

FIFA 11+

Adaptation by Sauk Prairie Healthcare Sports Medicine

RUNNING EXERCISES

1. Running Straight Ahead
2. Hip Out
3. Hip In
4. Circling Partner
5. Skips
6. Quick Forwards and Backwards

STRENGTH-PLYOMETRICS-BALANCE (30 sec ea, 2 sets)

1. **Plank**
Level 1: Forearm Plank on Elbows
Level 2: Plank with Alternating Leg Lifts and Hold
Level 3: Plank with One Leg Lift and Hold
2. **Adduction** (with Partner or Chair)
3. **Side Plank**
Level 1: Side Plank on Elbow
Level 2: Side Plank Raise and Lower Hip
Level 3: Side Plank with Leg Lift
4. **Single Leg Bridge**
Level 1: Leg High
Level 2: Leg Forward
5. **Eccentric Hamstrings**
Level 1: Single Leg RDL (T)
Level 2: Nordics
6. **Squats**
Level 1: Squats with Calf Raise
Level 2: Partner Single Leg Squat
7. **Walking Lunges**
8. **Jumps**
Level 1: Vertical Jumps
Level 2: Lateral Jumps
Level 3: Square Jumps

AGILITY (2 sets)

1. **Run Across Pitch**
2. **Bounding**
3. **Plant and Cut**

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 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.

