
Zondag 14.30 pm

Winnen



Can You Buy The Best Team?

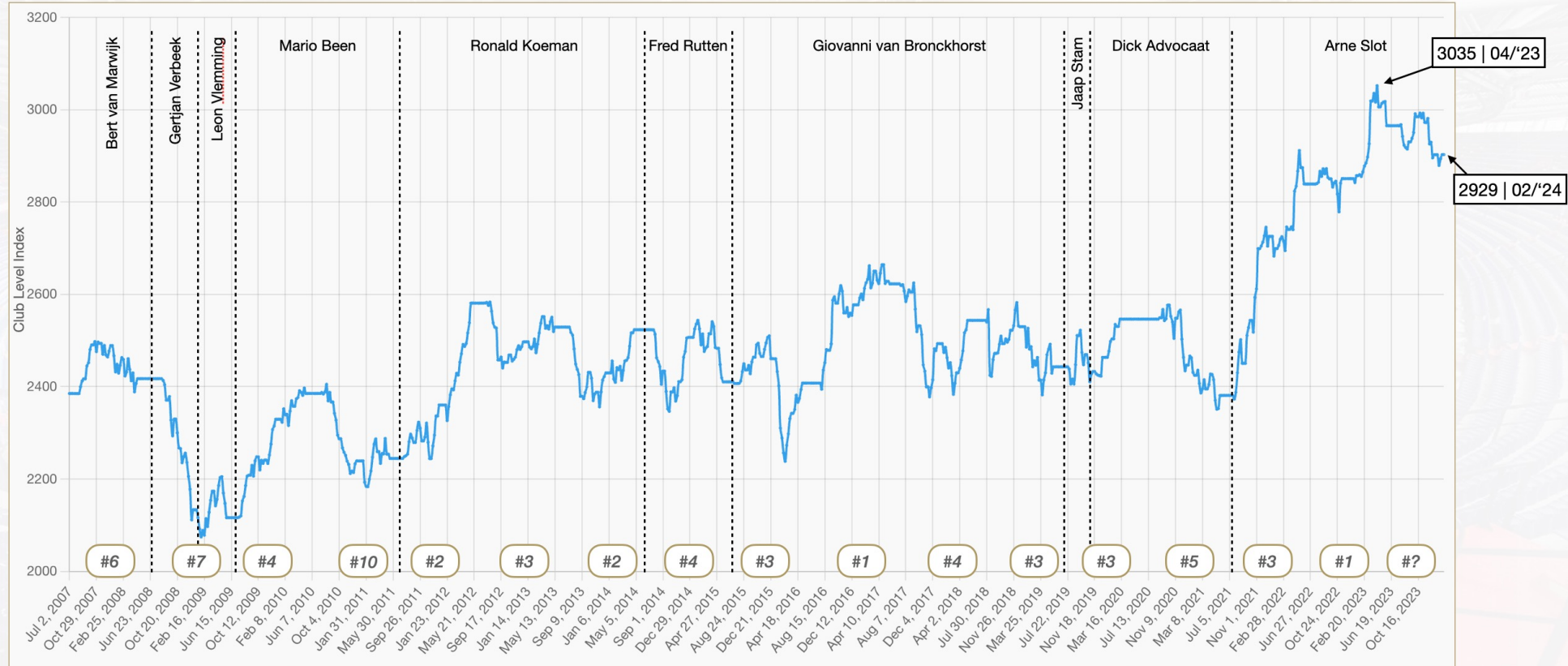


Can You Buy The Best Team



DEVELOPMENT OF FEYENOORD

THROUGH THE YEARS: 2007 TILL TODAY

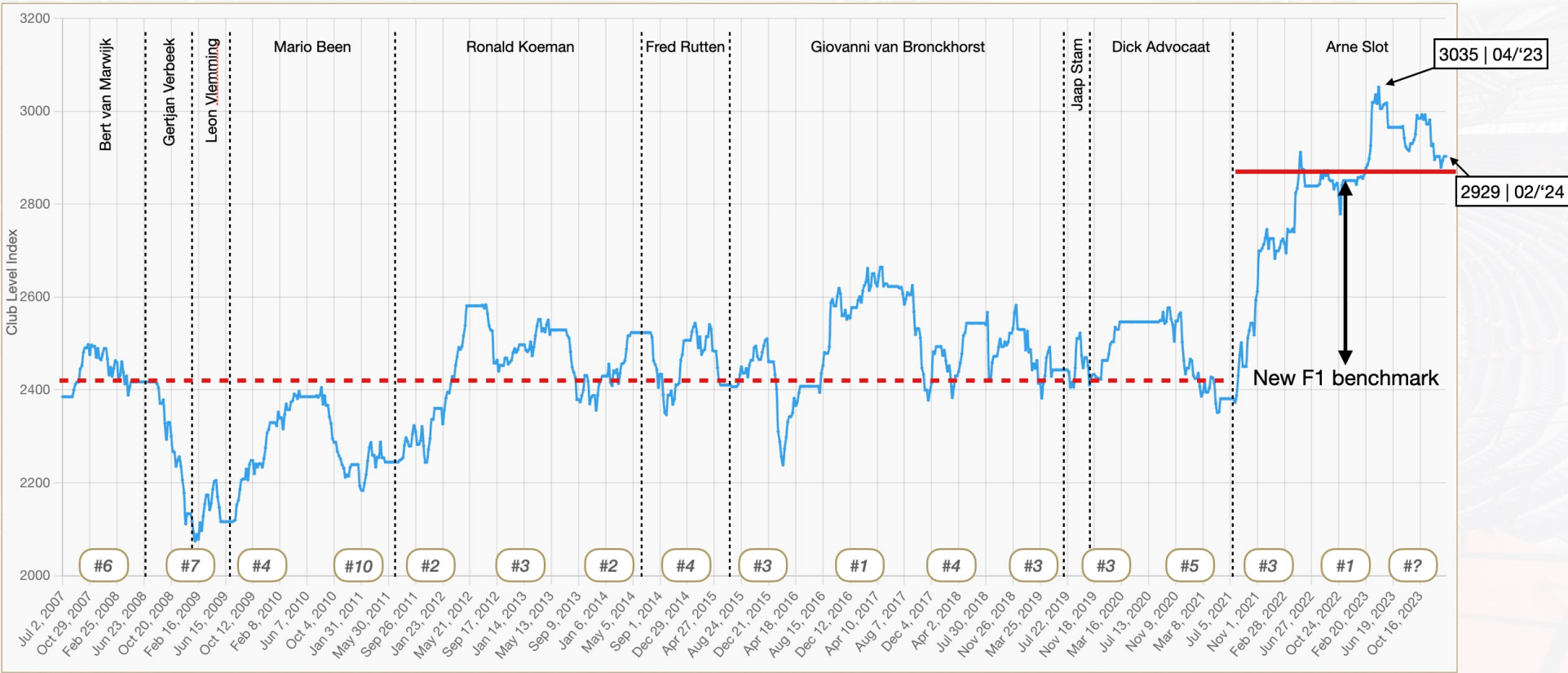


Can You Buy The Best Team



DEVELOPMENT OF FEYENOORD

ENTRY LEVEL FEYENOORD 1 INCREASED



- **RUST**

- **PREVENTIE** is beter dan **GENEZEN**

- **ICU-sport : 24/7 - 365**



RUST???



