



The Football Association Master Class series presents
How to Train ROM in Football: A practical workshop
Wednesday 26th February 2014
2:30pm – 8.30pm

Sarah Ramsden
Mairwen Price

Introduction

This is a highly practical workshop focusing on the challenging area of delivering effective, football-specific ROM training at group level. The workshop is aimed at football medical and strength and conditioning staff who are looking to introduce ROM training or wish to improve the training they currently provide – maybe using a yoga teacher or leading sessions themselves. Training sequences will be available to download.

This workshop address the questions;

- What are we trying to achieve in training flexibility? How do we do it effectively?
- How does this relate to stability? How do we make it work in groups?
- How do all the different types of 'stretching' fit in? How does this relate to yoga or pilates?

Sarah has trained ROM in footballers for 9 years including 7 seasons at Manchester City and Manchester United to date. And Mairwen is working at Bolton Wanderers, Wigan Athletic and Preston North End. Their client base covers many other clubs and individual footballers – the most outspoken about the benefits of their work being Ryan Giggs, Rickie Lambert and the late Gary Speed.

Venue

Lecture theatre - The Hilton education Wing
St George's Park
Newborough Road
Needwood
Burton upon Trent
DE13 9PD

Cost

£100 including drinks and refreshments

Contact

For booking information please contact Steve.kemp@theFA.com

For course information please contact Sarah Ramsden (07762 382125) www.sportsyoga.co.uk



How to Train ROM in Football: A practical workshop

LECTURERS	DATE	Venue
Sarah Ramsden Mairwen Price	WEDNESDAY 26 th February 2014 1.30pm – 8.30pm	St Georges Park Ground floor education wing
1.30pm	Arrival and registration	SGP LECTURE THEATRE
2.00pm – 4.00pm	<p>What are we trying to achieve? Discussion, norms, screening and reports documents, research, application Classroom and practical</p> <p>How to make ROM training relevant and interesting to players? Classroom based</p> <p>What are main elements of a session and what are sessions like? Classroom based</p>	
BREAK		
4:30pm – 7:00pm	<p>The Training Session Spinal articulation, mobility, ROM Warm-up Low load core Functional Movement Passive stretches – generic, adjustments, progressions Practical</p>	
BREAK		
7.30pm – 8.30pm	<p>How to implement sessions / get the best from an external trainer.</p> <p>Wrap-up.</p> <p>Full Session: 30 minute training session.</p>	



All training sequences used in the workshop will be available online free to download and use: spinal articulation, ROM warm-up, functional sequence, low-load core, passive stretches.

www.sportsyoga.co.uk

“People are always coming up and saying ‘How are you still playing at 37? How are you still playing for United?’ and I say that one of the main reasons is the yoga, keeping me as strong and flexible as possible.”

Ryan Giggs, Manchester United, 1990/91 to present, now 39

“I've benefited from extra yoga and stretching exercises and specialised muscle toning....and quite honestly it's worked wonders.”

Rickie Lambert, on receiving Championship Player of the Year, 2012

“Yoga, pilates, stretching... it works. For someone like me it works.”

Gary Speed (1969-2011), whilst at Bolton Wanderers Football Club.