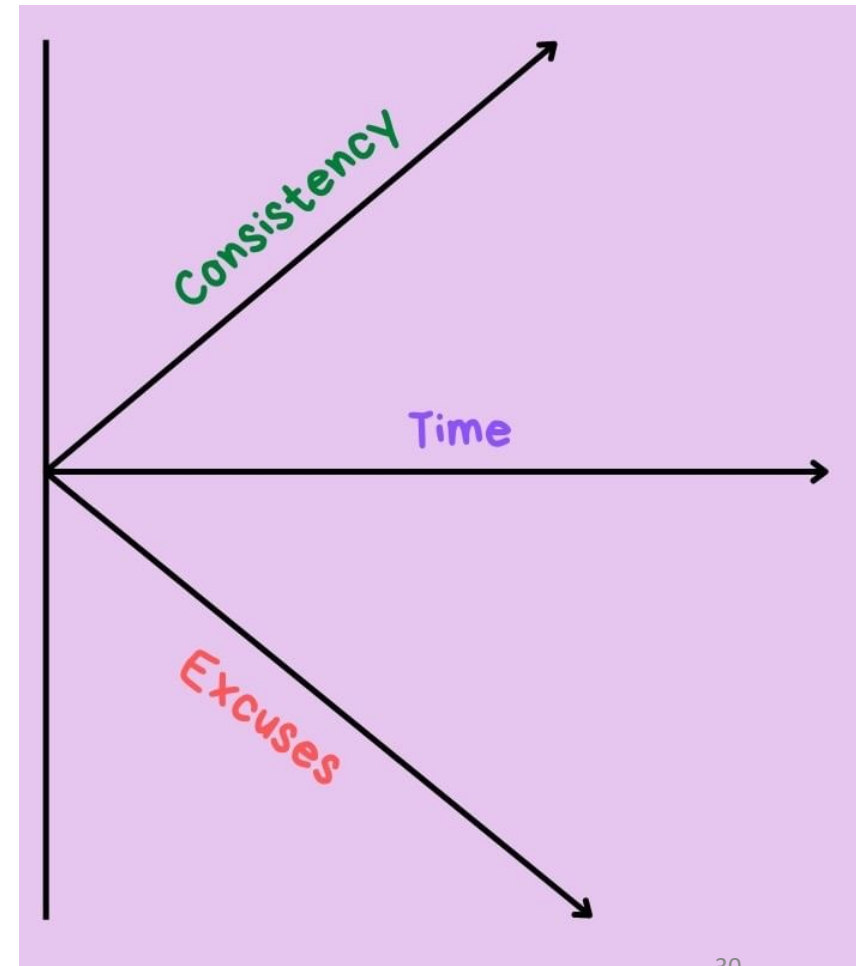


Renforcement + Gestion Charge



Diminuer le nombre d'entraînements / semaine dès
l'apparition de douleurs

Discipline – Régularité



Mise en pratique 3

Circuit Renforcement Bas

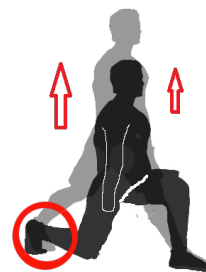


Planche latérale adducteur



20'' / Côté

Split Squat

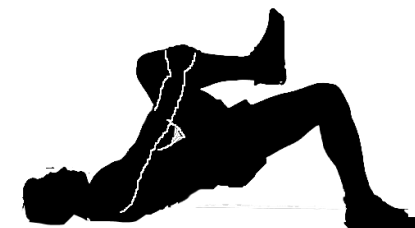


30'' / Côté

3 TOURS

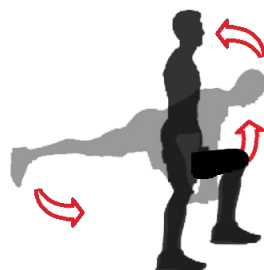
(30'' entre 2 tours)

