



"All about..."

ACL Prevention

14-15 November 2025,
Luxembourg



Course description

This advanced professional development course is unlike traditional clinical sports medicine workshops. Built around a true train-the-trainer model, this immersive 1.5-day experience is designed specifically for physiotherapists and sports medicine professionals who want to move beyond injury treatment and take a leadership role in sports injury prevention.

Participants will gain the knowledge, tools, and instructional techniques needed to effectively train sports coaches to deliver neuromuscular training (NMT) warm-ups as part of regular team practice. The course bridges cutting-edge science with real-world implementation strategies and translates evidence into action at the community level.

Delivered by expert international faculty from ESSKA–ESMA, the course combines foundational modules on injury mechanisms, behavior change, and motor learning with hands-on lab sessions that simulate real-life coach and athlete interactions. Participants will learn to apply behavior change principles in practical settings, assess movement quality, and guide coaches through effective cueing and warm-up design.

Course Faculty



Dr. Joseph Janosky
Course Chair

Boston , USA



Dr. Robert Prill
Instructor

Brandenburg , Germany

Course Faculty



Dr. Nicky van Melick
Instructor
Eindhoven, The Netherlands



Dr. Henrique Jones
Instructor
Montijo , Portugal



Prof. Dr. Romain Seil
Instructor
Luxembourg



Dr. Thomas Patt
Instructor
Capelle aan den IJssel ,
The Netherlands



Dr. Christian Nuehrenboerger

Instructor

Luxembourg



Dr. Camille Tooth

Instructor

Luxembourg



Jérôme Pauls

Instructor

Luxembourg

Target participants

This course is designed for licensed sports medicine professionals, including physiotherapists, athletic trainers, sports physicians, and orthopedic surgeons, with experience or interest in athlete health promotion, injury prevention, or coach education. It is especially suited for clinicians who are ready to take a leadership role in advancing ACL injury prevention by teaching youth sports coaches how to effectively incorporate neuromuscular training into their team training environments. Participants should be motivated to serve as local educators and advocates within their communities or organizations, using a train-the-trainer approach to extend the reach and impact of evidence-based injury prevention practices.

Programme - Pre Course Pack

Participant survey

Share your background and help us tailor the course to your experience and goals and assess your current knowledge and identify areas to focus on during the course.

Introductory video series

Gain essential background on ACL injury prevention science, behaviour change theory, and course objectives.

Evidence-Based Reading packet

Review leading research articles, expert consensus statements, and real-world implementation studies.

Supplementary Resources:

Explore additional tools and links to the official ESMA and ESSKA platforms.

Programme - Day 1

Welcome	Welcome, faculty and course introductions
Module 1	ACL Injury Prevention & Behaviour Change (IBM framework)
Module 2	Principles of Neuromuscular Training & Warm-Up Design
Module 3	Motor Learning, Movement Assessment, and Instructional Techniques
Module 4	Train-the-Trainer: Teaching Coaches to Teach Athletes

Programme - Day 2

Review	Review, active warm-up
Module 5	Lab: Performing the Warm-Up – Peer coaching, cueing, correction
Module 6	Lab: Teaching Coaches – Simulated coach instruction sessions
Wrap up	Wrap-up discussion, Q&A, post-course survey, certificate distribution

Programme - Post-Course

Post Course Benefits:
Access to private online network of ACL Prevention for All educators
Downloadable toolkit: Cue cards, templates, instructional videos
Certificate of Completion (ESSKA-ESMA endorsed)

Course venue

Friday

SportFabrik, Avenue du Parc
des Sports, L-4671 Differdange,
Luxembourg

Saturday

D'Coque - High-Performance
Training & Recovery Center
(HPTRC) 2, rue Léon Hengen,
L-1745 Luxembourg

Recommended hotels

Course participants will be required
to arrange their own
accommodation.

Novotel Quartier Européen Nord,

6 Rue du Fort Niedergruenewald
2226 Luxembourg
Phone : +352 42 98 48 1

Other details

Course language: English

Dress code: Business casual

Price includes: All meals, snacks, and drinks during the course



Register on the ESSKA Academy

<https://esskaeducation.org/all-courses>

Contact Information

ESSKA

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