

7 Keys to Surviving a Difficult Soccer Season



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I. Acclimate to the Weather



Daily Observations

Temperature (° F)				Humidity (%)		
Time						
Aug	Max	Avg	Min	Max	Avg	Min
1	92	82	71	100	59	
2	92	84	75	100	52	
3	92	84	75	100	52	
4	91	83	75	100	49	
5	92	85	77	97	59	
6	91	84	76	100	55	
7	94	85	75	100	49	
8	93	84	74	100	46	
9	94	82	70	100	49	
10	88	81	74	100	68	
11	88	82	75	100	70	
12	89	82	74	100	70	
13	91	83	74	100	56	
14	91	82	73	100	52	
15	91	82	73	100	49	
16	94	85	76	100	46	
17	93	85	76	100	49	
18	93	84	75	100	41	
19	94	84	74	100	49	
20	93	83	73	100	52	
21	92	84	75	100	52	
22	90	82	74	100	59	
23	91	83	74	100	59	

I. Acclimate to the Weather

Relative Humidity

The relative humidity is expressed as a percentage measure of the amount of moisture in the air compared to the maximum amount of moisture the air can hold at the same temperature and pressure. Average humidity values are given for selected morning and afternoon observations. Maximum relative humidity values usually occur during morning hours. The Local Standard Time (LST) of morning (m) and afternoon (a) humidity values are shown below.

Relative humidity normals were provided by the **National Climatic Data Center** in Asheville, NC.

Florida	Years		JAN		FEB		MAR		APR		MAY		JUN		JUL		AUG		SEP		OCT		NOV		DEC		Annual	
	M	A	M	A	M	A	M	A	M	A	M	A	M	A	M	A	M	A	M	A	M	A	M	A	M	A	M	A
APALACHICOLA	42	42	85	66	86	65	86	65	86	64	85	65	85	67	86	71	88	75	88	69	86	62	85	63	86	67	67	66
DAYTONA BEACH	61	61	88	59	87	57	87	56	86	53	85	57	87	63	89	64	91	67	90	67	87	63	88	60	88	61	88	61
FORT MYERS	61	61	89	57	89	55	89	52	88	48	88	50	89	58	89	60	91	61	92	61	90	57	90	56	89	57	89	56
GAINESVILLE	22	22	89	59	89	56	91	53	90	49	91	50	89	57	89	60	91	61	95	64	93	61	93	59	91	60	91	57
JACKSONVILLE	69	69	88	58	87	54	87	50	87	48	86	51	88	57	89	59	92	61	92	63	91	59	90	57	89	59	89	56
KEY WEST	57	57	82	69	81	67	80	66	77	64	77	66	78	69	77	67	78	67	81	70	82	69	83	69	83	70	80	68
MIAMI	41	41	85	60	84	58	82	57	79	54	80	59	84	66	83	63	85	65	87	67	86	63	84	62	84	60	83	61
ORLANDO	42	42	88	57	88	53	89	51	88	47	88	50	90	58	91	59	93	60	92	61	90	57	90	56	89	58	90	56
PENSACOLA	42	42	82	66	82	63	84	63	86	62	87	63	85	63	86	67	88	68	85	64	82	59	82	62	81	66	84	64
TALLAHASSEE	44	44	87	57	87	54	89	51	91	47	90	50	91	56	93	61	94	61	93	58	91	53	90	54	88	57	90	55
TAMPA	42	42	87	60	86	57	87	56	86	52	85	53	86	61	87	64	90	65	91	63	89	58	88	58	87	60	87	59
VERO BEACH	42	42	88	60	88	56	86	56	84	55	84	58	81	60	83	60	85	60	82	59	81	59	79	57	82	56	84	58
WEST PALM BEACH	41	41	84	59	84	57	83	56	79	55	80	59	84	66	85	64	86	65	87	66	84	63	83	61	84	60	84	61

STRENGTH SKILL CHARACTER STRENGTH SKILL CHARACTER STRENGTH SKILL CHARACTER STRENGTH SKILL CHARACTER STRENGTH SKILL CHARACTER STRENGTH SKILL CHARACTER

I. Acclimate to the Weather

Temperature	Relative Humidity	Heat Index
80	90	86
85	80	97
90	60	100

- Be careful of afternoon practices!