Cook Hip Lift



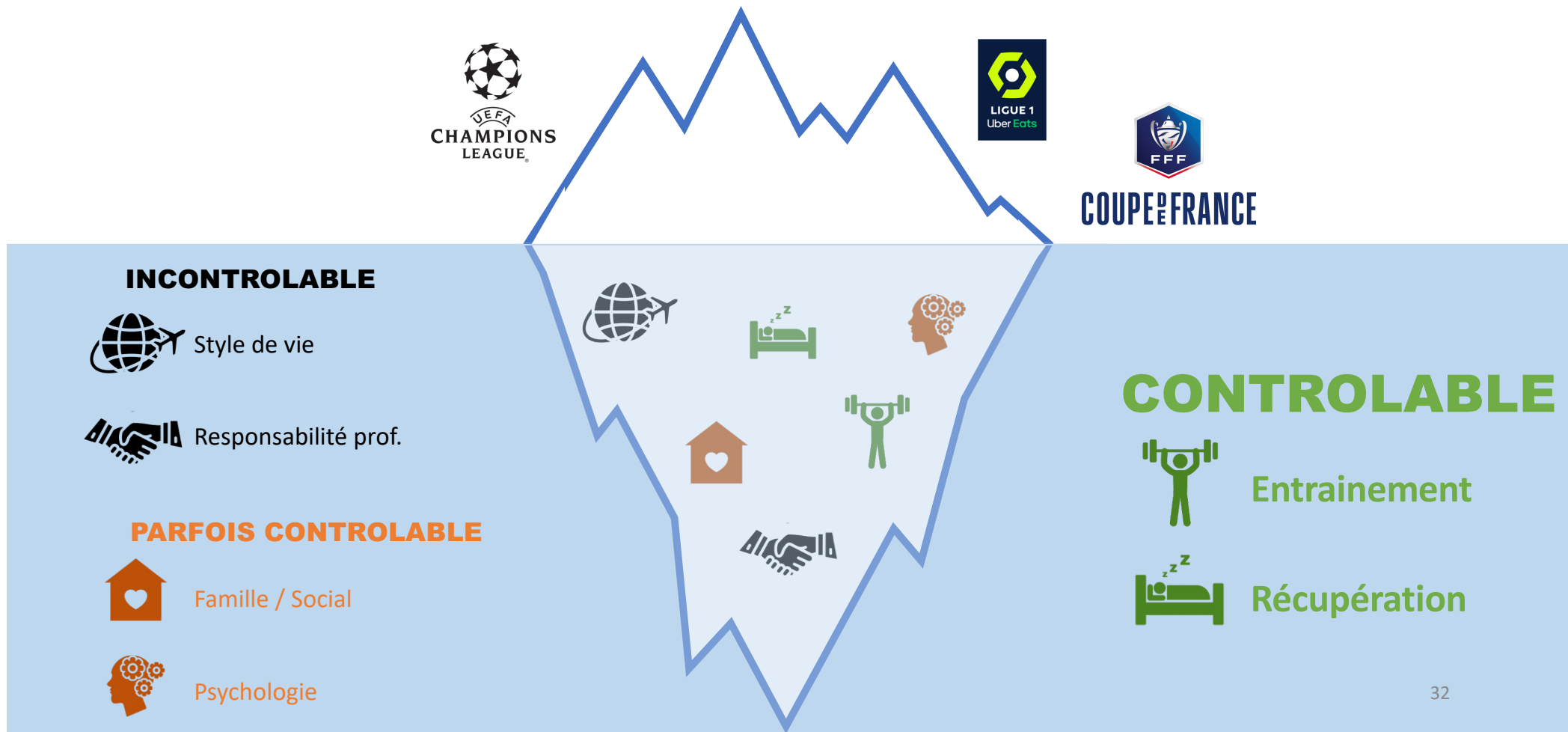
20'' / Côté

Good Morning 1 Jambe



30'' / Côté

Responsabilités



Responsabilités



Conclusion

