

GOOD PRACTICE / SPORT CLUBS

Movement preparation, a physical literacy-enriched warm-up programme

initiated by the Canadian Soccer Association, Sport
for Life and the Public Health Agency of Canada

AIM & OBJECTIVES:

Implementing the movement preparation programme instead of a traditional warm-up before training as a way of not only enhancing performance but also making it more sustainable.

TARGET GROUP:

(football) Players or Sports Clubs in general

KEY STAKEHOLDERS:

(football) Trainers

DESCRIPTION:

The movement preparation programme was developed based on scientific findings to promote physical literacy and provide a warm-up not only focusing on the body but also on the mind and the sustainability (resilience and safety) of the training and the physical activity.

ADDED VALUE:

Can be specifically tailored to different sports and needs and can be implemented by sports clubs without any additional delays.

LESSONS LEARNED:

A tailored warm-up based on the idea of physical literacy can improve skills and prevent injuries

RESOURCES & REFERENCES:

www.physicalliteracy.ca/education-training/movement-preparation/

www.sportforlife.ca/wp-content/uploads/2017/04/MP-Coach-2016-1.pdf