

# **SHRED** INJURIES **COACH WORKSHOPS**



## **NEUROMUSCULAR TRAINING: THE NEW STANDARD OF WARMING UP**

Neuromuscular training programs contain aerobic, balance, strength, agility, and neck control components.

Research has shown that these programs are effective at reducing injuries in other sports by 30-70% when implemented as a warm-up before practices and games.

These warm-up programs take only 12-minutes to complete and require no equipment.



## **ONLINE WORKSHOP EARN 2 NCCP CREDITS FREE FOR EVERYONE**

In this active workshop, coaches will:

- Learn neuromuscular training exercises, including cueing athletes & identifying common errors
- Have the opportunity to practice performing the exercises
- Discuss strategies for implementation with your athletes
- Receive resources to support program delivery with your athletes

