

INJURY PREVENTION WARM-UP

Advanced Strength, Plyometrics & Balance

The FIFA 11+ advanced strength and balance program requires 10 minutes to perform. It is recommended to be included as part of the standard training warm-up (at least twice a week) and will reduce injuries by up to 50 percent.

The following exercises are beginner, intermediate and advanced. After mastering the beginner exercises, players should proceed to the next levels (from left to right). Each level requires 4 weeks to master. These strengthening exercises should not be performed prior to matches. For all exercises, correct performance is of great importance.

STRENGTH – PLYOMETRICS – BALANCE – 10 MINUTES

BEGINNER



THE BENCH

Static

Starting position: Lie on your front, support upper body with forearms. Elbows directly under shoulders.

Exercise: Lift upper body, pelvis and legs up until your body is in a straight line from head to

foot. Pull in stomach and gluteal muscles and hold the position for 20-30 sec. **3 sets.**

Important: Do not sway or arch your back. Do not move your buttocks upwards.



SIDEWAYS BENCH

Static

Starting position: Lie on your side with the knee of lowermost leg bent to 90 degrees, support yourself on forearm and lowermost leg. Elbow of supporting arm directly under shoulder.

Exercise: Lift pelvis and uppermost leg until they form a straight line with your shoulder and hold the position for 20-30 sec. Repeat on other side. **3 sets.**

Important: Keep pelvis stable and do not let it tilt downwards. Do not tilt shoulders, pelvis or leg forwards or backwards.



HAMSTRINGS

Beginner

Starting position: Kneel with knees hip-width apart; partner pins your ankles firmly to the ground with both hands.

Exercise: Slowly lean forward, while keeping your body straight from the head to the

knees. When you can no longer hold the position, gently take your weight on your hands, falling into a press-up position. **3-5 repetitions.**

Important: Do exercise slowly at first, but once you feel more comfortable, speed it up.

INTERMEDIATE



THE BENCH

Alternate Legs

Starting position: Lie on your front, support upper body with forearms. Elbows directly under shoulders.

Exercise: Lift upper body, pelvis and legs up until your body is in a straight line from

head to foot. Pull in stomach and gluteal muscles. Lift each leg in turn, holding for a count of 2 sec. Continue for 40-60 sec. **3 sets.**

Important: Do not sway or arch your back. Do not move your buttocks upwards. Keep pelvis stable and do not let it tilt to the side.



SIDEWAYS BENCH

Raise & Lower Hip

Starting position: Lie on your side with both legs straight, support yourself on forearm. Elbow of supporting arm directly under shoulder.

Exercise: Raise pelvis and legs until your body forms a straight

line from the uppermost shoulder to the uppermost foot. Lower hips to the ground and raise them back up again. Continue for 20-30 sec. Repeat on other side. **3 sets.**

Important: Do not tilt shoulders or pelvis forwards or backwards. Do not rest head on your shoulder.



HAMSTRINGS

Intermediate

Starting position: Kneel with knees hip-width apart; partner pins your ankles firmly to the ground with both hands.

Exercise: Slowly lean forward, while keeping your body straight from the head to the

knees. When you can no longer hold the position, gently take your weight on your hands, falling into a press-up position. **7-10 repetitions.**

Important: Do exercise slowly at first, but once you feel more comfortable, speed it up.

ADVANCED



THE BENCH

One Leg Lift & Hold

Starting position: Lie on your front, support upper body with forearms. Elbows directly under your shoulders.

Exercise: Lift upper body, pelvis and legs up until your body is in a straight line. Pull in stomach

and gluteal muscles. Lift one leg about 10-15cm off the ground and hold the position for 20-30 sec. Repeat with other leg. **3 sets.**

Important: Do not sway or arch your back. Do not move your buttocks upwards. Keep pelvis is stable and do not let it tilt to the side.



SIDEWAYS BENCH

With Leg Lift

Starting position: Lie on your side with both legs straight, support yourself on forearm and lower leg. Elbow of supporting arm directly under shoulder.

Exercise: Raise pelvis and legs until your body forms a straight

line from the uppermost shoulder to the uppermost foot. Lift uppermost leg up and slowly lower it down again. Continue for 20-30 sec. Repeat on other side. **3 sets.**

Important: Keep pelvis stable and do not let it tilt downwards. Do not tilt shoulders or pelvis forwards or backwards.



HAMSTRINGS

Advanced

Starting position: Kneel with knees hip-width apart; partner pins your ankles firmly to the ground with both hands.

