



MASTER IN PHYSICAL PREPARATION AND INJURY PREVENTION IN SOCCER

Master Performance and the Health
of the Modern Footballer.

The difference between winning and losing is competitive availability. We train the professionals who maximize performance and reduce injuries in modern football.

THE CONTEXT OF MODERN FOOTBALL



THE PHYSICAL TRAINER IS NO LONGER JUST AN EXECUTOR; THEY ARE A STRATEGIC PIECE.

THE DIFFERENCE BETWEEN A PLAYER BEING AVAILABLE OR IN THE INFIRMARY CAN DECIDE A TITLE.

THE REAL IMPACT OF INJURIES ON PERFORMANCE

LEAGUE TABLE

1. BLUE STAR FC - 85 PTS
2. RED DRAGONS - 82 PTS
3. CITY UNITED - 78 PTS
4. ATHLETIC CLUB - 75 PTS
5. WANDERERS - 68 PTS
6. ROVERS - 65 PTS
7. TITANS - 60 PTS
8. FALCONS - 55 PTS
9. RANGERS - 50 PTS
10. SPARTANS - 45 PTS



↓ PERFORMANCE DROP

Competitive availability directly impacts points and standings.

- Muscle injuries represent one of the highest sporting costs in a season.
- Poor load management reduces performance and drastically increases risk.

MEDICAL REPORT

MUSCLE INJURIES (HAMSTRING, CALF) - 60% OF TOTAL
LIGAMENT SPRAINS - 20%
JOINT ISSUES - 15%
OTHER - 5%

FINANCIAL COST
EST. \$120 MILLION
ANNUAL COST
(LOST WAGES & REPLACEMENT)

↑ INJURY SPIKE & COSTS

THE PHYSICAL TRAINER IS A STRATEGIC PIECE IN THE CLUB'S STRUCTURE.

TRAIN HARD VS. TRAIN SMART

TRADITIONAL APPROACH



- Volume
- Repetition
- Isolated Physical Effort

MASTER APPROACH



- Intelligence
- Data
- Prevention

IT IS NOT ENOUGH TO TRAIN HARD. YOU HAVE TO TRAIN SMART.

WHY IS THIS PROGRAM DIFFERENT?

1



100% applied exclusively to football.

2



Real integration of load, tactics, and prevention.

3



Technology and performance analysis (GPS, data, load control).

4



Final project based on real season planning.

Far from generalist theory; centered on the reality of the field.

FutbolLab Methodology: Adapted to High Performance

Compatible with work
and training sessions.

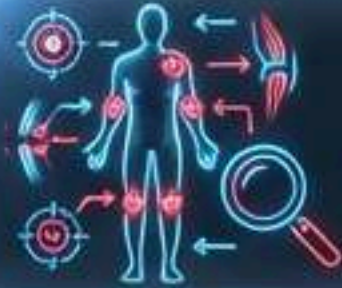
100% Online and Flexible.
Virtual Campus 24/7.

Practical Approach:
Real cases.

Personalized tutoring
with specialists.

YOUR PACE

STUDY PLAN: FOUNDATIONS & ANALYSIS



BLOCK 1: EPIDEMIOLOGY.

Injury analysis and risk factors.



BLOCK 2: FUNCTIONAL ASSESSMENT.

Screening, mobility tests, and strength.



BLOCK 3: LOAD CONTROL.

Load models and GPS usage.



BLOCK 4: APPLIED BIOMECHANICS.

Correction of dysfunctions.

STUDY PLAN: INTERVENTION & MANAGEMENT



**BLOCK 5:
PREVENTIVE PROTOCOLS**
Design of specific routines.



**BLOCK 6:
READAPTATION AND RTP**
Return to Play strategies.



**BLOCK 7:
INTERDISCIPLINARY
COORDINATION**
Health management within
the staff.



**BLOCK 8: BIG DATA IN
INJURIES**
Analysis and long-term
strategies.

APPLIED TRAINING IN REAL FOOTBALL



Our students apply load control, prevention, and planning in real sports structures.



Methodology designed directly from professional practice.



Focus aligned with the workflows of current technical staffs.

WE DON'T TEACH THEORY. WE TRAIN FIELD PROFESSIONALS.

PROFESSIONAL CAREER PATHS

- Physical Trainer specialized in prevention.
- Post-injury Physical Readaptor.
- Head of Load and Performance Control.
- Prevention Coordinator in sports structures.
- Consultant for multidisciplinary teams.

