

FIFA 11+ Program

BCSA-PRE-005



Big Country Soccer Association Commitment



- Our goal is to foster a positive player development experience that can lead to options in the sport of soccer while also providing a supportive environment that also fosters the development of the individual that can contribute to a positive approach to their future endeavors.
- Part of developing a positive experience is to ensure that we use available and proven best practices regarding injury prevention in youth sports.
- Big Country Association is committed to training coaches in the FIFA 11+ Kids Program and standard FIFA 11+ Program as part of the soccer curriculum for soccer.



Overview

- What is FIFA 11+ Warm-Up
- Who Developed the FIFA 11+ Program
- FIFA 11+ Program – 3-Parts
- FIFA 11+ Field Set-Up
- What are the Advantages of the FIFA 11+ Program?



What is the FIFA11+ Program Warm-Up?

- The “11+” is a complete warm-up program that aims to reduce the most common injuries of soccer players.
- The exercises are “evidence-based” or “best practice recommendations. They are designed to prevent the most frequent types of injury in soccer i.e., groin and thigh strains as well as ankle sprains and knee ligament injuries.
- For players under 14-years of age there is a modified version of the standard FIFA 11+ Program called FIFA 11+Kids Program.



Who Developed the FIFA11+ Program?

- The “11+ program” was developed by a group of international experts from FIFA’s Medical Assessment and Research Center (F-MARC), the Oslo Sports Trauma Research Center, and the Santa Monica Orthopedic 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.



FIFA11+ Program – 3 Parts

- The program is to be performed before each sporting activity as a standard warm-up program (U9- and higher).
- The warm-up takes 20-minutes to complete.
- Prior to games, only parts 1 and 3 of the program need to be done.
- All 3 parts are completed before each practice and academy session.
- Takes 2- 3 sessions before players can properly do the movements correctly.
- There are levels to the program to challenge players.



3- Parts

- Dynamic Warm-Up- Up to 8-minutes to complete
- Strength, Plyometrics, and Balance Exercised- Up to 10-minutes to complete
- Running Exercises- Up to 2-minutes to complete

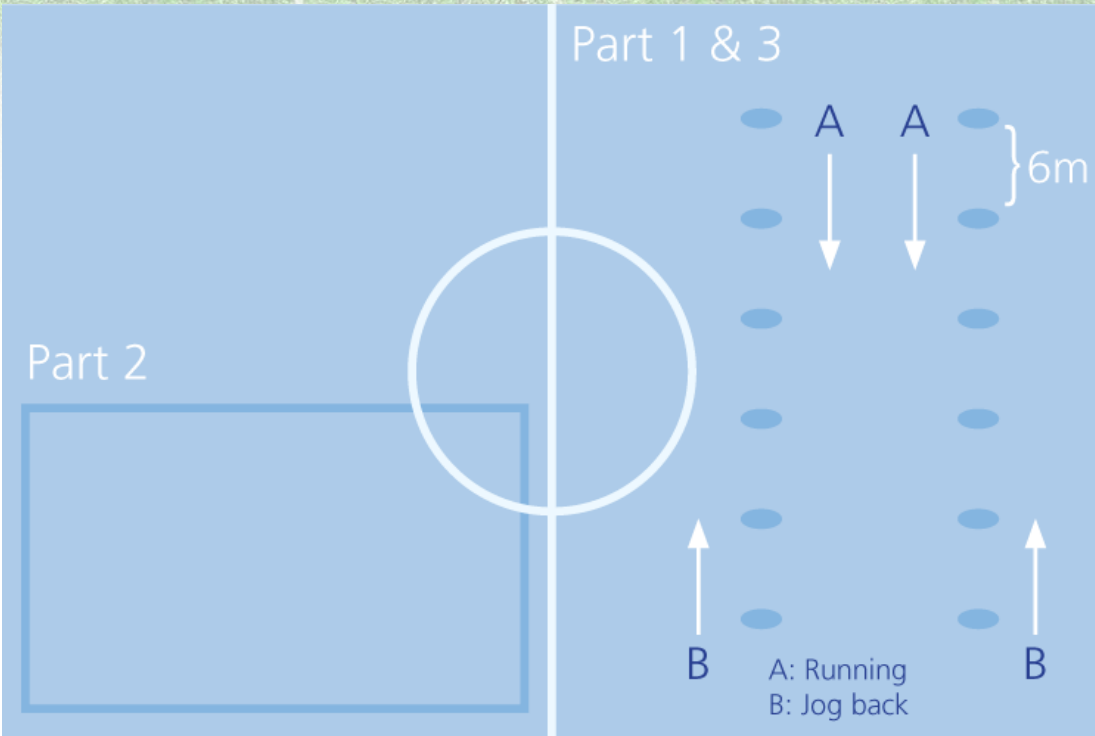
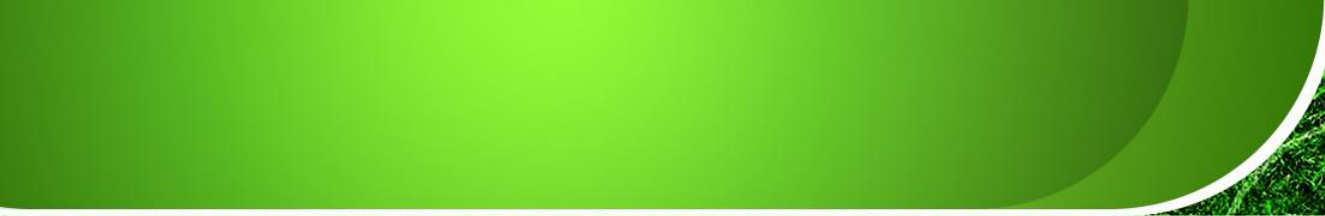
Big Country Soccer Association coaches will have the FIFA 11+ Kids Program and the standard FIFA 11+ Program exercises to help establish their injury prevention routines for their teams.



FIFA11+ Program – Field Set-Up

- The field is set-up with 6 pairs of parallel cones approximately 5-6 meters apart.
- Two players start at the same time to complete the activity with the next two players starting when the group ahead is half-way done the set.
- When players get to the last cone, they jog back to the start on the outside of the cones to prepare for the next warm-up activity.





FIFA11+ Program – Advantages

- The program has been scientifically tested and proven with medical results comparing traditional application of warm-ups to the FIFA 11+ Program.
- Its simple and does not require extensive appliances, equipment, or specialized training.
- The program has levels to help ensure players are challenged safely in their warm-up routines.



- 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 techniques are improved.
- 11+ Program is a structured program designed to prepare the body for soccer activities and improve awareness, and knee and ankle control during landing, and pivoting movements in order to prevent knee and ankle injuries among youth players.

