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 The FIFA 11+ is a 20-minute, warm-up program that when performed

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 11+ WARM UP PROGRAM. The FIFA 11+ injury prevention programme is a helpful method to train certain muscles stabilising joints and train your balance to make you less susceptible to loss of balance and falls. "11+ - a complete warm-up to prevent injuries" combines exercises training the above to provide you with general protection from injuries. "11+" is a complete warm-up to be performed prior to every training session.
 11+ WARM UP PROGRAM - FIFA Medical Centre of Excellence
 More traditional football warm-up programmes are quite variable and typically encompass running exercises, static and/or dynamic stretching, movements involving change of direction, and short passing. They typically average from five to 45 minutes in duration. The average warm-up programme does not typically emphasise qualitative movement.
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local coaches-educators to the specifics of teaching grassroots ...
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 The "11+"
 To help goalkeepers around the world achieve what they are aiming for and stay healthy and injury-free, FIFA is proud to present a warm-up programme for adolescent goalkeepers of all levels.
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 FIFA 11+ BASIC WARM UP. 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
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 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. Do two sets.
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 Running - Straight Ahead. Part 1 of the FIFA F-Marc "11+" warm-up series begins with the initial stage of the running section. The expert-developed warm-up p...
 The "11+" Warm-up: Part 1 - YouTube
 There are 3 parts to FIFA 11+. Part 1: running exercises at a slow speed combined with active stretching and controlled partner contacts; Part 2: 6 exercises, focusing on core and legs strength, balance, plyometrics and agility, each with 3 levels of difficulty; Part 3: running exercises at moderate/high speed combined with planting/cutting movements.
 FIFA 11+ Warm-up Program | Louisiana Soccer
 Exercise: Alternate between jumping forwards and backwards, from side to side, and diagonally across the cross. Jump as quickly and explosively as possible. Your knees and hips should be slightly bent. Land softly on the balls of your feet. Do not let your knees buckle inwards. Repeat the exercise for 30 sec. 2 sets
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 Injury Prevention
 Warm up was inspired by the FIFA 11+ and designed for Field hockey players looking at flexibility, strength, balance and agility. Running forwards and backwards
 EX 1 Hip Flexibility
 Ex 2 Warm up exercises for Field Hockey, Injury Prevention ...
 The FIFA 11+ programme has been shown to be an efficient means of achieving optimal physiological readiness for sport. 18,19
 The programme has also been shown to increase muscle activation in the abdominal rectus, gluteus medius and minimus immediately after completing the programme, corroborating its effect on core

activation. 20 Completing the FIFA 11+ regularly has been shown to increase knee strength in male competitive football players. 21A good warm-up? – FIFA Medical PlatformIt involves plyometric exercises and drills that improve movement coordination, balance, and strength. Specifics of the movements themselves can be found on the 11+ manual, and there is a download link below. Most sporting teams, their team physiotherapist and doctors should be incorporating these simple exercises into their warm-up regime.

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The "11+" Warm-up: Part 1 Dynamic Warm Up for Football/Soccer Warm up | Stretch | Football Training

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Injury Prevention Warm up was inspired by the FIFA 11+ and designed for Field hockey players looking at flexibility, strength, balance and agility. Running forwards and backwards EX 1 Hip

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To help goalkeepers around the world achieve what they are aiming for and stay healthy and injury-free, FIFA is proud to present a warm-up programme for adolescent goalkeepers of all levels.

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