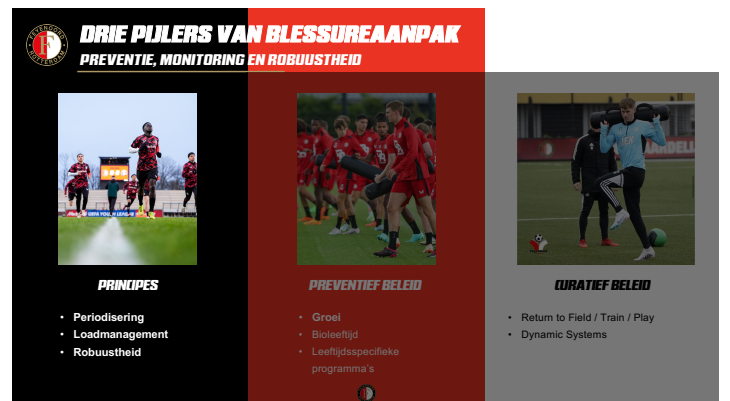
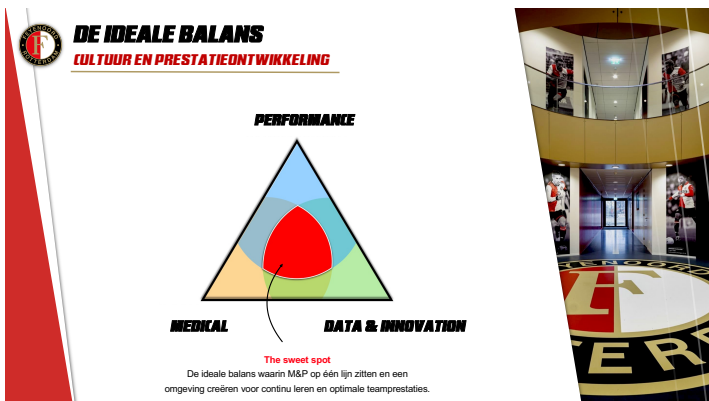
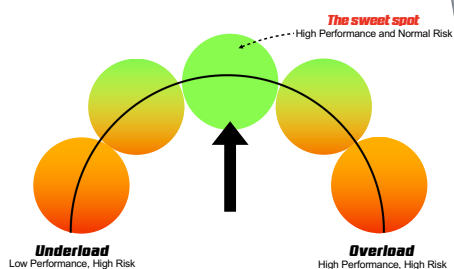
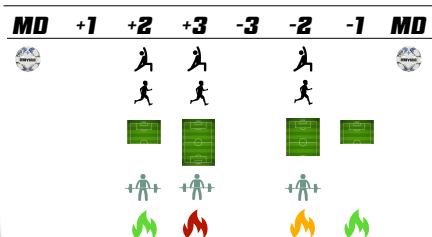
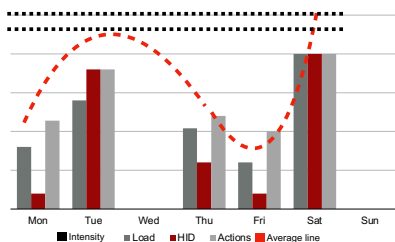






	week 10	week 11	week 12	week 13	week 14	week 15	week 16	week 17
Week 36								90
Week 37		45					90	
Week 38					35		98	
Week 39			33				95	
Week 40				59			86	
Week 41				93			73	



PRINCIPES

- Periodisering
- Loadmanagement
- Robuustheid



PREVENTIEF BELEID

- Groei
- Biologische
- Leefijdsspecifieke programma's

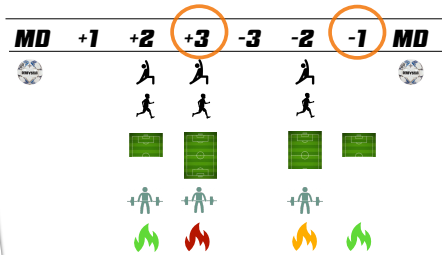
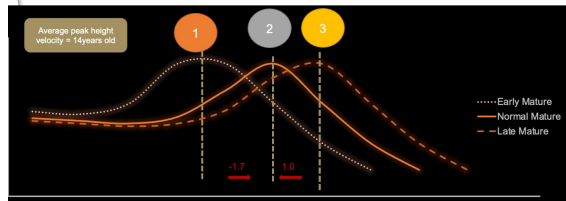
**CURATIEF BELEID**

