



# Introduction

The FIFA 11+ program is designed to increase strength and reduce injury risk which means they can be performed by anybody regardless of ability. The exercises have three different advancement levels and require no equipment so can be done at home independently or added to a gym or field session. Inclusion of these exercises will lead to benefits such as better performance, enhanced recovery, and a lower injury rate over the seasons.

When beginning the program, you should initially complete exercises at level 1 especially if you have limited experience prior to progressing. When completing a level feels too easy, or feels like you haven't felt enough stimulation, that is a good indication to progress to the next stage. The full program with in-depth explanations has been included in this document with a summary for quick reference below which can be printed or screenshotted for easy access.

While being an excellent start, this program should be used in addition to a rehabilitation/performance plan rather than as a replacement. It is also important to be consistent with this aiming to complete it at least twice a week but aiming for more.

## Summary



Figure 1: FIFA 11+ Program Part 2

		SETS x REPETITIONS		
		Level 1	Level 2	Level 3
EXERCISE	The Bench	3 x 20-30 sec.	3 x 40-60 sec.	3 x 20-30 sec. each
	Sideways Bench	3 x 20-30 sec. each	3 x 20-30 sec. each	3 x 20-30 sec. each
	Hamstrings	1 x 3-5	1 x 7-10	1 x 12-15
	Single Leg Stance	2 x 30 sec. each	2 x 30 sec. each	2 x 30 sec. each
	Squats	2 x 10 each leg	2 x 10 each leg	2 x 30 sec. each
	Jumping	2 x 30 sec. each	2 x 30 sec. each	2 x 30 sec. each

# PART 2:

## **STRENGTH, PLYOMETRICS AND BALANCE EXERCISES**

7 The bench

8 Sideways bench

9 Hamstrings

10 Single-leg stance

11 Squats

12 Jumping



## 7.1 THE BENCH **STATIC**

This exercise strengthens your core muscles, which is important to ensure stability of the body in all movements.

**Assume the starting position** by lying on your front, supporting yourself on your forearms and feet.

**During this exercise**, lift your upper body, pelvis and legs up until your body is in a straight line from head to foot. Draw your shoulder blades in towards your spine so that they lie flat against your back. Your elbows are directly under your shoulders. Pull in your stomach and gluteal muscles and hold the position for 20–30 seconds. Return to the starting position, take a short break and repeat the exercise.

**Repetitions:** 3 sets (20–30 sec. each)

### **Important when performing the exercise:**

- 1 Your body should be in a straight line from head to feet.
- 2 Your elbows should be directly under your shoulders.

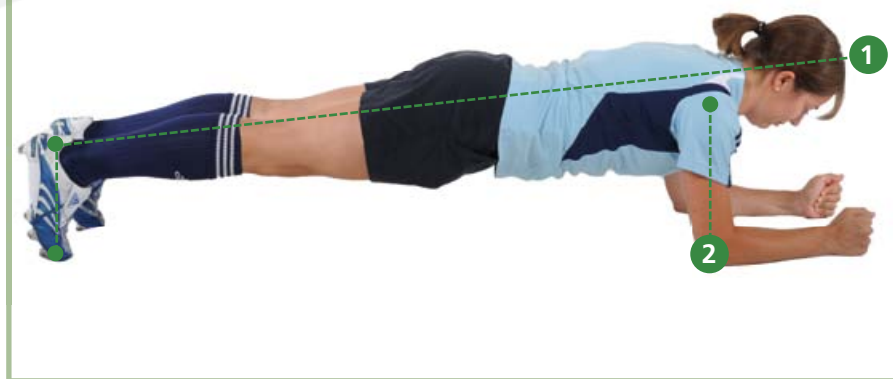
▼ Do **not** tilt your head backwards.

▼ Do **not** sway or arch your back.

