

# The 11+

## PART 1 RUNNING EXERCISES · 8 MINUTES



### 1 RUNNING STRAIGHT AHEAD

The course is made up of 6 to 10 pairs of parallel cones. The distance between the cones is approx. 5-6 metres. All running exercises are completed twice. Two players start at the same time at the first pair of cones. Speed on the return leg can increase progressively as the players warm up. **Run in pairs** all the way to the last pair of cones – jogging through the course.



### 2 RUNNING HIP OUT

Walk or jog easily, stop at each pair of cones, lift your knee, **rotate your hip outward**. Alternate between left and right leg.



### 3 RUNNING HIP IN

Walk or jog easily, stop at each pair of cones, lift your knee and **rotate your hip inwards**. Alternate between left and right leg.



### 4 RUNNING CIRCLING

Run forward as a pair to the first set of cones – shuffle sideways 90 degrees inwards and meet in the middle – **shuffle an entire circle around one other** – and then return back to the cones. Repeat for each pair of cones. Remember to stay on your toes, keep your centre of gravity low and bend at the hips and knees.



### 5 RUNNING RUNNING & JUMPING

Run forward in pairs to the first pair of cones – shuffle sideways 90 degrees and meet in the middle – **jump towards each other sideways, making shoulder to shoulder contact**. **Note:** Land on both feet with your hips and knees bent. Do not let your knees cave inward. Synchronize your timing as you jump and land with your teammate, and make it a full jump.



### 6 RUNNING QUICK RUN

As a pair, run quickly to the second set of cones. **Run backwards quickly for a distance of one cone keeping your hips and knees slightly bent** – keep repeating this drill running two cones forward and one cone backwards. Remember small, quick steps.

## PART 2 STRENGTH · PLYOMETRICS · BALANCE · 10 MINUTES

### LEVEL 1



### 7 THE PLANK BOTH LEGS – 3 sets

**Starting position:** Lie on your stomach and support yourself on your forearms and both feet. Your elbows should be directly under your shoulder joint. **Exercise:** Lift your body up, supported on your forearms, pull your navel in, and hold the position for 20-30 sec. Your body should be in a straight line. Do not sway or arch your back.



### 8 SIDE PLANK STATIC – 3 sets on each side

**Starting position:** Lying on your side with the knee of the lower leg bent. The elbow of your supporting arm should be directly under the shoulder joint and the supporting leg should be bent 90 degrees. Your shoulder, hip and knee should be in a straight line. Hold the position for 20-30 sec. Short break, switch side and repeat.



### 9 HAMSTRINGS NORDIC HAMSTRINGS – 1 set

**Starting position:** Kneel on a soft surface. Ask your partner to firmly hold your ankles. **Exercise:** Your body should be completely straight from the shoulder to the knee. Lean forward as far as you using the muscles at the back of your thighs and your gluteals. When you can no longer hold the position, gently accept your weight through your hands, falling into a push-up position. Complete a minimum of 3-5 repetitions and/or 60 sec.



### 10 SINGLE-LEG BALANCE HOLD THE BALL – 2 sets

**Starting position:** Stand on one leg. **Exercise:** Balance on one leg whilst you hold the ball between your hands. Weight on the mid part of your foot. Remember: Do not let your knee cave inward. Hold for 30 sec. Switch legs and repeat. The exercise can be made more difficult by passing the ball around your middle and under the opposite knee.



### 11 SQUATS WITH TOE RAISE – 2 sets

**Starting position:** Stand with your feet hip-distance apart – place your hands on hips if you like. **Exercise:** Imagine that you are sitting down on a chair. Perform squats by bending your hips and knees to 90 degrees, do not let your knees cave inward. Bend slowly and straighten up more quickly. When your knees are completely straight, stand up on your toes and then slowly lower down again. Repeat the exercise for 30 sec.



### 12 JUMPING VERTICAL JUMPS – 2 sets

**Starting position:** Stand with your feet at hip width apart – place your hands on hips if you like. **Exercise:** Imagine you sitting down in a chair. Bend your legs slowly until your knees are at a 90 degree angle, hold for 2 sec. Do not let your knees cave inward. From the squat position, jump all you can straight upwards. Land softly on the ball of your foot with hips and knees bent. Repeat for 30 sec.

### LEVEL 2



### 7 THE PLANK ALTERNATE LEGS – 3 sets

**Starting position:** Lie on your stomach and support yourself on your forearms. Your elbows should be directly under your shoulder joint. **Exercise:** Lift yourself up onto your forearms and pull your navel in. Alternately lift each leg repeatedly – holding each leg for a count of 2 sec. Continue for 40-60 sec. Your body should be straight. Do not sway or arch your back.



