|  |  |  |
| --- | --- | --- |
| **PART 1 - RUNNING EXERCISES**: perform each exercise ***twice***  Perform through 6 cones, each 6 meters apart (total 36 meters) | | |
| **1) Running STRAIGHT AHEAD**: | **2) Running HIP OUT:** | **3) Running HIP IN:** |
| **4) Running CIRCLING PARTNER:** | **5) Running JUMPING WITH SHOULDER CONTACT:** | **6) Running QUICK FORWARDS AND BACKWARDS SPRINTS** |
| **PART 2- STRENGTH, PLYOMETRICS, AND BALANCE EXERCISES**  Start at “beginner level” progress each exercise when it can be performed without difficulty | | |
| **Beginner** | **Intermediate** | **Advanced** |
| **7.1 The Bench STATIC**:  3 sets, 40-60 sec hold | **7.2 The Bench ALTENATE LEGS:**  3 sets, 40-60 sec    Alternate lifting each leg, with a 2 second hold | **7.3 The Bench ONE LEG LIFT AND HOLD:**  3 sets, 20-30 seconds each    Lift one leg 4-6 inches of the ground and hold |
| *Keys: a) shoulders, back and hips in a line b) elbows under shoulders c) keep hips steady; Do NOT sway or arch your back,* | | |
| **8.1 Sideways Bench STATIC:**  3 sets, 20-30 sec hold each side | **8.2 Sideways Bench RAISE & LOWER HIP**  3 sets, 20-30 sec each side    Same as (a) except bottom leg is straight, feet are stacked. | **8.3 Sideways Bench WITH LEG LIFT**:  3 sets, 20-30 sec each side    Same as (b) except lift your top leg and slowly lower it down. Repeat. |
| *Keys: a) your shoulder, hip and top leg should be in in a line b) elbows under shoulders* | | |
| **9.1 Hamstrings BEGINNER:**  1 set (3-5 reps) | **9.2 Hamstrings INTERMEDIATE**:  1 set (7-10 reps) | **9.3 Hamstrings ADVANCED**:  1 set ( 12-15 reps) |
| Keys: *your head, torso, hips and thighs should be in in a line b) movement occurs only at the knees c) start slowly* | | |
| **10.1 Single-Leg Stance HOLD THE BALL**:  2 sets (30 sec on each leg) | **10.2 Single-Leg Balance THROWING BALL WITH PARTNER**: 2 sets (30 sec on each leg) | **10.3 Single-Leg Balance TEST YOUR PARTNER**: 2 sets (30 sec. on each leg) |
| *Keys: a) keep your hip and knee bent b) maintain weight on the ball of your foot c) keep your hips level* | | |
| **11.1 Squats WITH TOE RAISE:**  2 sets (30 sec each) | **11.2 Squats WALKING LUNGES**:  2 sets (10 each side) | **11.3 Squats ONE-LEG SQUATS**:  2 sets (10 on each side) |
| *Keys: a) bend your knees to 90\* b) keep your hips level c) do not let your knees buckle inwards* | | |
| **12.1 Jumping - VERTICAL JUMPS**:  2 sets (30 sec) | **12.2 Jumping – LATERAL JUMPS**:  2 sets (30 sec each) | **12.3 Jumping – BOX JUMPS**:  2 sets (30 sec each) |
| *Keys: a) jump off both feet and land on the balls of your feet b) maintain feet hip width apart c) land with knees and hips bent* | | |
| **PART 3 - RUNNING EXERCISES**: perform each exercise ***twice*** | | |
| **13) Running ACROSS THE PITCH**: Run 40 meters at 75-89% max speed, then jog the rest of the way to midfield. Slow jog back | | |
| **14) Running BOUNDING**: 6-8 bounding strides with high knee lift, then jog the rest of the way to midfield. Slow jog back | | |
| **15) Running PLANT AND CUT**: Run 5-7 steps (80-90% max speed) cut on your right leg towards your left. Repeat and cut to the opposite side. Repeat all the way to midfield. Slow jog back. | | |

\*\* All images and descriptions from the 11+ manual: FIFA Medical Assessment and research centre, Bizzini M. A complete warm-up programme to prevent injuries. http://www.yrsa.ca/pdf/Fifa11/11plus\_workbook\_e.pdf

**Key Features: 11+**

**What is the 11+ Program?**

* A comprehensive soccer specific warmup protocol developed to reduce the risk of soccer-related injuries1
* Consists of 15 exercises, takes ~20 minutes complete
* Potential to reduce the **risk of soccer injuries by 30-46%1,2,3**
* Potential to reduces the **risk of** **severe injuries by up to 50%1**
* Easy to follow program that can be implemented by coaches
* Designed for players 14 years and older
* Complete the entire program before each training session, and the running components (part 1 and 3) before each game.

**Compliance matters…. best if performed 2 times/week**

* Compliance is negatively correlated with injury risk5
* High compliance lowers the risk of injuries by 35% versus moderate to low compliance4,5
* Compliance associated with increased balance4

**Alternative Options for Progression:1** correct performance of each exercise is key

* A) Progress part 2 when the player can perform the exercise correctly for the given number of sets and reps without difficulty (\*preferred model)
* B) All players on a team progress at the same time when it seems appropriate to progress the group on a specific exercise
* C) All players progress to the next level for every exercise after 3-4 weeks.

**Additional Resources:**

* 11+ Full Manual: <http://www.yrsa.ca/pdf/Fifa11/11plus_workbook_e.pdf>
* WakeMed: <https://www.wakemed.org/ncfc-improve-your-power-performance>
  + Linked video and handouts explaining the exercises
* Alex Morgan and Cobi Jones Video demos: <https://www.youtube.com/playlist?list=PL-W9Gn-XDQ_pIeE4mo1mgBb4OwyGc0UGU>
* FIFA Medical, Training and Health video demos: #62-88 <https://www.youtube.com/playlist?list=PL2333815695D8E22B>

References:

1. FIFA Medical Assessment and research centre, Bizzini M. A complete warm-up programme to prevent injuries.

2. Silvers-Granelli H, Mandelbaum B, Adeniji O, et al. Efficacy of the FIFA 11+ injury prevention program in the collegiate male soccer player. *Am J Sports Med* 2015;43(11):2628-2637. doi:10.1177/0363546515602009

3. Thorborg K, Krommes KK, Esteve E, Clausen MB, Bartels EM, Rathleff MS. Effect of specific exercise-based football injury prevention programmes on the overall injury rate in football: a systematic review and meta-analysis of the FIFA 11 and 11+ programmes. *Br J Sports Med* 2017;51(7):562-571.

4. Steffen K, Emery CA, Romiti M, et al. High adherence to a neuromuscular injury prevention programme (FIFA 11+) improves functional balance and reduces injury risk in Canadian youth female football players: a cluster randomised trial. *Br J Sports Med* 2013;47(12):794-802. doi:10.1136/bjsports-2012-091886.

5. Silvers-Granelli HJ, Bizzini M, Arundale A, Mandelbaum BR, Snyder-Mackler L. Higher compliance to a neuromuscular injury prevention program improves overall injury rate in male football players. *Knee Surg Sports Traumatol Arthrosc* 2018;26(7):1975-1983. doi:10.1007/s00167-018-4895-5.