FIFA 11+
Soccer Injury Prevention

JOAN REED MAT, ATC, CSCS
EMORY HEALTHCARE: HEAD ATHLETIC TRAINER DECATUR HIGH SCHOOL
EMORY UNIVERSITY: ADJUNCT FACULTY
UNITED STATES SOCCER FEDERATION: LEAD ATHLETIC TRAINER U20 WNT
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.
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.
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 exercise is a straight ahead 8-meter shuttle run. The coach/teacher should ensure that the participant is using the correct technique. The participant should maintain a consistent speed and keep their feet off the ground. This exercise will help improve endurance and speed.

2. RUNNING HOP OUT
   - The participant starts at the beginning of the 8-meter shuttle run and jumps forward, alternating left and right legs. This exercise will help improve explosive power and quickness.

3. RUNNING HOP IN
   - The participant starts at the beginning of the 8-meter shuttle run and hops in place, alternating left and right feet. This exercise will help improve coordination and agility.

4. RUNNING CIRCLING PARTNER
   - The participant runs in a circle around a partner, maintaining a consistent speed. This exercise will help improve endurance and coordination.

5. RUNNING SHOULDER CONTACT
   - The participant runs in a circle and makes contact with their partner's shoulder. This exercise will help improve coordination and quickness.

6. RUNNING QUICK FORWARDS & BACKWARDS
   - The participant runs in a circle, alternating quick forwards and backwards movements. This exercise will help improve agility and quickness.
Section 1: Field set up
Section 3

PART 3  RUNNING EXERCISES  -  2 MINUTES

**13. RUNNING ACROSS THE PITCH**
Run from one end to the other, as if you were to score a goal, at 70-80% maximum pace. 2 reps.

**14. RUNNING BOUNDING**
Run on 3 legs high knee running, step outside the ball of your leg at a speed of 80-90% maximum. You are going to reach your left leg and take a step. You can't let your leading leg cross the ball of your leg, do it by foot or it is not possible. Repeat the exercise on the left side of the pitch, then you need to repeat 2 more.

**15. RUNNING PLANT & CUT**
Legs 80-90%. Your plant is on the outside leg, and cut in the center. Accelerate until your leg is up, and cut in the center. When you reach a small plant, then you must plant it on the right leg, then you cut in the center and you plant on the left leg. Repeat the exercise until you reach the plant. Repeat the exercise until you reach the plant. Repeat.
FIFA 11+
Questions?