Table 1
Communication quality* between the medical team and the head coach/manager

Outcomes*	Low (1–2/5), n=8	Moderate (3/5), n=18	High (4–5/5), n=51	P values†
Injury burden‡	183.6	120.7	105.0	0.027
Incidence of severe injuries§	1.7	1.0	0.9	0.025
Training attendance (%)	76.2	85.3	83.4	0.003
Match availability (%)	81.7	88.5	87.5	0.013

Welk stafid heeft de meeste impact op het “veroorzaken” van blessures?

- a. Hoofdtrainer
- b. Performance
- c. Fysiotherapeut
- d. Dokter



“hoofdstaf”-leden & hamstring “blessure-druk”



Table 1 Replacement of staff and the hamstring injury (HI) burden for team seasons with replacements compared with team seasons without replacements

Replacement of staff	Frequency of replacements	HI burden for team seasons without replacements (mean, 95% CI)	HI burden for team seasons with replacements (mean, 95% CI)	HI burden change when replacements compared without replacements	HI burden increase when team season replacement compared with without replacement (95% CI)
Total number of replacements during the 42 team seasons	49	24 (15 to 34)	32 (23 to 40)	+33%	8 (-6 to 21)
New head coach at the start of the season	10/42=24%	27 (20 to 31)	35 (24 to 46)	+30%	8 (-7 to 23)
Change of head coach during the season	10/42=24%	29 (20 to 37)	29 (12 to 45)	±0	0 (-16 to 14)
New head coach before or during the season	20/42=48%	27 (19 to 35)	32 (22 to 42)	+19%	5 (-8 to 18)
New head fitness/performance coach at the start of the season	10/42=24%	27 (19 to 34)	38 (28 to 47)	+41%	11 (-4 to 26)
Change of head fitness/performance coach during the season	7/42=17%	27 (20 to 33)	40 (20 to 60)	+48%	3 (-3 to 30)
New head fitness/performance coach before or during the season	15/42=36%	24 (17 to 31)	39 (28 to 50)	+63%	15 (3 to 28)
New head team doctor before or during the season	7/42=17%	26 (20 to 31)	47 (23 to 70)	+81%	21 (5 to 37)
New head physiotherapist before or during the season	7/42=17%	29 (22 to 35)	32 (10 to 55)	+10%	3 (-13 to 21)

HI burden is expressed as the number of days lost per 1000 hours of exposure.

”Externe communicatie”

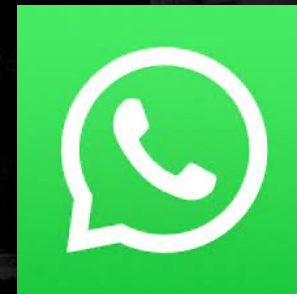


- Personal trainers
- Performance coaches
- Fysiotherapeuten
-

?

Preseason vergadering op 1908

Consent van de speler



PREVENTIE is beter dan genezen



cultuur

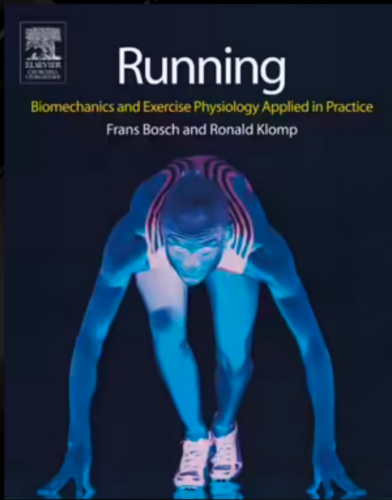
Performance vs Bescherming

Iedere dag beter willen worden ipv overleven van game naar game
- \$1 per dag

Testing - objectief (sprints, GPS), subjectief (beweging analyse),
Wedstrijd analyse, jumps/hops