Tips for Acclimitization

- One practice a day for the first 5 days
 - Limit practice to 3 hours a day
 - Replace electrolytes
 - Have cooling methods available
 - Allow for frequent breaks
-
- Maryland Football

2. Listen to Your Body



4 Stages of Overuse Injuries

- 1. Pain after Activity
- 2. Pain during activity that you are able to play through
- 3. Pain during activity that limits your abilities.
 - **Makes you look lazy**
- 4. Pain all day long, even at rest



Listen to your body at #1 and #2, so you don't get to #3 and #4!



Common Overuse Injuries

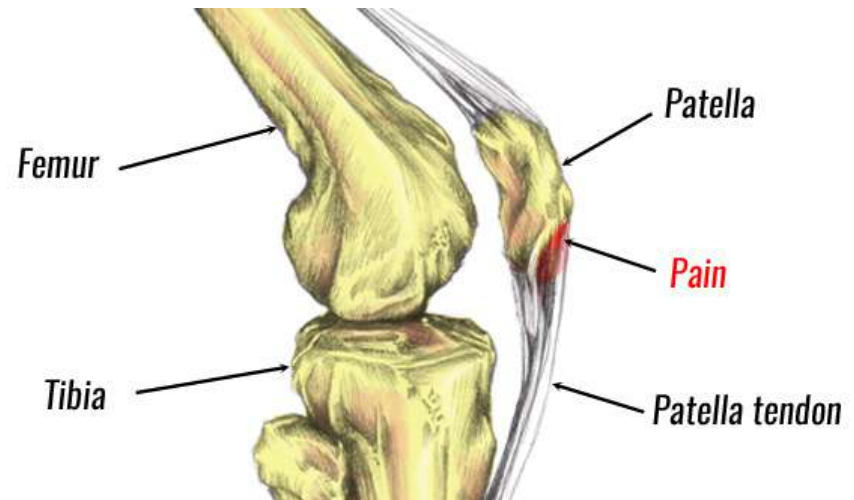
- Hip Flexor Tendonitis
 - Pain in the anterior hip
 - Bothersome on sprints, cutting, core work
 - Can be aggravated by combination of sprints and sit-ups



- Red Flags:
 - Deeper groin pain
 - Inhibited Range of Motion
 - Legg-Calve-Perthes, Slipped Capital Femoral Epiphysis

Common Overuse Injuries

- Patellar Tendinitis(Jumper's Knee)
 - Pain in the front of the knee, worse on explosive activity
 - Pain when attempting to straighten the leg against resistance



- Red Flags:
 - Noticeable swelling/bump over the tibial tuberosity
 - Osgood-Schlatter's Disease

Common Overuse Injuries

- Medial Tibial Stress Syndrome(Shin Splints)
 - Pain along the inside of the lower leg
 - Worse on activity, better on rest
- Red Flags:
 - Pain not improved with rest
 - Specific localized pain
 - Stress Fractures



