

**CASE STUDY** GREAT FALLS SOCCER CLUB

# REDUCING INJURY RISK FOR FEMALE SOCCER PLAYERS

Sixty-seven “2006 & 2007” girls



# OUR STORY

## SCHOOL AND CLUB TEAMS.

### DID YOU KNOW?

EXOS has supported hundreds of club teams and individual youth and high school athletes, as well as numerous national champions.

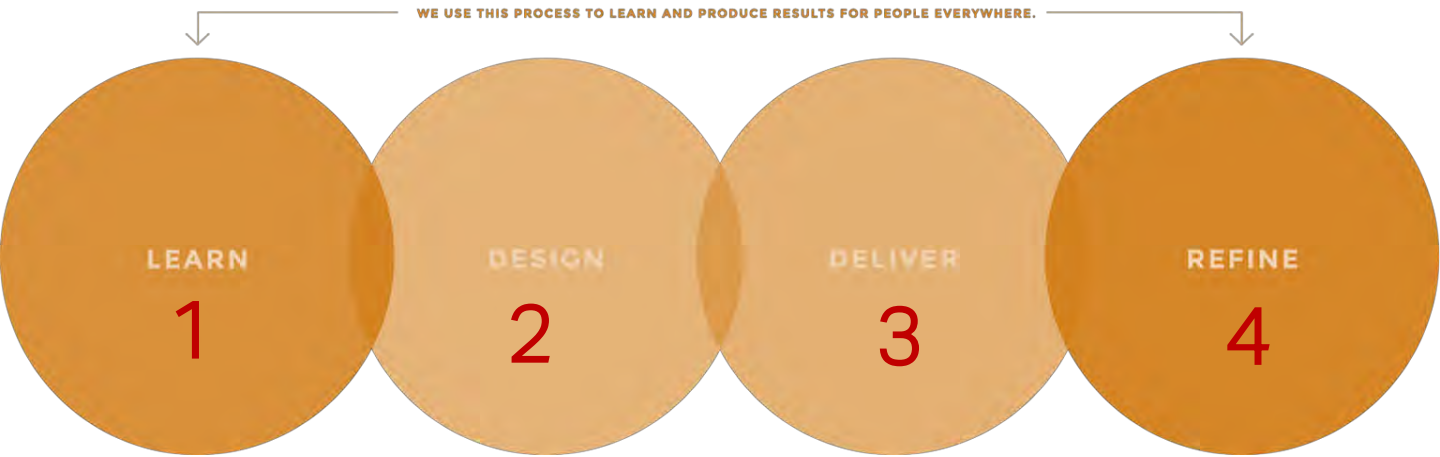


Youth and high school sports are a gateway to the next level. That's why we offer training, nutrition, and physical therapy solutions that work seamlessly with your athletic programs and help teams achieve winning results.

Our specialists will collaborate with your coaches to help individualize training for your young athletes, preparing them for what's next while paving the way for more championships. After all, the more successful they are, the more successful your team is.

# OUR MODEL

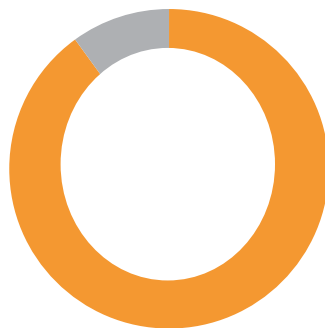
PIONEERING HUMAN PERFORMANCE.



**Success is not defined by performing at a high level once. It's about getting better every day.**

EXOS coaches evaluate physical abilities and weaknesses to provide short- and long-term solutions which create more opportunities for young athletes to hone their skills, meet their goals, and get to the next level.

Our performance training improves functional movement to support the physical demands of life and sport. We help athletes of all levels decrease injury risk, build strength, and power.



**91%**

Satisfaction  
Rating

# PROGRAM

PROVEN SYSTEM.

# GOALS

PERFORMANCE / NUTRITION



- ❖ Build fundamental movements patterns that will increase speed, quickness, and power production.
- ❖ Learn change of direction, jump/land mechanics for increased power production. Increase body awareness for reduced risk of injury
- ❖ Learn how to fuel for an impact by being able to identify optimal food choices for performance and health
- ❖ Improve the athlete's mindset by discussing strategies for developing healthy nutrition habits.