Anti-rust, agressieve maar veilige en vroege re-integratie





Monitoring van fitness, fitheid en blessures



KITMAN LABS
Powering Human Performance



- Vragen
- Luisteren
- Observeren
- Meten



Nieuwe coach met veeleisende fysieke en mentale stijl van voetbal spelen

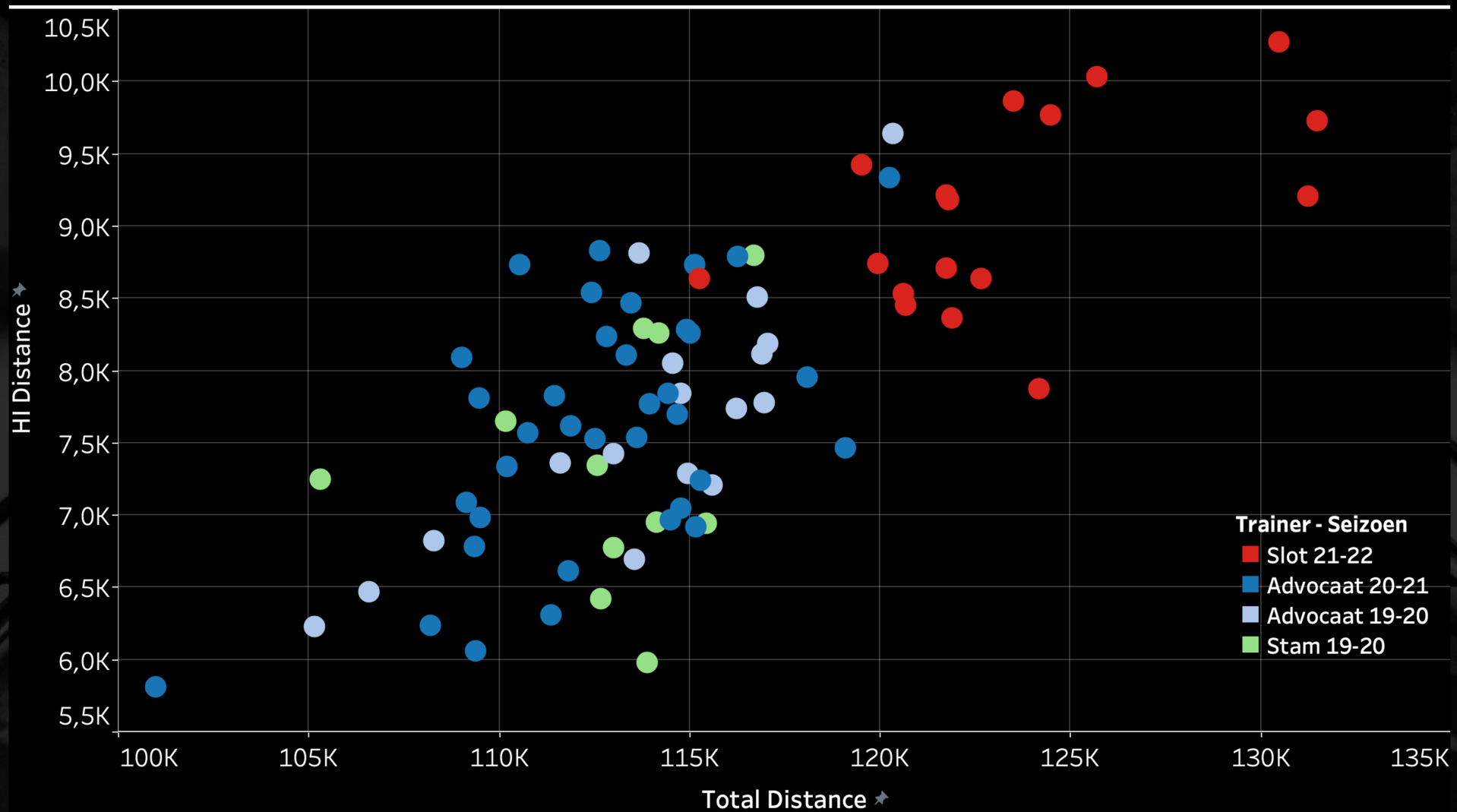
Fysieke standaard ophogen