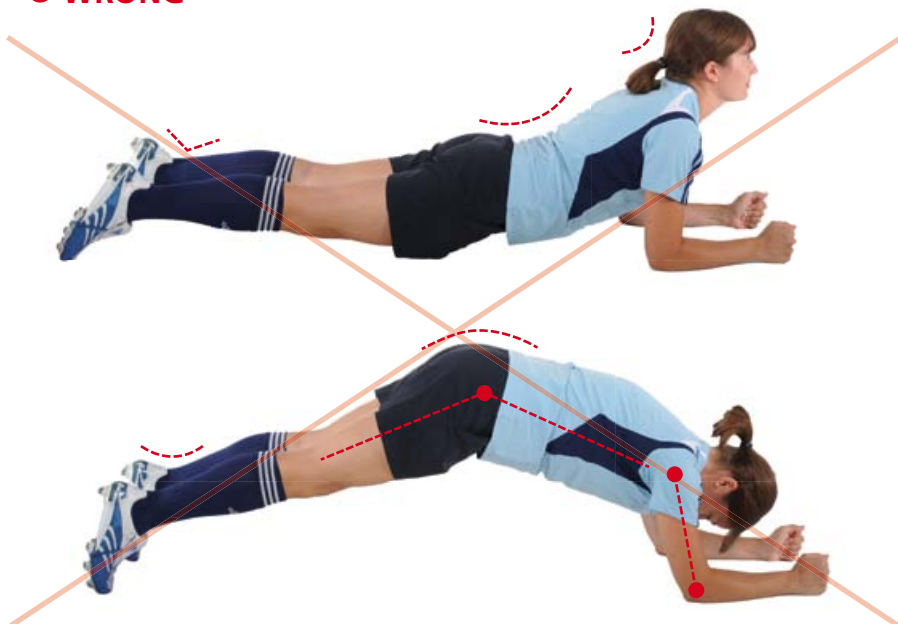
▼ Do **not** raise your buttocks.

## 7.1 THE BENCH **STATIC**

**+ CORRECT**



**- WRONG**



## 7.2 THE BENCH **ALTERNATE LEGS**

This exercise strengthens your core muscles, which is important to ensure stability of the body in all movements.

**Assume the starting position** by lying on your front, supporting yourself on your forearms and feet.

**During this exercise,** lift your upper body, pelvis and legs up until your body is in a straight line from head to foot. Draw your shoulder blades in towards your spine so that they lie flat against your back. Your elbows are directly under your shoulders. Pull in your stomach and gluteal muscles. Lift each leg in turn, holding for a count of 2 seconds. Continue for 40–60 seconds. Return to the starting position, take a short break and repeat the exercise.

**Repetitions:** 3 sets (40–60 sec. each)

### **Important when performing the exercise:**

- 1 Your head, shoulders, back and pelvis should be in a straight line.
- 2 Your elbows should be directly under your shoulders.

▼ Do **not** tilt your head backwards.

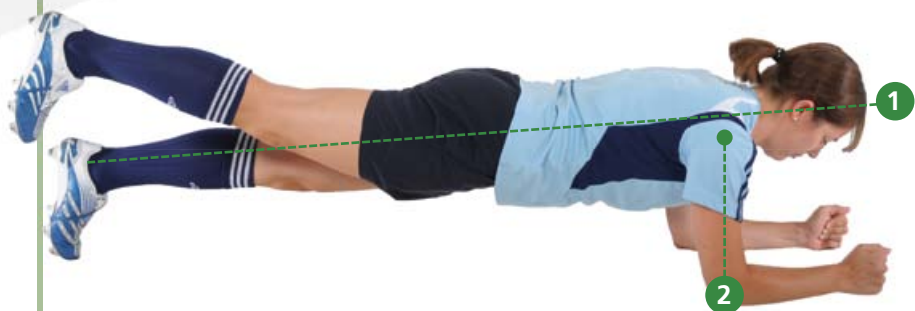
▼ Do **not** sway or arch your back.

▼ Do **not** raise your buttocks.

