FIFA 11 + WARM-UP

TORONTO HIGH PARK FOOTBALL CLUB

OVERVIEW

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WHAT IS THE FIFA 11 + WARM-UP

- The “11+” is a complete warm-up programme that aims to reduce the most common injuries of both male and female football players. It is the advanced version of “The 11” injury prevention programme
- The exercises are “evidence-based” or “best practice recommendations”. They are designed to prevent the most frequent types of injury in football, i.e. groin and thigh strains as well as ankle sprains and knee ligament injuries
- Recommended for players 14 years old. If players are younger, some exercises should not be performed, and for others, the intensity should be modified

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WHO DEVELOPED THE FIFA 11 +

- The “11+ programme” was developed by a group of international experts from FIFA’s Medical Assessment and Research Centre (F-MARC), the Oslo Sports Trauma Research Center and the Santa Monica Orthopaedic and Sports Medicine Research Foundation
- Its effectiveness has been proven in a scientific study. Teams that performed the “FIFA 11+ ” at least twice a week had 30-50% fewer injured players
- It is based on extensive experience with “The 11”, PEP and other exercise-based programmes to prevent football injuries

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FIFA 11 + PROGRAM – 3 PARTS

- The programme should be performed, as a standard warm-up, at the start of each training session at least twice a week
- It takes around 20 minutes to complete
- Prior to matches, only the running exercises (parts 1 and 3) should be performed
- All three (3) parts performed two times per week before practices
- Take 2-3 training sessions to teach the correct technique especially in Part 2

1. **Dynamic Warm-up – 8 mins**
2. **Strength, Plyometrics, and Balance Exercises – 10 mins**
3. **Running exercises – 2 mins**

To see the entire 11+ Program manual with complete instructions go to: http://f-marc.com/11plus/home/

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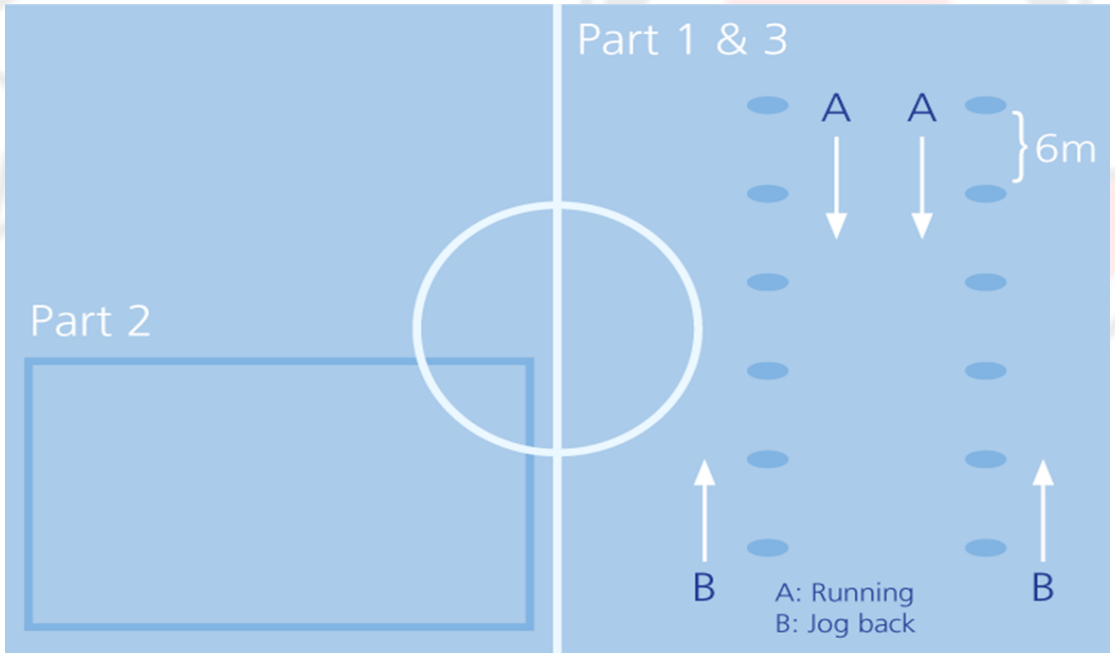
FIELD SET-UP

- The course is made up of 6 pairs of parallel cones, approx. 5-6m apart
- Two players start at the same time from the first pair of cones, jog along the inside of the cones and do the various exercises on the way
- After the last cone they run back along the outside. On the way back, speed can be increased progressively as players warm up



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WHAT ARE THE ADVANTAGES OF THE 11 +

- The prevention effect of the programme has scientifically been proven in a RCT
- It is simple and does not require appliances, equipment (i.e. no extra costs) or specialist knowledge
- It is a complete warm-up programme with different levels. It is efficient, as most of the exercises train several aspects and can replace other exercises
- The exercises lead to a strengthening of the core and leg muscles, and in addition, static, dynamic and reactive neuromuscular control, coordination, balance, agility and jump technique are improved
- 11+ Program is a structured warm-up programme designed to prepare the body for activity and improve awareness and knee and ankle control during landing and pivoting movements in order to prevent knee and ankle injuries among youth athletes

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