THE FUTBOLLAB ADVANTAGE

- +15 Years of Experience training specialists.
- Spanish Professional Model (Global Methodology).
- Optional Internships in clubs in Spain.
- International Network of Contacts.
- Available in Spanish and English.

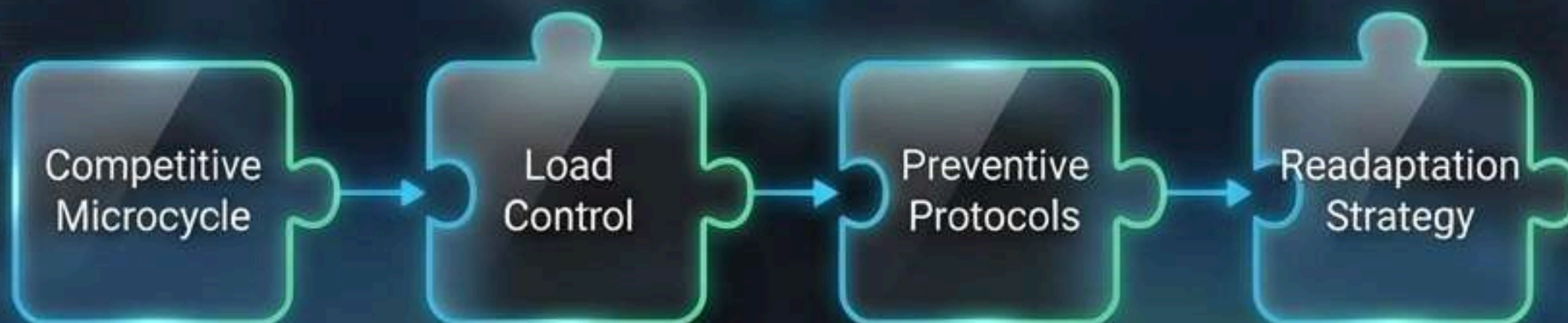


Season Macrocycle

Month	Week	Training Load
August	1	Training Load
	2	Training Load
	3	Training Load
September	4	Training Load
	5	Training Load
	6	Training Load
October	7	Training Load
	8	Training Load
	9	Training Load
November	10	Training Load
	11	Training Load
	12	Training Load
May	13	Training Load
	14	Training Load
	15	Training Load
June	16	Training Load
	17	Training Load
	18	Training Load
July	19	Training Load
	20	Training Load
	21	Training Load
September	22	Training Load
	23	Training Load

FINAL MASTER'S PROJECT

You will design the complete planning for performance, prevention, and load control for a real football team's season.



Month	Week	Recovery Day	Minutes
August	1	Recovery Day	8
	2	Recovery Day	33
	3	Recovery Day	35
September	4	Recovery Day	51
	5	Recovery Day	17
	6	Recovery Day	50
October	7	Recovery Day	13
	8	Recovery Day	16
	9	Recovery Day	18
November	10	Recovery Day	10
	11	Recovery Day	12
	12	Recovery Day	55
May	13	Recovery Day	2
	14	Recovery Day	1
	15	Recovery Day	6
June	16	Recovery Day	10
	17	Recovery Day	1
	18	Recovery Day	18
September	22	Recovery Day	5
	23	Recovery Day	5

REAL WORK SIMULATION IN A PROFESSIONAL TECHNICAL STAFF.

**CLUBS DO NOT LOOK FOR THEORY.
THEY LOOK FOR PROFESSIONALS
WHO REDUCE INJURIES AND KEEP
THE TEAM COMPETITIVE UNTIL
THE END.**

Move from academic master to strategic specialization

WHO IS THIS PROGRAM FOR?



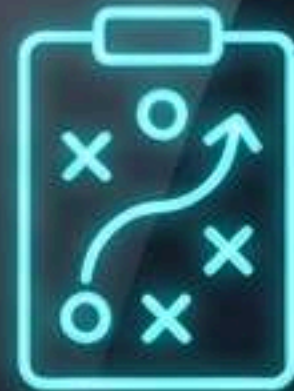
FutbolLab



**PHYSICAL
TRAINERS**



**READAPTORS &
PHYSIOTHERAPISTS**



COACHES



**PERFORMANCE
ANALYSTS**



**SPORTS SCIENCE
GRADUATES**



Ready to Make the Professional Leap?
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