

INJURY PREVENTION WARM-UP

Basic Strength, Plyometrics & Balance

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 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**



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 SHOULDER CONTACT

Run forward in pairs to the first pair of cones. Shuffle sideways by 90 degrees to meet in the middle then **jump sideways toward 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 inward. Make it a full jump and synchronize your timing with your teammate as you jump and land. **2 sets**



RUNNING QUICK FORWARD & BACKWARD

As a pair, run quickly to the second set of cones then run **backward quickly to the first pair of cones, keeping your hips and knees slightly bent**. Keep repeating the drill,

running two cones forward and one cone backward. Remember to take small, quick steps. **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 in a straight line. Try not to sway or arch your back. **3 sets**



SIDWAYS 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 forearm 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**



SINGLE-LEG STANCE HOLD THE BALL

Starting Position: Stand on one leg. **Exercise:** Balance on one leg while holding the ball with both hands. Keep your weight on the ball of your foot. Remember: Try not to let

your knees buckle inward. Hold for 30 sec. Change legs and repeat. The exercise can be made more difficult by passing the ball around your waist and/or under your other knee. **2 sets**



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 hips and knees 90 degrees. Do not let your knees buckle inward. Descend slowly 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**



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 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**

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
BOUNDING**
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**



**KNEE POSITION
CORRECT**



**KNEE POSITION
INCORRECT**

WAKE
ORTHOPAEDICS
SPORTS MEDICINE



For more information on the F-MARC 11 program, including instructional videos, scan the QR code or visit www.wakeortho.com.