Common Overuse Injuries

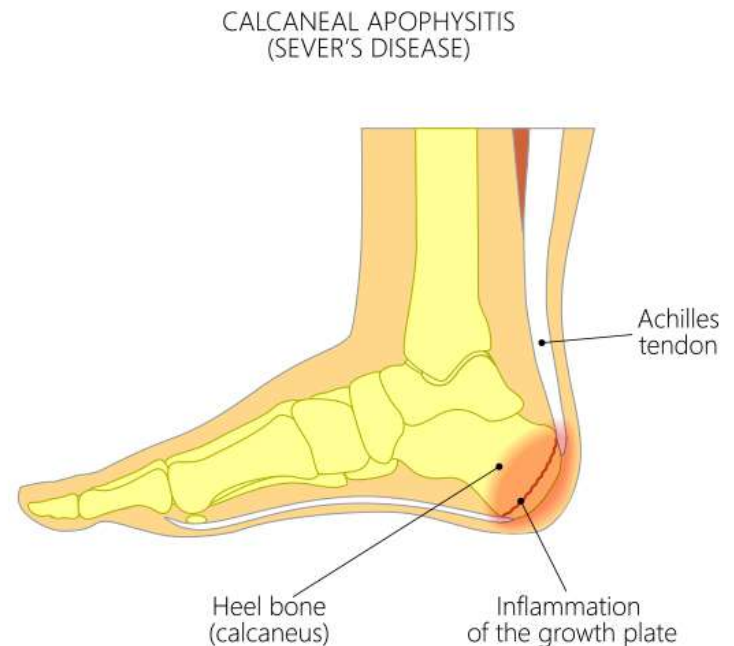
- Peroneal Tendonitis
 - Pain along the outside of the ankle and lower leg
 - Can begin as an “ankle sprain”
 - Red flags
 - Pain at 5th metatarsal base
 - Significant swelling/bruising
 - Fractures/Stress Fractures

Peroneal Tendon Injury



Common Overuse Injuries

- Sever's Disease
 - Inflammation of the heel bone growth plate
 - Due to trauma/overuse
 - Pain on running/direct pressure
- Red flags
 - Continued pain
 - Growth plate separation



Common Overuse Injuries

- Treatment:
 - REST and RECOVERY
 - Physical Therapy
 - Cross-training



3. Incorporate Recovery Days



Recovery Rules

- Follow your hard days with easy days
- Average workload and recovery is more important than one hard workout or one good night's sleep
- You get better on your recovery days, not on your workout days!



Catch some *Zzzzzz*'s!

- How to avoid sleep interruptions:
 - Same bedtime/wake time
 - **Avoid TV/cell phones** before bed
 - Naps in the early afternoon
 - Only **light snacks** before bed
 - **Avoid caffeine** later in the day



4. “Pre-habilitation” is key

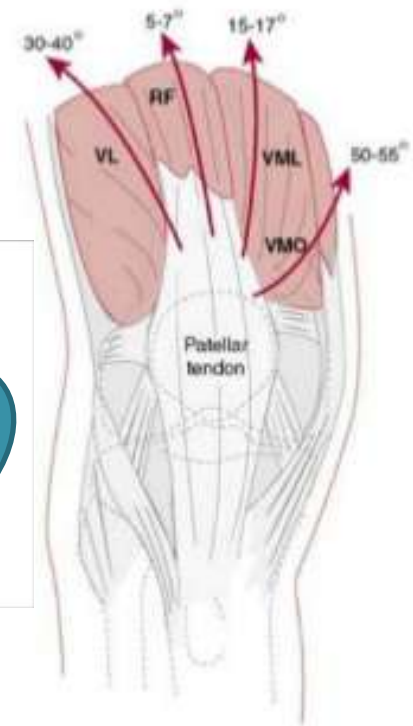
- Exercises
- Bracing



Pre-habilitation exercises

- Anterior Knee Pain
 - Maltracking of the patella
 - VMO Strengthening

VMO weakness



Pre-habilitation exercises

- Hamstring:Quad Ratio
 - Normal Hamstring has 50-80% strength of the quad
 - Closer to 100% leads to more functional stability of the knee
 - ACL Tears