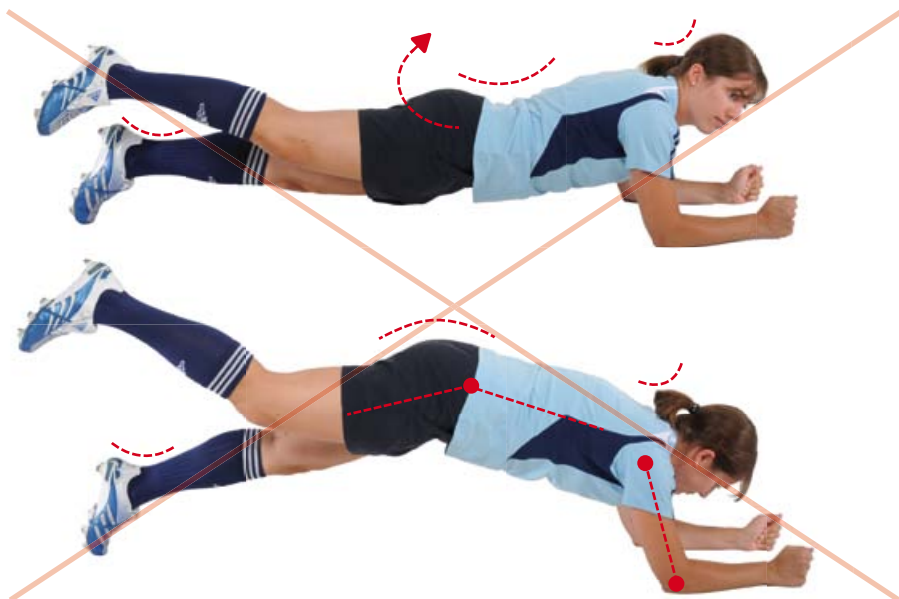
▼ Keep your pelvis stable and do **not** let it tilt to the side.

## 7.2 THE BENCH **ALTERNATE LEGS**

**+ CORRECT**



**- WRONG**



## 7.3 THE BENCH **ONE LEG LIFT AND HOLD**

This exercise strengthens your core muscles, which is important to ensure stability of the body in all movements.

**Assume the starting position** by lying on your front, supporting yourself on your forearms and feet.

**During this exercise**, lift your upper body, pelvis and legs up until your body is in a straight line. Draw your shoulder blades in towards your spine so that they lie flat against your back. Your elbows are directly under your shoulders. Pull in your stomach and gluteal muscles. Lift one leg about 10–15 centimetres off the ground and hold the position for 20–30 seconds. Return to the starting position, take a short break and repeat the exercise with the other leg.

**Repetitions:** 3 sets (20–30 sec. on each side)

### **Important when performing the exercise:**

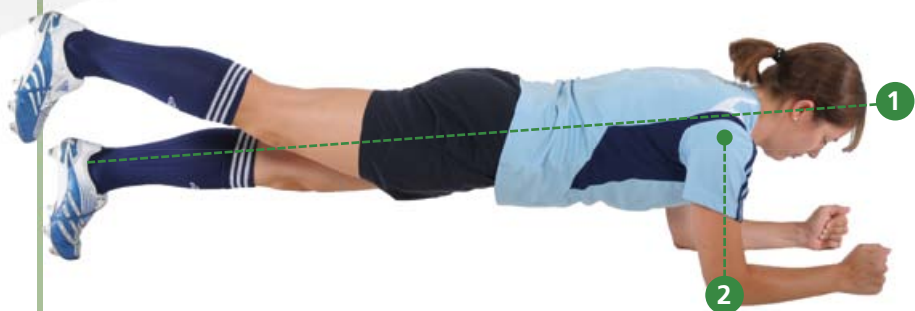
- 1 Your head, shoulders, back and pelvis should be in a straight line.
- 2 Your elbows should be directly under your shoulders.

- ▼ Do **not** tilt your head backwards.
- ▼ Do **not** sway or arch your back.
- ▼ Do **not** raise your buttocks.
- ▼ Keep your pelvis stable and do **not** let it tilt to the side.