- Return to Field / Train / Play
- Dynamic Systems

Speler	Risk	Bio leefstof	Laatste meting	Lengte	Groei	Dagen	Groei per maand (t)			Gewicht	Verschil
							Groei per maand (1)	Groei per maand (3)	Groei per maand (6)		
Player 1	Medium	15,29	03-10-2024	182,6	1,8	34	1,59	1,90	1,60	73,30	1,00
Player 2	Medium	14,56	03-10-2024	177,5	0,5	34	0,44	0,50	0,63	54,60	1,30
Player 3	High	13,87	03-10-2024	174,2	1,6	34	1,41	0,93	0,87	56,80	1,40
Player 4	Medium	13,75	03-10-2024	168,8	0,3	34	0,26	0,66	0,75	54,00	1,60
Player 5	High	13,71	03-10-2024	167,0	0,6	34	0,53	0,76	0,79	46,70	0,20
Player 6	Medium	13,60	03-10-2024	166,3	0,4	34	0,35	0,63	0,54	50,90	0,80
Player 7	High	13,59	03-10-2024	163,4	0,7	34	0,62	0,32	0,35	55,80	0,30
Player 8	High	13,51	03-10-2024	165,4	0,9	34	0,79	0,40	0,51	47,10	0,90
Player 9	High	13,50	03-10-2024	164,9	-0,5	34	-0,44	0,32	0,48	54,10	1,10
Player 10	Medium	13,43	03-10-2024	161,8	0,9	34	0,79	0,58	0,62	52,90	0,00
Player 11	High	13,39	03-10-2024	166,6	0,7	34	0,62	0,66	0,66	48,90	0,50
Player 12	High	13,29	03-10-2024	157,8	1,1	34	0,97	0,73	0,65	43,40	0,30
Player 13	High	13,23	03-10-2024	155,8	1,3	34	1,15	0,81	0,75	44,30	-1,20
Player 14	High	13,15	03-10-2024	150,9	0,9	34	0,79	0,53	0,49	41,60	1,40
Player 15	Medium	13,02	03-10-2024	156,8	1,3	34	1,15	0,58	0,61	45,70	1,80
Player 16	High	12,96	03-10-2024	160,1	2,4	66	1,09	0,84	0,80	44,20	2,00
Player 17	Medium	12,91	03-10-2024	159,1	1,1	34	0,97	0,55	0,65	49,50	0,90
Player 18	Medium	12,86	03-10-2024	154,5	1,5	34	1,24	0,50	0,37	38,70	0,50
Player 19	High	12,85	03-10-2024	159,0	0,7	34	0,62	0,40	0,37	43,70	0,40
Player 20	High	12,57	03-10-2024	151,4	0,8	34	0,79	0,43	0,61	36,90	-0,90

- ## 1. Bewustzijn

	Leeftijd	Biologische leeftijd	Verschil
Speler 1	14,46	16,16	1,7
Speler 2	14,52	14,52	0,0
Speler 3	14,29	13,29	-1,0



BEREKENING



Berekeningsmethoden

Om de biologische leeftijd van elke jeugdspeler te schatten, hanteren we één van de meest gebruikte berekeningsmethoden:

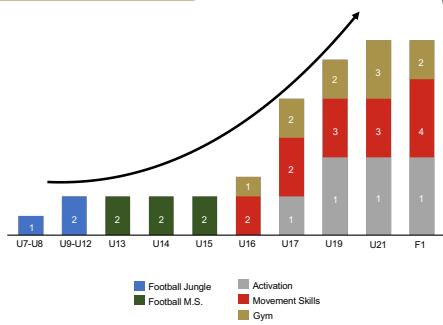
- Leeftijd van de maximale lengtegroeisnelheid (bekend als Age of Peak Height Velocity: APHV)

Voor de berekening van de leeftijd van maximale lengtegroei (APHV) hanteren we twee formules: Mirwald e.a., 2002 en Fransen e.a., 2018. Deze formules zijn beide gebaseerd op de interactie tussen de lengte van de romp en ledenmaat, en hebben dus allemaal dezelfde input aan variabelen, namelijk: staande lengte, lengte bovenlichaam, beenlengte en gewicht. De formules schatten op basis van de variabelen hoever een speler nog van de groeisprint vandaan zit (in jaren). Door dat aantal te reïsteren aan de huidige kalenderleeftijd kan de APHV berekend worden (zie tabel 1).