Nieuw medisch & performance departement

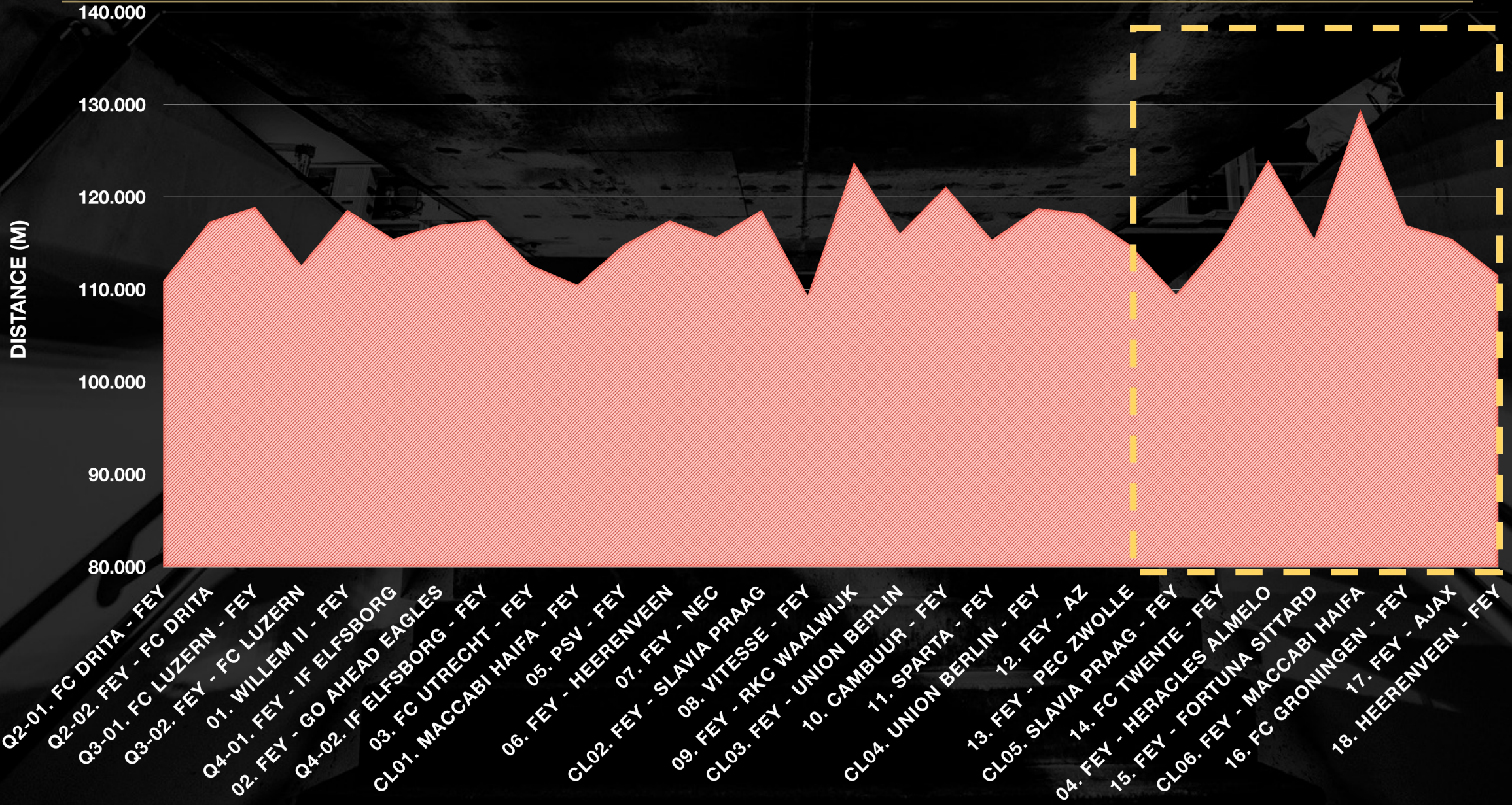
Nieuwe olympische sportcultuur creëren



Totaal afgelegde HI afstand (>20 km/u) per wedstrijd



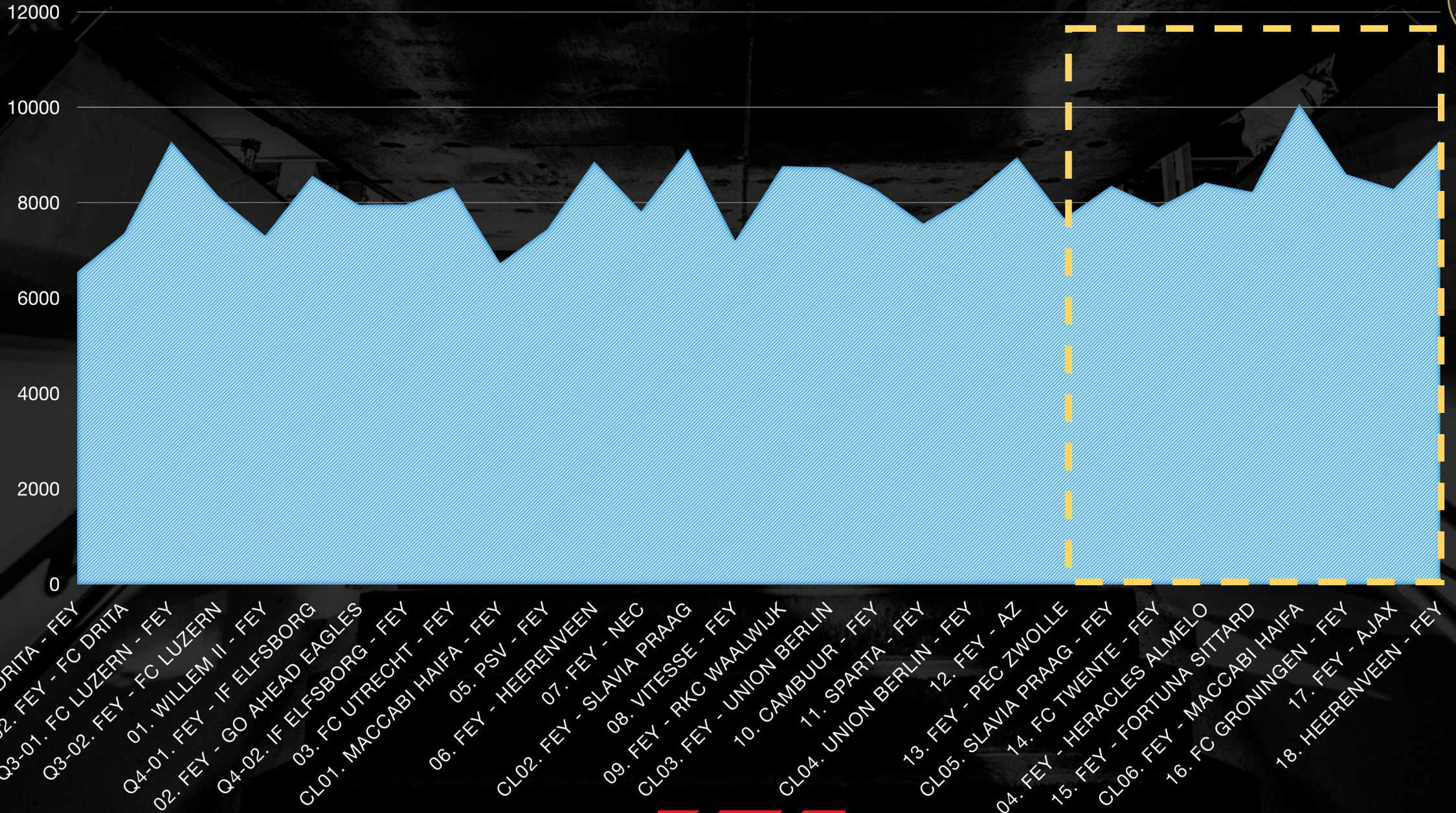
TOTAL DISTANCE PER GAME



HIGH-INTENSITY DISTANCE PER GAME



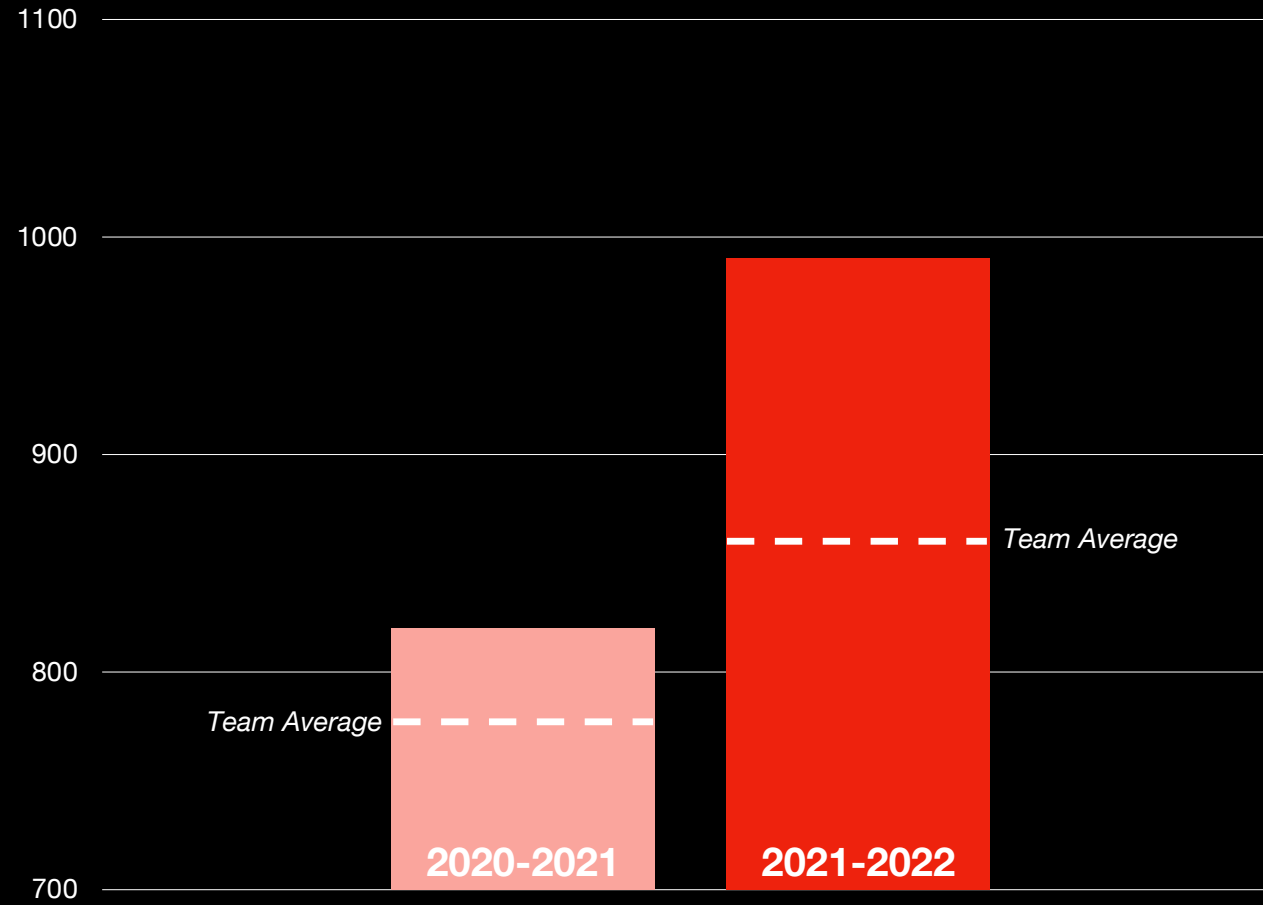
DISTANCE (>20 KM/U) (M)