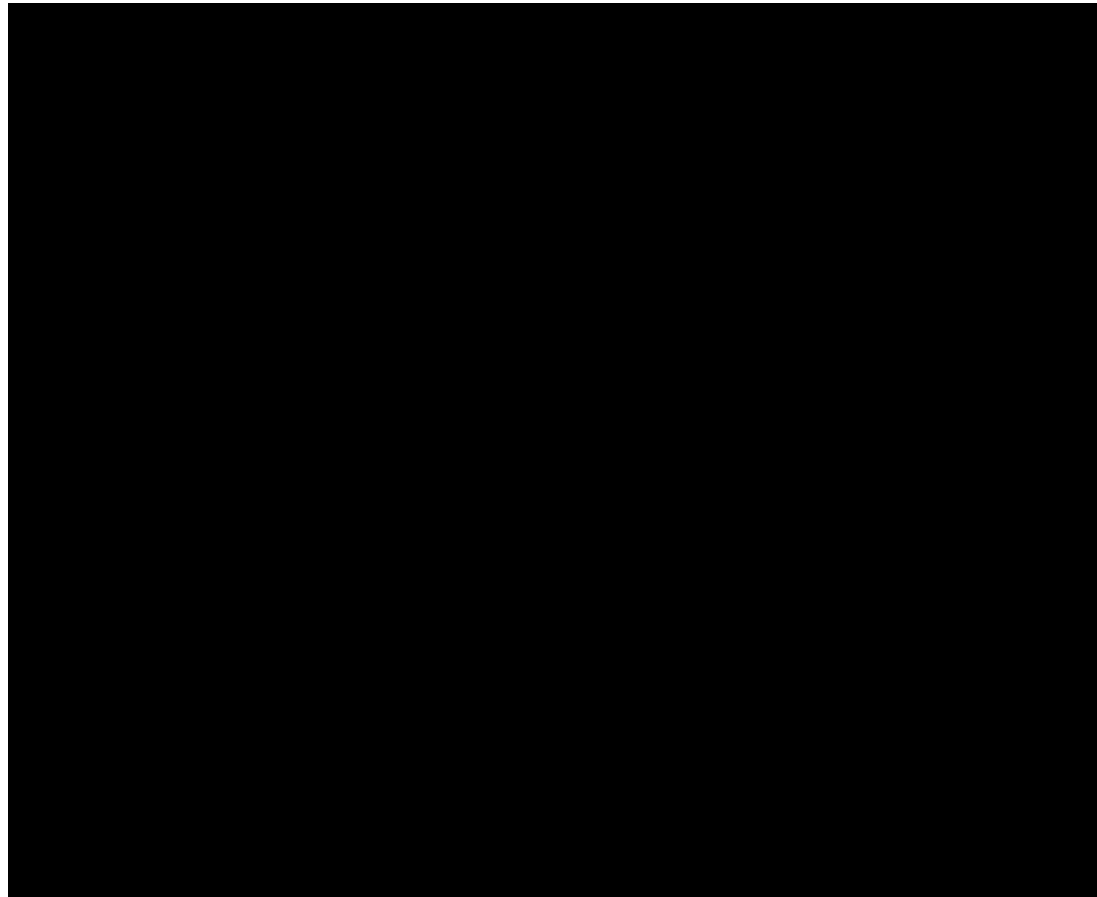


Pre-habilitation exercises



Pre-habilitation exercises

- Ankle sprains



Bracing/Taping



5. Practice Good Hygiene



5. Practice Good Hygiene

- Keep cuts/abrasions covered
- Wear proper-fitting shoes
- Don't share personal items



Practice Good Hygiene

- Wear sandals in the locker room
- Shower after EVERY practice/game
- Disinfect equipment
- If it looks weird get it checked!



6. Warm Up and Stretch

- Dynamic > Static



- Effective warm-up routine:
 - Light cardio
 - Dynamic stretching
 - High knees
 - Butt kicks
 - Birdfeeders
 - Lunges
 - Toy soldiers



7. Maintain Proper Nutrition

- Water, H₂O, Water
 - Electrolyte replenishment after



7. Maintain Proper Nutrition

- Eat Breakfast
 - Fruit, whole grains, milk
- Maybe not school lunch
- Carbs are king/queen
- Healthy snacks
 - Trail mix, peanut butter, granola bars, dried fruit
- Avoid energy drinks

End

- IG:The_Ortho_PA
- Questions?