VAN
PROGRA

PROGRAMMA'S AFGESTEMD OP ONTWIKKELINGSFASES



013 - 015

Team
DUUR
VELD AFMETING
VARIATIE

Individual

LENGTE / GEWICHT / ZITHOOGTE
BIOLOGISCHE LEEFTIJD

016 - 017

Team
GPS MONITORING
VARIATIE
RPE
DATA

Individual

BIOLOGISCHE LEEFTIJD
WELLNESS QUESTIONNAIRES
INDIVIDUELE DATA ANALYSE / POSITIE SPECIEK

019 - FEY 1

Team
GPS MONITORING
VARIATIE
RPE
DATA

Individual

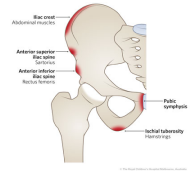
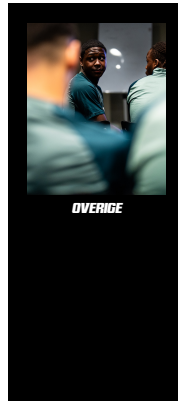
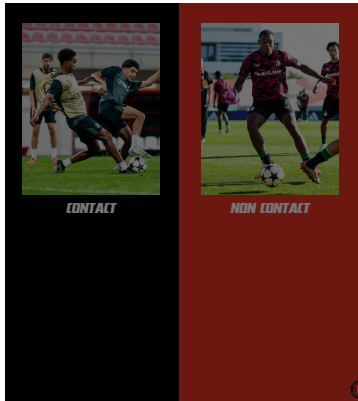
WELLNESS QUESTIONNAIRES
INDIVIEUELE DATA ANALYSE / POSITIESPECIEK
TOEWERKEN NAAR FEYENOORD 1 LOAD



BLESSURES

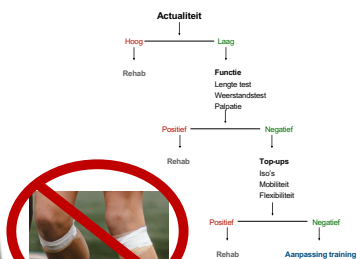
EEN DROOMBREKER?



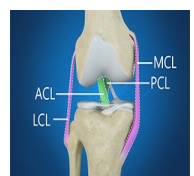
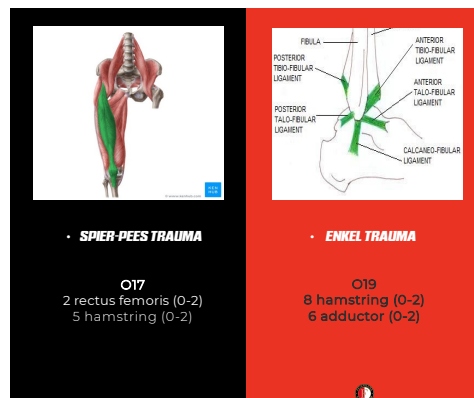
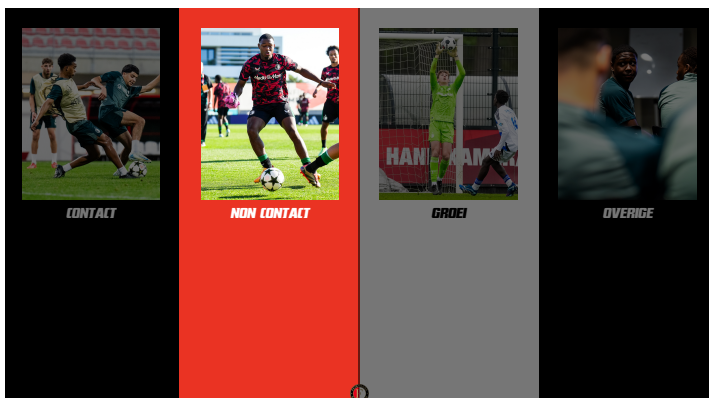
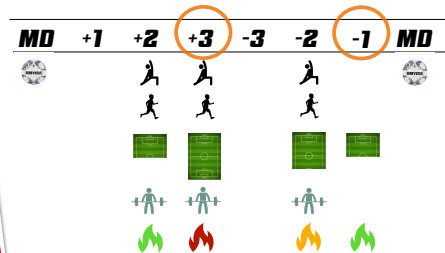


O15
2 of 3 (meesters)
0 wedstrijden gemist

DURF TRAINING AAN TE PASSEN BIJ GROEI GERELATEERDE KLACHTEN



Preventie in de praktijk



O21
4 hamstring (0-2)
3 rectus femoris (0-3)

REFLECTIE

TEAM

PERIODE

ONTSTAANSWIJZE

KLINIEK

FOLLOW UP ECHO

MULTIDISCIPLINAIR: WAS HET TE VOORKOMEN

British Athletics Muscle Injury Classification		
 Myofascial (M) • Location • Mechanism • Clinical presentation Tissue Healing Time 1 to 2 weeks	 Musculotendinous (M) • Location • Mechanism • Clinical presentation Tissue Healing Time 2 to 4 weeks	 Tendonitis (T) • Location • Mechanism • Clinical presentation Tissue Healing Time 4 to 6 weeks
Raising Expectations • The athlete's expectations of returning to previous performance level	Raising Expectations • The athlete's expectations of returning to previous performance level	Raising Expectations • The athlete's expectations of returning to previous performance level
Strength Training • Strength training is essential to return to previous performance level	Strength Training • Strength training is essential to return to previous performance level	Strength Training • Strength training is essential to return to previous performance level
Return to Full Training • Gradual return to full training	Return to Full Training • Gradual return to full training	Return to Full Training • Gradual return to full training