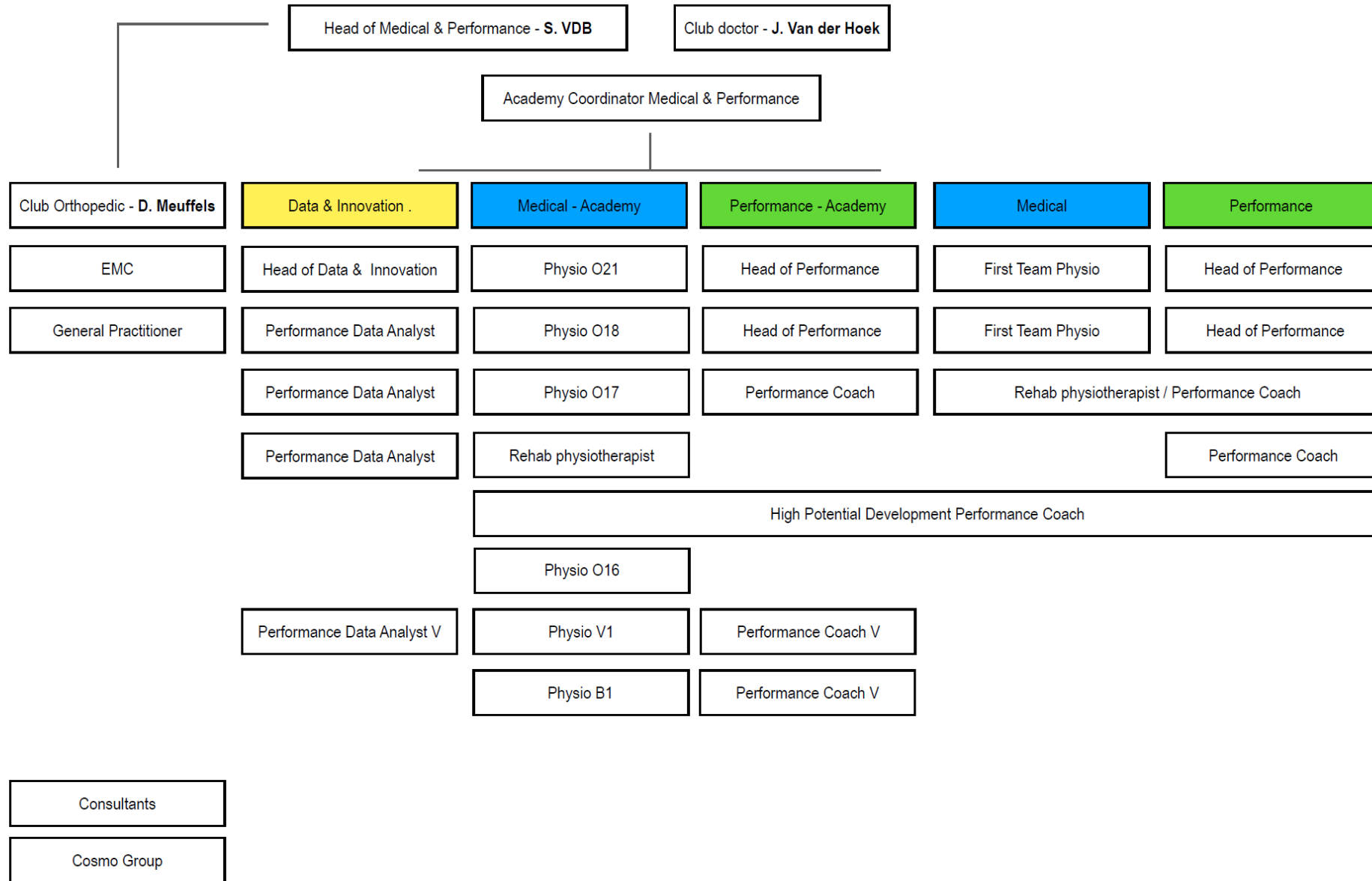
Il capitano



High-Intensity Distance in Games – Jens Toornstra



Medical & Performance



Fysieke plafond...?



Pre-Season '23/'24 // Training Camps Comparison

Training camps comparison	21/22 Summer (week 3)	22/23 Summer (week 2)	22/23 Winter (week 2)	23/24 Summer (week 3)
Duration	457	344	354	423
Availability%	88%	96%	84%	94%
#Matches Played	2	1	2	1
Total Distance	36840	34741	31.071	36.973
HI Distance (>19.8 km/h)	1756	1395	1.058	1.998
HSR Distance (19.8-25 km/h)	1428	1180	914	1706
SP Distance (>25 km/h)	328	215	144	292
Accelerations	547	463	487	635
Decelerations	513	437	462	601

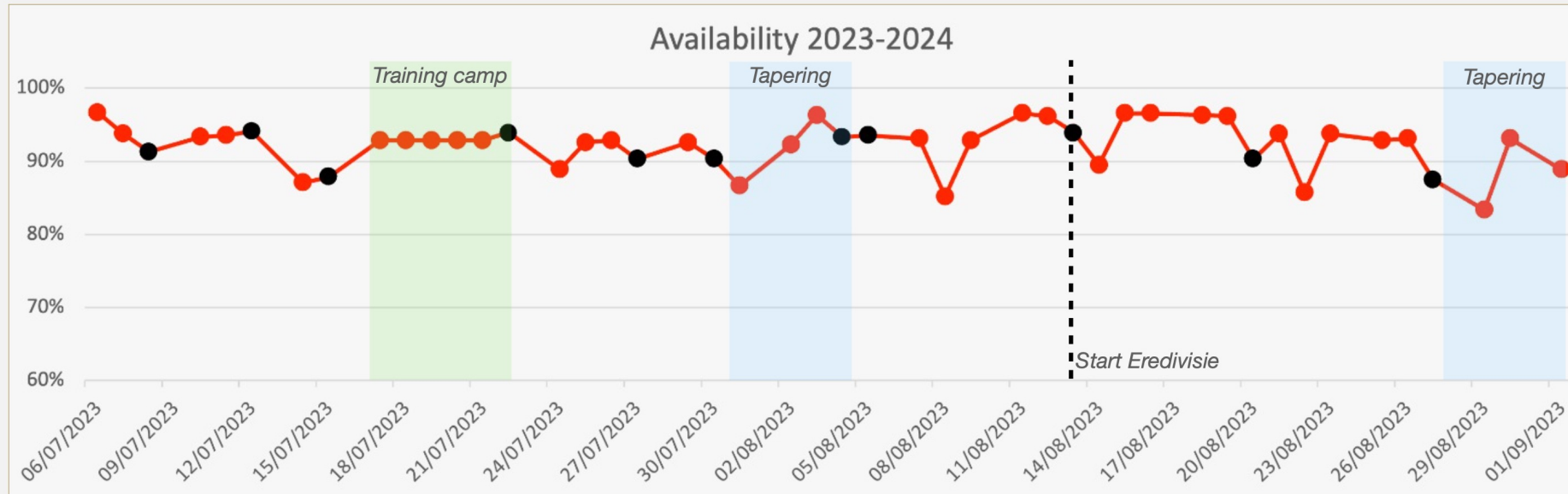
Higher Total Distance & intensity outputs on all intensity parameters

- Compared to previous training camps the **latest training camp** was the most intensive one.
 - More distance was covered compared to previous training camps.
 - Moreover, all **intensity values where performed during football sessions** (e.g., no top ups).
- Differences can be explained by higher intensity in training sessions due to adaptation of previous season and/or played against opponents with a higher intensity.

