

INJURIES IN FOOTBALL

Jurgen Klopp, Ole Gunnar Solksjaer and Jose Mourinho are amongst a number of football managers complaining about the number of fixtures taking place this season. They state that players are receiving a high number of injuries due to the congested calendar.



What can players and clubs do in order to make sure that they are preventing injuries this season?

Discuss how players should implement a warm-up and cool-down before and after each match. What should be included in these activities?

Who decides the schedule and timing of fixtures in the Premier League?

Are any organisations happy with the amount of fixtures being played?

What type of injuries do you think are most common amongst footballers?

What can injured players do in order to ensure that their time out of the game is as short as possible?