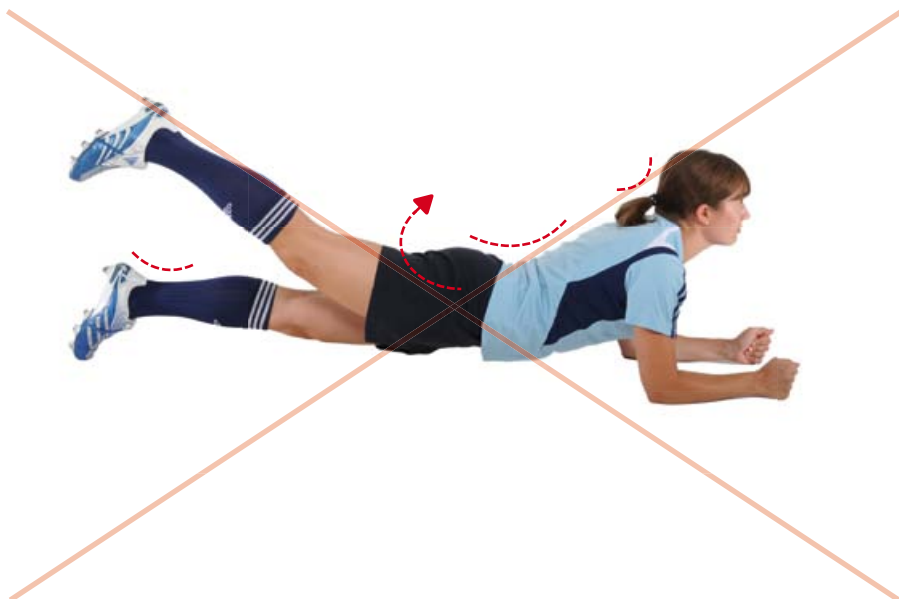


## 7.3 THE BENCH ONE LEG LIFT AND HOLD

**+ CORRECT**



**- WRONG**



## 8.1 SIDEWAYS BENCH **STATIC**

This exercise strengthens your lateral core muscles, which is important to ensure stability of the body in all movements.

**Assume the starting position,** lying on your side with the knee of your lowermost leg bent to 90 degrees and supporting yourself on your forearm and lowermost leg.

**During this exercise,** lift your pelvis and uppermost leg until they form a straight line with your shoulder and hold the position for 20–30 seconds. The elbow of your supporting arm is directly under your shoulder. Return to the starting position, take a short break and repeat the exercise on the other side.

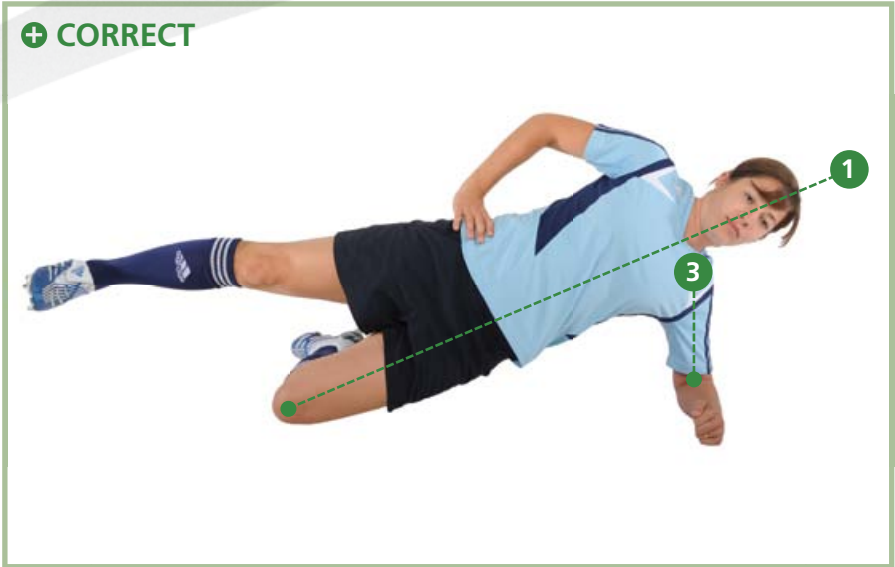
**Repetitions:** 3 sets (20–30 sec. on each side)

### **Important when performing the exercise:**

- 1 When viewed from the front, your upper shoulder, hip and upper leg should be in a straight line.
  - 2 When viewed from above, the shoulders, pelvis and both knees should be in a straight line.
  - 3 Your elbow should be directly under your shoulder.
- ▼ Do **not** rest your head on your shoulder.
  - ▼ Keep your pelvis stable and do **not** let it tilt downwards.
  - ▼ Do **not** tilt your shoulders, pelvis or legs forwards or backwards.