Beschikbaarheid van spelers!



Pre-Season Analysis // Player Availability Percentage

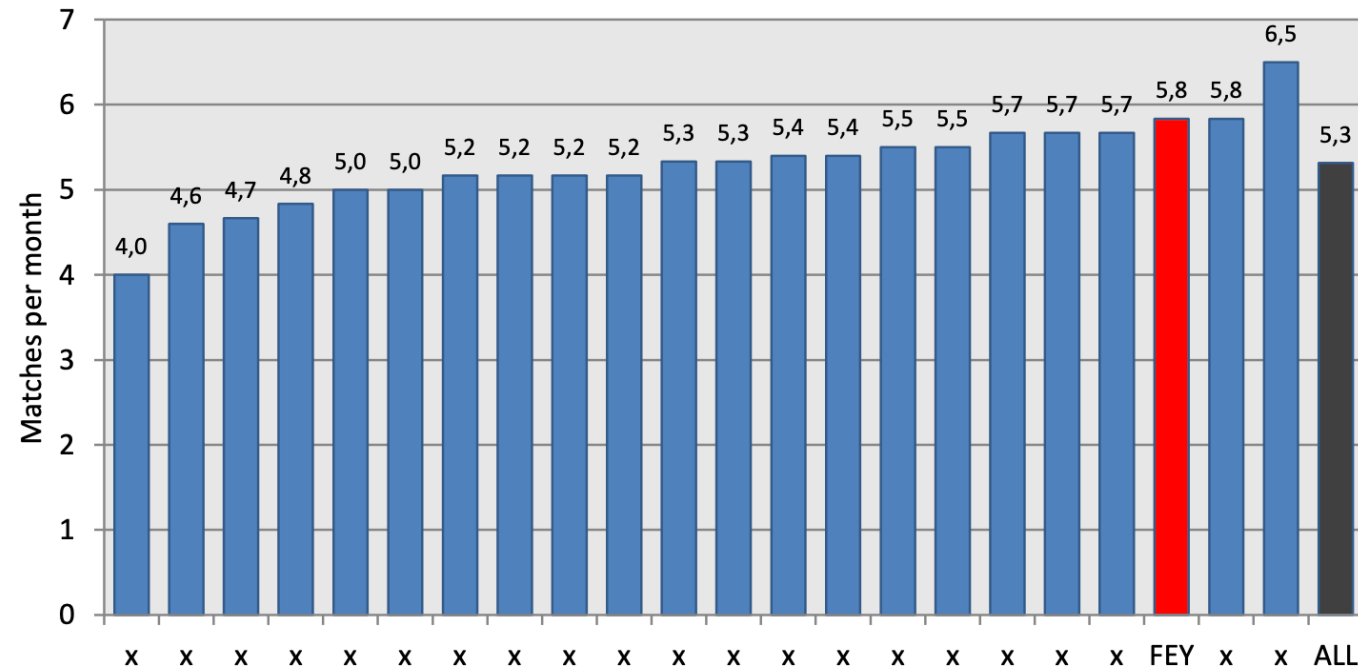


General remarks:

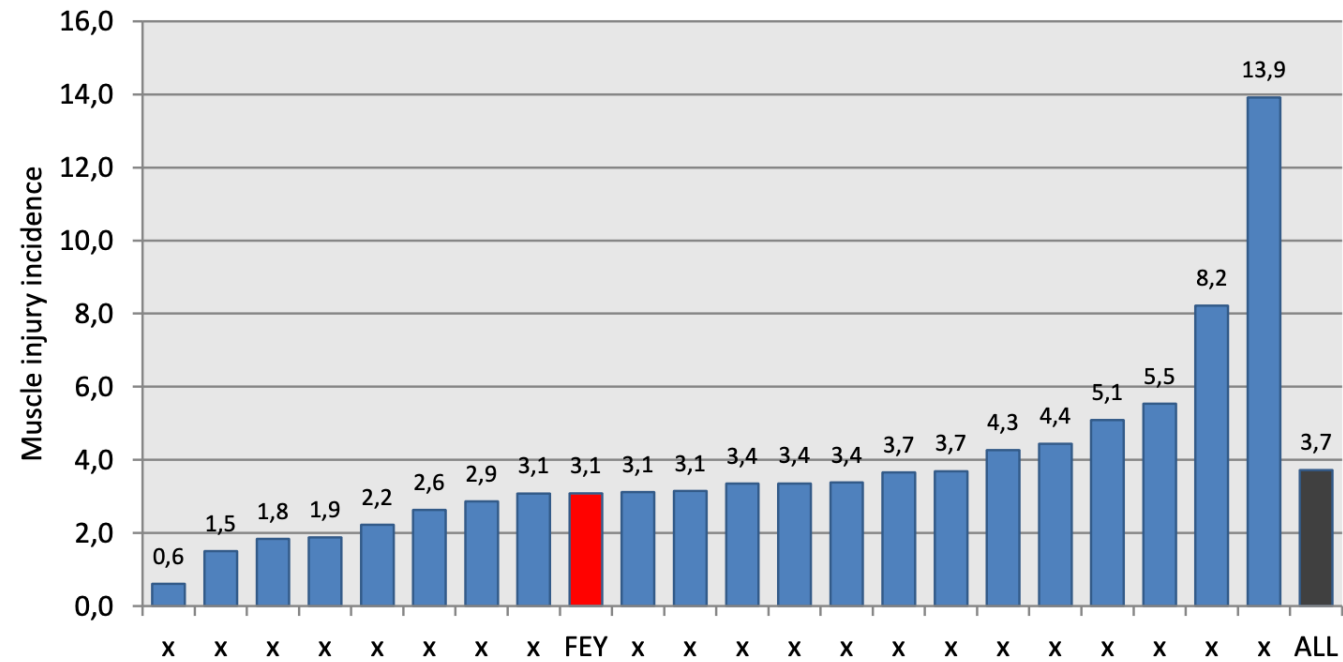
- Average **training availability** in the current season is 93%
- Average **match availability** in the current season is 92%

