

2010 NSCAA Convention Clinic Outline Book

Dawn Scott, Head of Exercise Science, England Women's National Team

Tournament Strategies to Improve Player Physical Performance: The England Women's National Team

This session will give an outline of the physical preparation of players preparing for selection for the England Women's National Soccer Team to ultimately compete in the 2009 Women's European Championships held in Finland in August.

This will involve an overview of conditioning programs, testing batteries, and nutrition strategies as well as challenges faced with individual players.

The session will also give an overview of the rest and recovery strategies employed by the players throughout the tournament in order to accelerate their recovery in between each match on the road to the tournament final. Such strategies can be followed and employed by any player to aid their physical performances when they have multiple matches in a short space of time.

