



# FIFA 11+

# Soccer Injury Prevention

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# Objectives

- ▶ FIFA 11+ was developed by an international group of experts (F-MARC) and aims to prevent football injuries.
  - ▶ Football injuries identified by F-MARC, such as ligament injuries to the ankle and knee as well as hamstring, quadriceps and groin strains.
  - ▶ It is a complete warm up program that requires no equipment other than a ball.
  - ▶ It can be done on the field with athletes wearing their usual equipment including boots.



# Essentials

▶ 3 sections

1. 8 minute running session and should be performed in all training sessions and matches (6 exercises)
2. 10 minute strength, plyometric and neuromuscular training (balance and coordination). There are 6 exercises that have 3 progression levels that will increase the degree of difficulty and provide variation to the program.
3. 2 minute intensive running session (3 exercises) provides athletes with final warm up and preparation for the training session.

# Essentials

- ▶ The second and third sections are only performed prior to training sessions not matches.
- ▶ During all exercises the focus should be on knee control and awareness, landing techniques and cutting and planting, all factors known to be important in preventing ankle and knee injuries.
- ▶ After short period of familiarization the FIFA 11+ can be completed in 20 minutes and will replace the ordinary warm up program a team would typically use.

# Section 1

## FIFA 11+

### PART 1 RUNNING EXERCISES · 8 MINUTES



#### 1 RUNNING STRAIGHT AHEAD

The course is made up of 6 to 10 pairs of parallel cones, approx. 5-6 metres apart. Two players start at the same time from the first pair of cones. **Zig together** all the way to the last pair of cones. On the way back, you can increase your speed progressively as you warm up. **2 sets.**



#### 2 RUNNING HIP OUT

Walk or jog easily, stopping at each pair of cones to lift your knee and **rotate your hip outwards**. Alternate between left and right legs at successive cones. **2 sets.**



#### 3 RUNNING HIP IN

Walk or jog easily, stopping at each pair of cones to lift your knee and **rotate your hip inwards**. Alternate between left and right legs at successive cones. **2 sets.**



#### 4 RUNNING CIRCLING PARTNER

Run forwards as a pair to the first set of cones. Shuffle sideways by 90 degrees to meet in the middle. **Shuffle an entire circle around one other** and then return back to the cones. Repeat for each pair of cones. Remember to stay on your toes and keep your centre of gravity low by bending your hips and knees. **2 sets.**



#### 5 RUNNING SHOULDER CONTACT

Run forwards in pairs to the first pair of cones. Shuffle sideways by 90 degrees to meet in the middle then **jump sideways towards each other to make shoulder-to-shoulder contact**.  
Note: Make sure you land on both feet with your hips and knees bent. Do not let your knees buckle inwards. Make it a full jump and synchronize your timing with your team mate as you jump and land. **2 sets.**



#### 6 RUNNING QUICK FORWARDS & BACKWARDS

As a pair, run quickly to the second set of cones then run **backwards quickly to the first pair of cones keeping your hips and knees slightly bent**. Keep repeating the drill, running two cones forwards and one cone backwards. Remember to take small, quick steps. **2 sets.**

