FIFA 11+ BASIC WARM UP

The FIFA 11+ is a 20-minute, warm-up program that when performed prior to training (at least twice a week) will reduce injuries by up to 50 percent. Prior to matches, only the running exercises should be performed. For all exercises, correct performance is of great importance. After the basic warm up is mastered, players should progress to the intermediate and advanced strength, plyometric and balance exercises.

PART 1 RUNNING EXERCISES 8 MINUTES

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

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

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

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

PART 2 STRENGTH PLYOMETRICS BALANCE 10 MINUTES

**THE BENCH STATIC**
Starting Position: Lie on your front, supporting your forearms and feet. Your elbows should be directly under your shoulders. Exercise: Lift your body up, supported on your forearms. Pull your stomach in and hold the position for 20-30 seconds. Your body should be completely straight, stand on your toes then straighten up more quickly. When your legs are completely straight, stand on your toes then slowly lower down again. Repeat the exercise for 30 sec. 2 sets

**SIDEWAYS BENCH STATIC**
Starting Position: Lie on your side with the knee of your lowermost leg bent to 90 degrees. Support your upper body by resting on your foreaem and knee. The elbow of your supporting arm should be directly under your shoulder. Exercise: Lift your uppermost leg and hips until your shoulder, hip and knee are in a straight line. Hold the position for 20-30 sec. Take a short break, change sides and repeat. 3 sets on each side

**HAMSTRINGS BEGINNER**
Starting Position: Kneel on a soft surface. Ask your partner to firmly hold down your ankles. Exercise: Your body should be completely straight from the shoulder to the knee throughout the exercise. Lean forward as far as you can, controlling the movement with your hamstrings and your gluteal muscles. When you can no longer hold the position, gently put your weight on your hands, falling into a push-up position. Complete a minimum of 3-5 repetitions and/or 60 sec. 1 set

**SQUATS WITH TOE RAISE**
Starting Position: Stand with your feet hip-width apart. Place your hands on your hips if you like. Exercise: Imagine that you are about to sit on a chair. Perform squats by bending your legs slowly until your knees are flexed to approx. 90 degrees and hold for 2 sec. Do not let your knees buckle inward. From the squat position, jump up as high as you can. Land softly on the balls of your feet with your hips and knees slightly bent. Repeat the exercise for 30 sec. 2 sets

**JUMPING VERTICAL JUMPS**
Starting Position: Stand with your feet hip-width apart. Place your hands on your hips if you like. Exercise: Imagine that you are about to sit on a chair. Bend your legs slowly until your knees buckle inward. Hold for 2 sec. Do not let your knees buckle inward. From the squat position, jump up as high as you can. Land softly on the balls of your feet with your hips and knees slightly bent. Repeat the exercise for 30 sec. 2 sets

Information excerpted from the FIFA Medical and Research Centre’s “11+” poster.
**PART 3 RUNNING EXERCISES 2 MINUTES**

**RUNNING ACROSS THE PITCH**
Run across the pitch, from one side to the other, at 75-80% maximum pace.

2 sets

**RUNNING BOUNDER**
Run with high bounding steps with a high knee lift, landing gently on the ball of your foot. Use an exaggerated arm swing for each step (opposite arm and leg). Try not to let your leading leg cross the midline of your body or let your knees buckle inward. Repeat the exercise until you reach the other side of the pitch, then jog back to recover.

2 sets

**RUNNING PLANT & CUT**
Jog 4-5 steps then plant on the outside leg and cut to change direction. Accelerate and sprint 5-7 steps at high speed (80-90% maximum pace) before you decelerate and do a new plant and cut. Do not let your knee buckle inward. Repeat the exercise until you reach the other side, then jog back.

2 sets

For more information on the F-MARC 11 program, including instructional videos, please visit [www.wakeortho.com](http://www.wakeortho.com).