

# ACL Prevention Soccer Clinic

**Who:** designed for local soccer coaches of teams of all ages (age 10+)

**When:** to be determined...(we will organize once we have numbers of interested parties)

**Why:** Learn the F-marc 11+ proven warm up to prevent ACL injuries on your team

**How:** please email *Maggie Phillips-Scarlett MPT MKIN CSCS* ([maggiephillips@me.com](mailto:maggiephillips@me.com))

## Program includes:

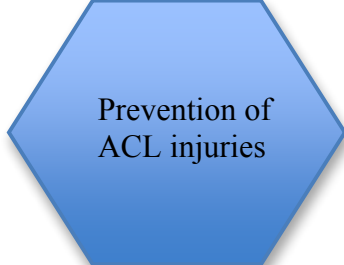
1. Initial teaching clinic with Physiotherapist/Strength & Conditioning Coach in a hands-on approach where you will learn the full warm up
  2. Two follow-up sessions with your team in which the Physiotherapist/Strength & Conditioning Coach will help you lead your warm up and insure the team is executing it effectively
  3. Further support if required
- Cost: \$120 total

## PROGRAM COMPONENTS:

- Neuromuscular control & balance training
- Strength training
- Jump Training
- Core Strength/stability training



compliance + proper movement technique



Prevention of  
ACL injuries