## Section 1: Field set up





# Section 2

## PART 2 STRENGTH · PLYOMETRICS · BALANCE · 10 MINUTES

LEVEL 1	LEVEL 2	LEVEL 3
<b>7 THE BENCH STATIC</b> <b>Starting position:</b> Lie on your back, supporting yourself on your forearms and feet. Your elbows should be directly under your shoulders. <b>Exercise:</b> Lift your body up, keeping your feet planted on the ground and your arms straight. Hold for 30 seconds. Repeat for 3 sets. Rest for 30 seconds. Total time: 3 minutes.	<b>7 THE BENCH ALTERNATE LEGS</b> <b>Starting position:</b> Lie on your back, supporting yourself on your forearms and feet. Your elbows should be directly under your shoulders. <b>Exercise:</b> Lift your body up, keeping your feet planted on the ground and your arms straight. Lift your right leg, holding it for 30 seconds. Repeat for 3 sets. Rest for 30 seconds. Total time: 3 minutes.	<b>7 THE BENCH ONE LEG LIFT AND HOLD</b> <b>Starting position:</b> Lie on your back, supporting yourself on your forearms and feet. Your elbows should be directly under your shoulders. <b>Exercise:</b> Lift your body up, keeping your feet planted on the ground and your arms straight. Lift your right leg, holding it for 30 seconds. Repeat for 3 sets. Rest for 30 seconds. Total time: 3 minutes.
<b>8 SIDEWAYS BENCH STATIC</b> <b>Starting position:</b> Lie on your side with the knee of your front-most leg bent at 90 degrees. Support your upper body by resting on your forearm and knee. The knee of your front-most leg should be directly under your shoulder. <b>Exercise:</b> Lift your upper arm and leg up, until your body is in a straight line. Hold for 30 seconds. Repeat for 3 sets. Rest for 30 seconds. Total time: 3 minutes.	<b>8 SIDEWAYS BENCH RAISE &amp; LOWER HIP</b> <b>Starting position:</b> Lie on your side with both legs straight. Lie on your forearm and the side of your foot to support your body. Turn your right foot toward the back. The elbow of your upper leg should be directly under your shoulder. <b>Exercise:</b> Lower your hip to the ground and lift your right leg up. Repeat for 30 seconds. Rest for 30 seconds. Repeat for 3 sets. Total time: 3 minutes.	<b>8 SIDEWAYS BENCH WITH LEG LIFT</b> <b>Starting position:</b> Lie on your side with both legs straight. Lie on your forearm and the side of your foot to support your body. Turn your right foot toward the back. The elbow of your upper leg should be directly under your shoulder. <b>Exercise:</b> Lift your upper leg up, until your body is in a straight line. Repeat for 30 seconds. Rest for 30 seconds. Repeat for 3 sets. Total time: 3 minutes.
<b>9 HAMSTRINGS BEGINNER</b> <b>Starting position:</b> Lie on your back with your knees bent and feet flat on the ground. <b>Exercise:</b> Your body should be completely flat on the ground. The knee of your front-most leg should be directly under your shoulder. Lift your right leg up, until your body is in a straight line. Repeat for 30 seconds. Rest for 30 seconds. Repeat for 3 sets. Total time: 3 minutes.	<b>9 HAMSTRINGS INTERMEDIATE</b> <b>Starting position:</b> Lie on your back with your knees bent and feet flat on the ground. <b>Exercise:</b> Your body should be completely flat on the ground. The knee of your front-most leg should be directly under your shoulder. Lift your right leg up, until your body is in a straight line. Repeat for 30 seconds. Rest for 30 seconds. Repeat for 3 sets. Total time: 3 minutes.	<b>9 HAMSTRINGS ADVANCED</b> <b>Starting position:</b> Lie on your back with your knees bent and feet flat on the ground. <b>Exercise:</b> Your body should be completely flat on the ground. The knee of your front-most leg should be directly under your shoulder. Lift your right leg up, until your body is in a straight line. Repeat for 30 seconds. Rest for 30 seconds. Repeat for 3 sets. Total time: 3 minutes.
<b>10 SINGLE-LEG STANCE HOLD THE BALL</b> <b>Starting position:</b> Stand on one leg. <b>Exercise:</b> Hold a ball with both hands in front of your feet. Lift your right leg up, until your body is in a straight line. Repeat for 30 seconds. Rest for 30 seconds. Repeat for 3 sets. Total time: 3 minutes.	<b>10 SINGLE-LEG STANCE THROWING BALL WITH PARTNER</b> <b>Starting position:</b> Stand 2 feet apart from your partner, with each of your standing legs on one leg. <b>Exercise:</b> Lift your right leg up, until your body is in a straight line. Throw the ball to your partner. Repeat for 30 seconds. Rest for 30 seconds. Repeat for 3 sets. Total time: 3 minutes.	<b>10 SINGLE-LEG STANCE TEST YOUR PARTNER</b> <b>Starting position:</b> Stand on one leg. <b>Exercise:</b> Lift your right leg up, until your body is in a straight line. Repeat for 30 seconds. Rest for 30 seconds. Repeat for 3 sets. Total time: 3 minutes.
<b>11 SQUATS WITH TOE RAISE</b> <b>Starting position:</b> Stand with your feet hip-width apart. Place your hands on your hips. <b>Exercise:</b> Lift your right leg up, until your body is in a straight line. Repeat for 30 seconds. Rest for 30 seconds. Repeat for 3 sets. Total time: 3 minutes.	<b>11 SQUATS WALKING LUNGES</b> <b>Starting position:</b> Stand with your feet hip-width apart. Place your hands on your hips. <b>Exercise:</b> Lift your right leg up, until your body is in a straight line. Repeat for 30 seconds. Rest for 30 seconds. Repeat for 3 sets. Total time: 3 minutes.	<b>11 SQUATS ONE-LEG SQUATS</b> <b>Starting position:</b> Stand on one leg. <b>Exercise:</b> Lift your right leg up, until your body is in a straight line. Repeat for 30 seconds. Rest for 30 seconds. Repeat for 3 sets. Total time: 3 minutes.
<b>12 JUMPING VERTICAL JUMPS</b> <b>Starting position:</b> Stand on one leg. <b>Exercise:</b> Lift your right leg up, until your body is in a straight line. Repeat for 30 seconds. Rest for 30 seconds. Repeat for 3 sets. Total time: 3 minutes.	<b>12 JUMPING LATERAL JUMPS</b> <b>Starting position:</b> Stand on one leg. <b>Exercise:</b> Lift your right leg up, until your body is in a straight line. Repeat for 30 seconds. Rest for 30 seconds. Repeat for 3 sets. Total time: 3 minutes.	<b>12 JUMPING BOX JUMPS</b> <b>Starting position:</b> Stand on one leg. <b>Exercise:</b> Lift your right leg up, until your body is in a straight line. Repeat for 30 seconds. Rest for 30 seconds. Repeat for 3 sets. Total time: 3 minutes.