60 MINUTES

WITHIN EACH COMPONENT

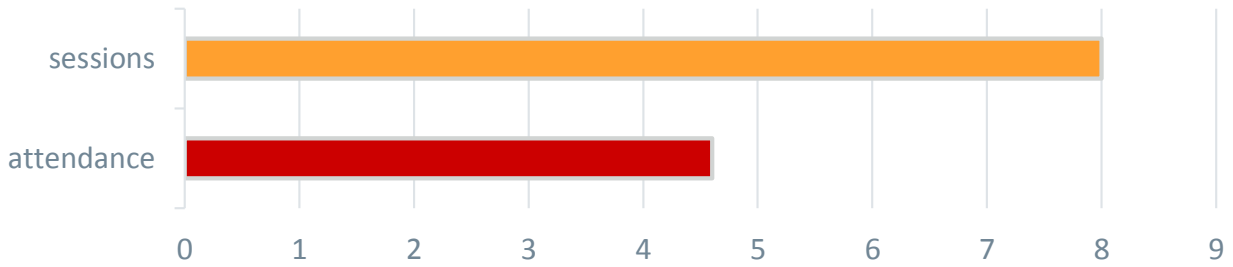


- ❖ pillar prep
- ❖ movement prep
- ❖ medicine balls
- ❖ plyometrics
- ❖ movement skills
- ❖ Power
- ❖ nutrition

# IMPROVEMENT

BY THE NUMBERS.

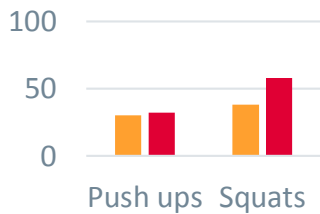
Ten weeks  
Two Combines  
Six nutrition courses  
Eight performance sessions



## PERFORMANCE EVALUATION

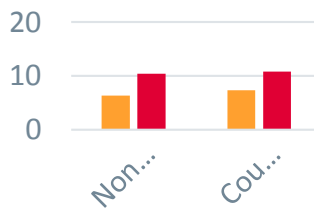
Team Averages				
Component	Units	Pre Test	Post Test	% Change
Push ups	reps	30	32	+ 7%
Squats	reps	38	58	+ 53%
Non Counter Movement	inches	6.3	10.4	+ 65%
Counter Movement	inches	7.3	10.8	+ 48%
5-0-5 Left	secs	2.77	2.65	- 4%
5-0-5 Right	secs	2.82	2.56	- 9%

### Strength



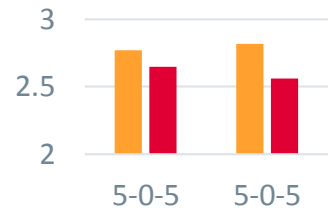
■ Pre Test ■ Post Test

### Power



■ Pre Test ■ Post Test

### Agility



■ Pre Test ■ Post Test

# RESULTS

THE FINAL SAY.

# 58%

## PROGRAM PARTICIPATION



### Upper body

Body weight push ups  
7% increase in strength



### Lower body

Body weight squats  
53% increase in strength



### Vertical Jump

NCM = starting strength  
65% increase in power



### Vertical Jump

CM = reactive strength  
48% increase in power



### Agility

Overall improvement  
9% quicker on left side  
4% quicker on right side



# TESTIMONIALS



I LEARNED  
NUTRITION PLAYS A  
BIG PART IN  
EVERYTHING I DID  
**-8<sup>TH</sup> GRADE  
ATHLETE**



Before I wasn't where I wanted to be strength wise and after I feel like I'm stronger and would like to continue.

**-7<sup>th</sup> Grade Athlete**



I love the trainers here at EXOS. I learned how to take care of my body by eating good and healthy food. I would love to [continue training] if I can because I believe that it helps my improvement.

**-12<sup>th</sup> Grade Athlete**



I could not do up to 35 push ups, but now I can do more than 40. I could not jump as high as I can now. After EXOS, I got stronger...and I'm more flexible.

**-9<sup>th</sup> Grade Athlete**

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## WANT EXOS TO TRANSFORM YOUR TEAM?

Contact:  
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[www.inova.org/exos](http://www.inova.org/exos)

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