UEFA Elite Club Injury Study - Mid season report 2023/24

Figure 2. Number of matches per month



Spierblessure incidentie



BESCHIKBAARHEID SPELERS



Figure 15. Squad attendance rates for training

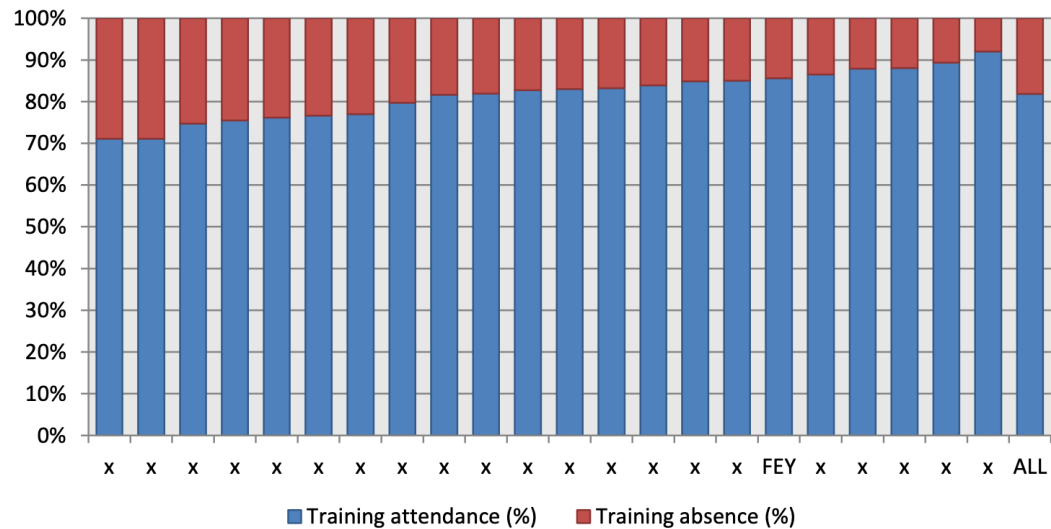
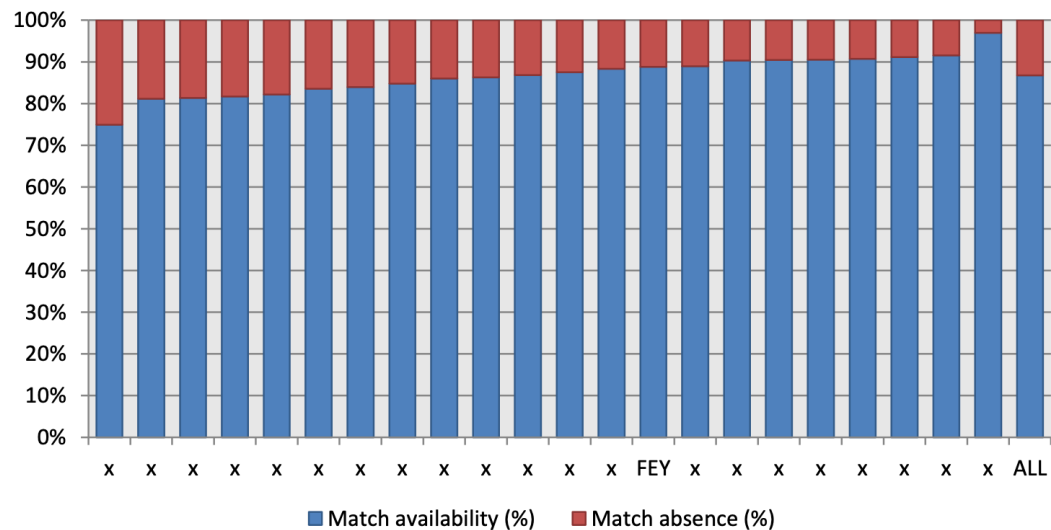


Figure 16. Squad availability rates for matches



RTT / RTP na blessure



Figure 19. Number of training sessions missed per player per month owing to injury

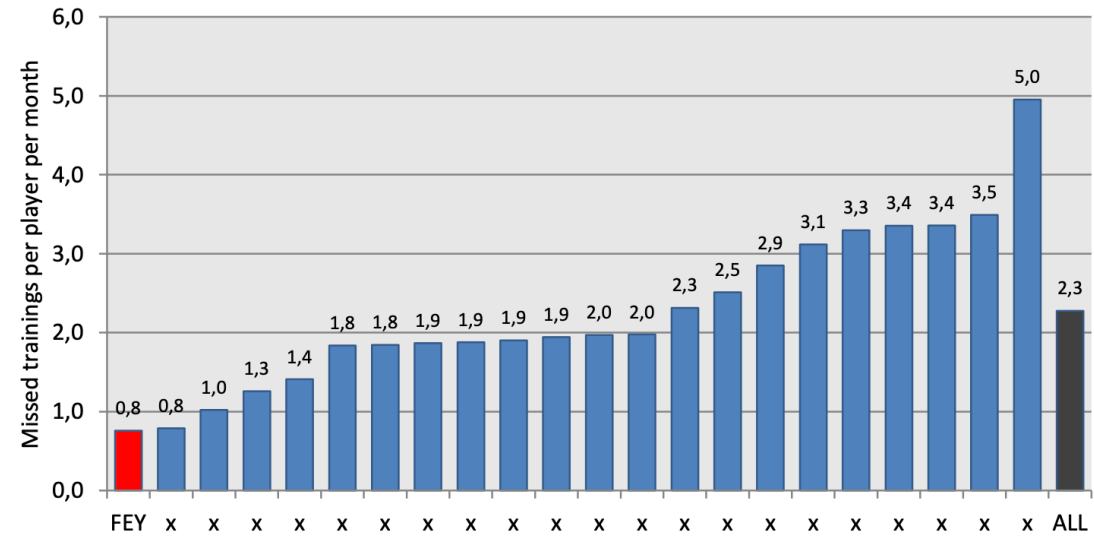
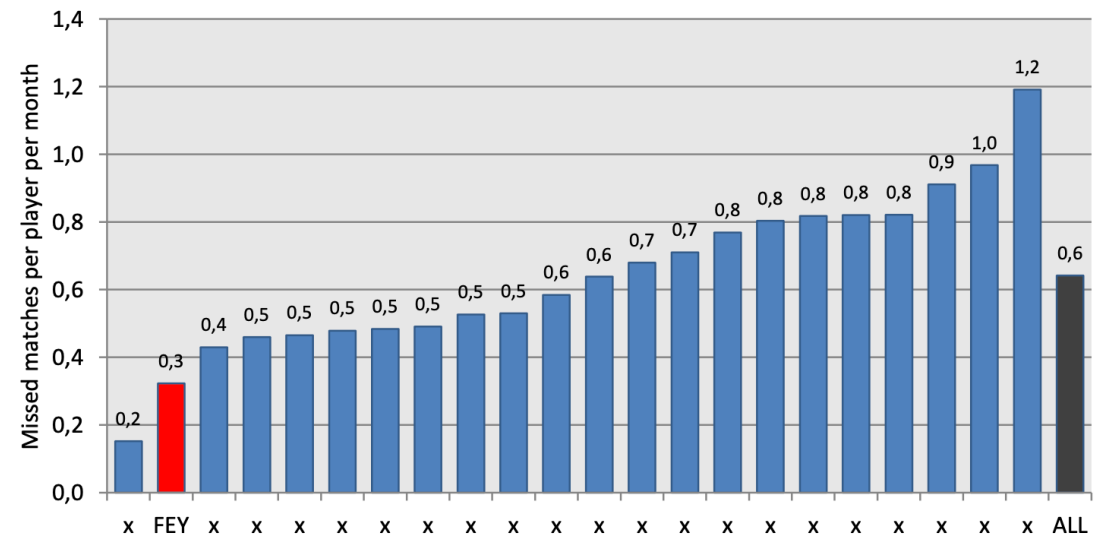