### 8 SIDE PLANK DYNAMIC – 3 sets on each side

**Starting position:** Lying on your side with both legs straight. **Exercise:** Place your weight on your forearm and the side of your foot so that you are in a straight line from shoulder to foot. The elbow of your supporting arm should be directly beneath your shoulder. Raise and lower your hip down to the ground and lift it up again. Repeat for 20-30 sec. Short break, change sides and repeat.



### 9 HAMSTRINGS NORDIC HAMSTRINGS – 1 set

Minimum 7-10 repetitions.



### 10 SINGLE-LEG BALANCE THROWING BALL WITH PARTNER – 2 sets

**Starting position:** Stand 2-3 m from your partner, both standing on one leg. **Exercise:** While keeping your balance and your navel in, throw the ball to another. Keep your weight on the ball of the foot. Remember: Do not let your knee extend over your toe or cave inward. Keep going for 30 sec. Change sides and repeat.



### 11 SQUAT WALKING LUNGES – 2 sets

**Starting position:** Feet at hip width apart – hands on hips if you like. **Exercise:** Lunge forward slowly at a good pace. As you lunge forward, bend your lead leg until the hip and knee are bent to 90 degrees. Do not let your knee cave inward. Keep your upper body and your hips steady. Work your way across the pitch and jog back.



### 12 JUMPING LATERAL JUMPS – 2 sets

**Starting position:** Stand on one leg with your upper body bent slightly forward, with knees and hips slightly bent. **Exercise:** Jump approx. 1 m sideways from one leg to the other, like a skater. Land gently on the ball of your foot. Bend your hips and knees slightly and do not let your knee cave inward. Maintain your balance with each jump. Repeat the exercise for 30 sec.

### LEVEL 3



### 7 THE PLANK ONE LEG LIFT – 3 sets

**Starting position:** Lie on your stomach and support yourself on your forearms. Your elbows should be directly under your shoulder joint. **Exercise:** Lift yourself up onto your forearms, pull your navel in, lift one leg a few centimetres off the ground, and hold the position for 20-30 sec. Your body should be straight. Do not let your opposite hip dip and do not sway or arch your low back. Short break, change legs and repeat.



### 8 SIDE PLANK WITH LEG LIFT – 3 sets on each side

**Starting position:** Lying on your side with both legs straight. **Exercise:** Lean on your forearm and the side of your foot so that your body makes a straight line from shoulder to foot. The elbow of your supporting arm should be directly beneath your shoulder joint. Lift your upper leg to the side and slowly lower it down. Repeat the exercise for 20-30 sec. Short break, change sides and repeat.



### 9 HAMSTRINGS NORDIC HAMSTRINGS – 1 set

Minimum of 12-15 repetitions.



### 10 SINGLE-LEG BALANCE TEST YOUR PARTNER – 2 sets

**Starting position:** Stand on one leg opposite your partner at an arms' length. **Exercise:** Whilst you both try to keep your balance, one of you tries to push your partner off balance in different directions. Keep your weight on the ball of the foot. Remember to prevent your knee from caving inward. Continue for 30 sec. Change leg and change roles.



### 11 SQUATS ONE-LEG SQUATS – 2 sets on each leg

**Starting position:** Stand on one leg. **Exercise:** Standing on one leg. Slowly bend your knee as much as you can manage. Concentrate on preventing the knee from caving inward. Bend your knee slowly and straighten it a little more quickly, keeping your hips and upper body level. Repeat the exercise 10 times on each leg.



### 12 JUMPING BOX JUMPS – 2 sets

**Starting position:** Stand with your feet at hip width apart. Imagine that you are standing in a cross. **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 ball of the foot. Do not let your knee cave inward.

## PART 3 RUNNING EXERCISES · 2 MINUTES



### 13 RUNNING OVER THE PITCH

Run across the pitch, from one side to the other, at 75-80% pace.



### 14 RUNNING BOUNDING RUN

Run with high bounding steps with a high knee lift, landing gently on the ball of your foot. Use an exaggerated arm swing for each jumping step (opposite arm and opposite leg). Do not let your lead leg cross the midline or let your knees cave inward. Repeat the exercise until you reach the other side of the pitch, then jog back to recover.



### 15 RUNNING RUNNING & CUTTING

Jog 4-5 steps, then plant on the outside leg and cut to change direction. Accelerate and sprint 5-7 steps at high speed (80-90% pace) before you decelerate and do a new plant & cut. Do not let your knee cave inward. Repeat the exercise until you reach the other side and jog back.



KNEE POSITION CORRECT



KNEE POSITION INCORRECT