Exercise: Slowly lean forward, while keeping your body straight from the head to the

knees. When you can no longer hold the position, gently take your weight on your hands, falling into a press-up position. **Min. 12-15 repetitions.**

Important: Do exercise slowly at first, but once you feel more comfortable, speed it up.

STRENGTH – PLYOMETRICS – BALANCE – 10 MINUTES

BEGINNER



SINGLE-LEG STANCE

Hold The Ball

Starting position: Stand on one leg, knee and hip slightly bend and hold the ball in both hands.

Exercise: Hold balance and keep body weight on the ball of your foot. Hold for 30 sec., and repeat on the other leg. Exercise can be

made more difficult by lifting the heel from the ground slightly or passing the ball around your waist and/or under your other knee. **2 sets on each leg.**

Important: Do not let your knee buckle inwards. Keep pelvis horizontal and do not let it tilt to the side.



SQUATS

With Toe Raise

Starting position: Stand with feet hip-width apart, hands on your hips.

Exercise: Slowly bend hips, knees and ankles until your knees are flexed to 90 degrees. Lean upper body forwards. Then

straighten upper body, hips and knees, and stand up on your toes. Then slowly lower down again, and straighten up slightly more quickly. Repeat for 30 sec. **2 sets.**

Important: Do not let your knee buckle inwards. Lean upper body forward with a straight back.



JUMPING

Vertical Jumps

Starting position: Stand with your feet hip-width apart, hands on your hips.

Exercise: Slowly bend hips, knees and ankles until your knees are flexed to 90 degrees. Lean upper body forwards.

Hold this position for 1 sec. then jump as high as you can, and straighten whole body. Land softly on the balls of your feet. Repeat for 30 sec. **2 sets.**

Important: Jump off both feet. Land gently on the balls of both feet with your knees bent.

INTERMEDIATE



SINGLE-LEG STANCE

Throwing Ball with Partner

Starting position: Stand on one leg, face a partner at a distance of 2-3m.

Exercise: Keep balance while you throw the ball to one another. Hold in your stomach and keep weight on the ball of

your foot. Continue for 30 sec. and repeat on the other leg. Exercise can be made more difficult by lifting the heel from the ground slightly. **2 sets on each leg.**

Important: Do not let your knee buckle inwards. Keep pelvis horizontal and do not let it tilt to the side.



SQUATS

Walking Lunges

Starting position: Stand with feet hip-wide apart, hands on your hips.

Exercise: Lunge forward slowly at an even pace. Bend hips and knees slowly until your leading knee is flexed to 90 degrees.

The bent knee should not extend beyond the toes. 10 lunges on each leg. **2 sets.**

Important: Do not let your knee buckle inwards. Keep upper body straight and pelvis horizontal.



JUMPING

Lateral Jumps

Starting position: Stand on one leg. Bend hips, knee and ankle slightly and lean upper body forwards.

Exercise: Jump from your supporting leg approximately 1m to the side onto the other

leg. Land gently on the ball of your foot and bend your hips, knee and ankle. Hold this position for about a second and then jump on the other leg. Repeat for 30 sec. **2 sets.**

Important: Do not let your knee buckle inwards. Keep upper body stable and facing forward and pelvis horizontal.

ADVANCED



SINGLE-LEG STANCE

Test Your Partner

Starting position: Stand on one leg, at arm's length from your partner.

Exercise: Keep balance while you and your partner in turn try to push the other off balance in different directions.

Continue for 30 sec. and repeat on the other leg. **2 sets on each leg.**

Important: Do not let your knee buckle inwards. Keep pelvis horizontal and do not let it tilt to the side.



SQUATS

One-Leg Squats

Starting position: Stand on one leg, loosely holding onto your partner..

Exercise: Slowly bend your knee, if possible until it is flexed to 90 degrees, and straighten up again. Bend slowly then

straighten slightly more quickly. Repeat on the other leg. 10 squats on each leg. **2 sets.**

Important: Do not let your knee buckle inwards. Keep upper body facing forward and pelvis horizontal.



JUMPING

Box Jumps

Starting position: Stand with feet hip-width apart, imagine a cross you are standing in the middle of.

Exercise: Jump with both legs forwards and backwards, from side to side, and diagonally

across the cross. Keep upper body slightly leaned forwards. Jump as quickly and explosively as possible. Repeat for 30 sec. **2 sets.**

Important: Land softly on the balls of both feet. Bend hips, knees and ankles on landing. Do not let your knee buckle inwards.