# Section 3

## PART 3 RUNNING EXERCISES • 2 MINUTES



### 13 RUNNING ACROSS THE PITCH

Run across the pitch 4 times, once side to side, and 3 times maximum pace. 2 sets.



### 14 RUNNING BOUNDING

Run on a high bounding step (width of high knee lift), landing gently on the ball of your foot. Like an exaggerated arm swing to reach the top leg under an arm leg. Try not to let your bounding leg cross the midline of your body or let your knees buckle towards. Repeat the exercise on 10 paces each side of the pitch, then jog back to a rest for 2 mins.



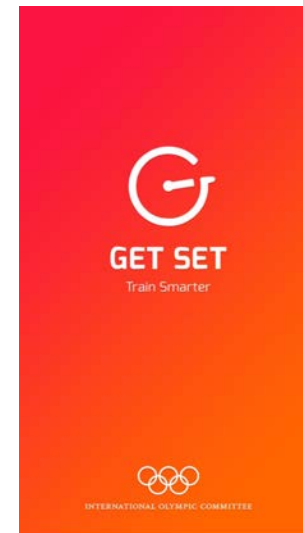
### 15 RUNNING PLANT & CUT

Do 4-5 steps, then plant on the outside leg and cut to change direction. Accelerate and come 5-7 steps on the leg and 30-40% maximum pace before you decelerate and do a new plant. Repeat. Do not let your knees buckle towards. Repeat the exercise on 4 paces each side of the pitch, then jog back 2 mins.





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Questions?