Figure 20. Number of matches missed per player per month owing to injury



Blessure; van start naar finish



General remarks about the process and the player development

RTP Criteria checklist

Based on the type of injury, the player, we plan the upcoming weeks and create daily & weekly targets

ALIREZA JAHANBAKHSH - EXECUTIVE SUMMARY

Summarized Overview

29-11-23 Alireza Jahanbakhsh

Summary

- Completed last two field sessions
- Seems to be struggling in the gym on RFD and feels uncomfortable still on 25km/h+

Problems / Questions:

- Seems to be struggling in the gym on RFD and feels uncomfortable still on 25km/h+
- Very likely Presented himself better

Actions / plan

- HIJ & SD today according to schedule
- Decide on Friday if partial team training

ALIREZA JAHANBAKHSH - CLINICAL/GYM ASSESSMENT

Mobility & Muscle Length Testing	20/11			24/11		
	Status	L/R	% Diff	Status	L/R	% Diff
PSLR	●	87/77	-10	●	83/83	0
PKET	●	72/64	-8	●	74/73	0
MHPFKE	●	84/77	-7	●	89/88	0

Resistance & Functional Testing

- H-Test Asking
- Pain Free Walking
- Palpation
- Pain Free Jogging

Gym Testing

- SL RDL Range and Weight (L/R)
- SL Hip thrust capacity (30 reps L/R)
- SL Rom chair 50-60% BW (L/R)

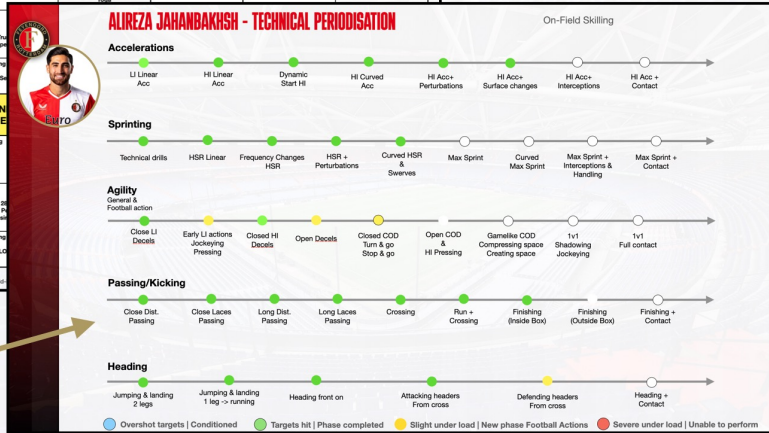
ALIREZA JAHANBAKHSH - REHAB CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
20	21	22	23	24	25	26
27	28	29	30	1 December	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	1 January
8	9	10	11	12	13	14
15	16	17	18	19	20	21

ALIREZA JAHANBAKHSH - REHAB CALENDAR

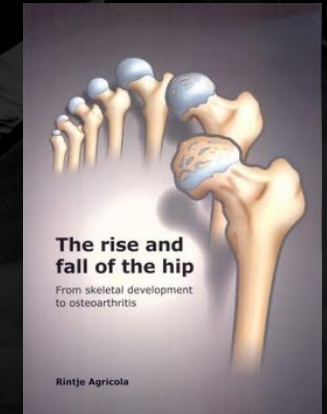
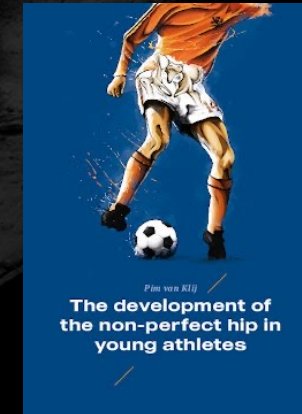
Rehab | Week 1/2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
20	21	22	23	24	25	26
GYM based Rehab	GYM based Rehab	GYM based Rehab	RECOVERY	GYM based Rehab	1st Pitch Session	OFF
Pre-Training: Inometric hamstring testing	Pre-Training: Inometric hamstring testing	Pre-Training: CORE	Pre-Training: Core	Pre-Training: Bench Testing, Gym Testing	Pre-Training: RFD / BMLR pretest	
Training: Inometric hamstring loading, Hammy Loading partner, Hip and Trunk Strength	Training: Hammy Loading partner, Hip and Trunk Strength, Bike Submax Test Run	Training: Hip and Trunk Strength, Bike Submax Test Run	Training: Core	Training: Bench Testing, Gym Testing	Training: RFD / BMLR pretest	
Post-Training: Ice / Hot Session	Post-Training: Ice / Hot Session	Post-Training: Ice / Hot Session	Post-Training: Ice / Hot Session	Post-Training: Ice / Hot Session	Post-Training: Ice / Hot Session	
27	28	29	30	1	2	3
INDIVIDUAL FIELD REHAB	INDIVIDUAL FIELD REHAB	INDIVIDUAL FIELD REHAB	INDIVIDUAL FIELD REHAB	INDIVIDUAL FIELD REHAB	INDIVIDUAL FIELD REHAB	INDIVIDUAL FIELD REHAB
Pre-Training: Ruge Slip, Hip Lock, Hammy RFD	Pre-Training: US	Pre-Training: CORE	Pre-Training: CORE	Pre-Training: CORE	Pre-Training: CORE	Pre-Training: CORE
Training: Techs, HIJ + SP 25km/h, Short-medium passing	Training: COD/AGILITY	Training: HIJ + SP 25km/h, Curves & Sw, Long passing	Training: COD/AGILITY	Training: COD/AGILITY	Training: COD/AGILITY	Training: COD/AGILITY
Post-Training: MICRO SESSION HAMMY LOADING	Post-Training: WORK ONS (practice)	Post-Training: HAMMY LOADING	Post-Training: HAMMY LOADING	Post-Training: HAMMY LOADING	Post-Training: HAMMY LOADING	Post-Training: HAMMY LOADING



Detailed information of each session (load, predicted load, content)

Integration of technical & physical aspect specific to the players position & type of injury



Orthopedie & Sportgeneeskunde
Radiologie
Cardiologie
Heelkunde
Virologie
Interne Geneeskunde
Kindergeneeskunde
....



Intensivering samenwerking

Herstel

SCAT-6

Co-schap





Titels winnen

Ontwikkeling van spelers en staf

Optimaliseren van zorg voor Feyenoord binnen het Erasmus MC

