

## IPREVENT

<b>Project No.</b>	<b>ERASMUS-SPORT-2022-SCP (Sport Cooperation Partnership)</b> n. 101089425
<b>Project Title</b>	1 Prevent injuries in grassroots and amateur sports by using digital tools
<b>Project Coordinator</b>	Asociacija Lietuvos futbolo federacija - Lithuania
<b>Project Partners</b>	2 FEDERATIA ROMANA DE FOTBAL - RO 3 STICHTING EUROPEAN NETWORK FOR INNOVATION AND KNOWLEDGE - NL 4 UNIVERSIDAD DE VALLADOLID - ES 5 UNIVERSITA DEGLI STUDI GABRIELE D'ANNUNZIO DI CHIETI-PESCARA - IT 6 CUICUI STUDIOS S.L. - ES
<b>Duration</b>	36M from .....
<b>Total Funding</b>	400.000,00
<b>UdA Funds</b>	52.000,00
<b>Project Description / Abstract</b>	The aim of this project is to complete a multidimensional investigation of the recovery-stress balance and injury prevention in athletes participating in youth soccer teams, from an allostatic perspective, based on a comprehensive monitoring process of recovery and injury incidence, as well as a consequent intervention and a later conversion of the knowledge, experiences, and outcomes into a comprehensive but applicable guideline about the topic. With these actions, we hope to obtain better recovery values compared to baseline, as well as a reduction in the injury incidence of youth soccer players. Finally, dissemination actions will be promoted to guarantee the communication of the project's progress and results and to extrapolate the observed findings to a real practical application that allows improving the performance and quality of life of youth soccer players, such as the development of a handbook of standardized fitness monitoring, to be used by physical education teachers and coaches or guidelines about improving the recovery strategies and reducing the injury.