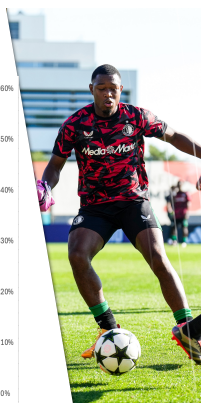
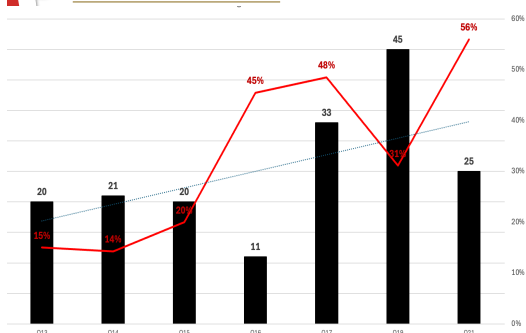
CONTACT



NON CONTACT

**GROE****OVERIGE**

HOE VAAK KOMEN ZE VOOR?



HOE TE HANDELEN ?

Onvermijdelijk Blessures zijn onderdeel van de sport.

Beïnvloedbaar: Groei-gerelateerde blessures zijn te minimaliseren.

Kouzes maken: *Hoeveel belasting is verantwoord?*

**BLIJFT DE SIMPELE DINGEN HEEL GOED EN CONSISTENT UITVOEREN!
COMMUNICATIE BLIJFT KEY..**



BLESSURE PREVENTIE IS EEN INVESTERING IN TOEKOMSTIG TALENT

BRONNEN

- Chang, V., Sajew, S., Xu, A. A., Tan, M., & Wang, H. (2024). Football Analytics: Assessing the Correlation between Workload, Injury, and Performance of Football Players in the English Premier League. *Applied Sciences*, 14(16), 7217. <https://doi.org/10.3390/app14167217>
- Bangert Y., Jaber A., Trefter R., Zietzschmann S., Koch KA, Kam R., Spielmann J., Renkowitz T., Weishorn J. The Impact of Injury on Career Progression in Elite Youth Football-Findings at 10 Years. *J Clin Med*. 2024 Mar 26;13(7):1915. doi: 10.3390/jcm13071915. PMID: 38610686; PMCID: PMC11012782.
- G. L. J. Kemper, A. van der Sluis, M. S. Brink, C. Visscher, W. G. P. Franken, M. T. E. Elferen-Gemmers, A. 15. Anthropometric Injury Risk Factors in Elite-World Standard Youth Soccer. *Int J Sports Med* 2015;36(13):1112-1117. doi: 10.1055/s-0035-1555778
- **Maurio Mandorino, Antonio J Figueiredo¹, Giancarlo Condello², Antonio Tessitore³**The influence of maturity on recovery and perceived exertion, and its relationship with illnesses and non-contact injuries in young soccer players. *Oct39(4):839-848*. doi: 10.5514/hiolsport.2020.10995. Epub 2021 Oct 25.
- Soligard T. et al. (2016) How much is too much? Part 1: International Olympic Committee consensus statement on load in sport and risk of injury. *Br J Sports Med* 2016;103(10):1030-1041. doi: 10.1136/bjsports-2016-096581
- Matthew Whelan, Ron Lovell & John A Sampson (2019) Do Nogies Matter? - Increased injury risk following physical complaints in football (soccer). *Sports and Medicine in Football*, 2010. 10.1080/24739938.2019.1705996

Study on Career Progression in at 10 Years

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 4. Heilbronn University SportsClinic GmbH, Heilbronn, Germany; heilbronn@heilbronn.de
 5. Fohrentstrasse 2, 69115 Heidelberg, Germany
 6. Klinik für Unfall- und Orthopädie, Straße 38, 74099 Zuercher, Germany; johannes.weismueller@uni-heidelberg.de
 7. jens.haerig@med.uni-heidelberg.de

ground. There is a lack of evidence regarding the impact of career progression in elite football. The characteristics and their influence on career progression in the 2012/2013 season, a prospective cohort of athletes from an elite German soccer academy 10 years old. **Results:** Injuries and time lost due to overall cohort were 1.13 injuries per player per year, with injuries significantly decreasing over the 10 years had a negative impact on career progression. **Conclusions:** Not only the character of the injury, but also the location of the injury in the body had a negative impact on career progression. The results of the study can be used to focus on the prevention of injuries in elite athletes.

career progression; football; soccer; ei