8.1 SIDEWAYS BENCH **STATIC**

**+ CORRECT**



**- WRONG**



## 8.2 SIDEWAYS BENCH **RAISE AND LOWER HIP**

This exercise strengthens your lateral core muscles, which is important to ensure stability of the body in all movements.

**Assume the starting position,** lying on your side with both legs straight and supporting yourself on your forearm.

**During this exercise,** raise your pelvis and legs (only the outside of the lowermost foot remains on the floor) until your body forms a straight line from the uppermost shoulder to the uppermost foot. Now lower your hips to the ground and raise them back up again. Repeat for 20–30 seconds. The elbow of your supporting arm is directly under your shoulder. Take a short break, change sides and repeat.

**Repetitions:** 3 sets (20–30 sec. on each side)

**Important when performing the exercise:**

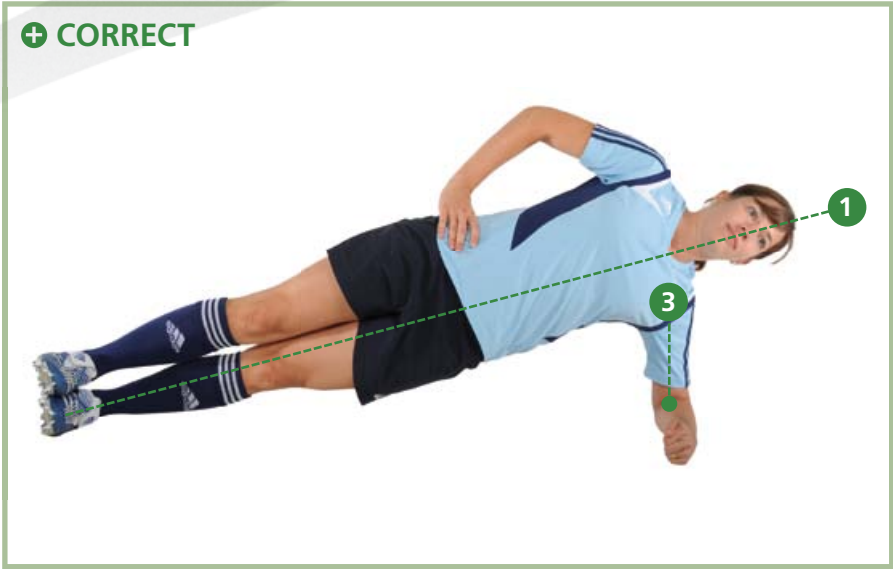
- 1 When viewed from front, your upper shoulder, hip and upper leg should be in a straight line.
- 2 When viewed from above, your body should be in a straight line.
- 3 Your elbow should be directly under your shoulder.

▼ Do **not** rest your head on your shoulder.

▼ Do **not** tilt your shoulders or pelvis forwards or backwards.

8.2 SIDEWAYS BENCH **RAISE AND LOWER HIP**

**+ CORRECT**



**- WRONG**



## 8.3 SIDEWAYS BENCH WITH LEG LIFT

This exercise strengthens your lateral core muscles, which is important to ensure stability of the body in all movements.

**Assume the starting position,** lying on your side with both legs straight and supporting yourself on your forearm and lower leg.

**During this exercise,** raise your pelvis and legs (only the outside of the lowermost foot remains on the floor) until your body forms a straight line from the uppermost shoulder to the uppermost foot. Now lift your uppermost leg up and slowly lower it down again. Repeat for 20–30 seconds. The elbow of your supporting arm is directly under your shoulder. Take a short break, change sides and repeat.

**Repetitions:** 3 sets (20–30 sec. on each side)

### Important when performing the exercise:

- 1 When viewed from the front, your upper shoulder, hip and upper leg should be in a straight line.
- 2 When viewed from above, your body should be in a straight line.
- 3 Your elbow should be directly under your shoulder.

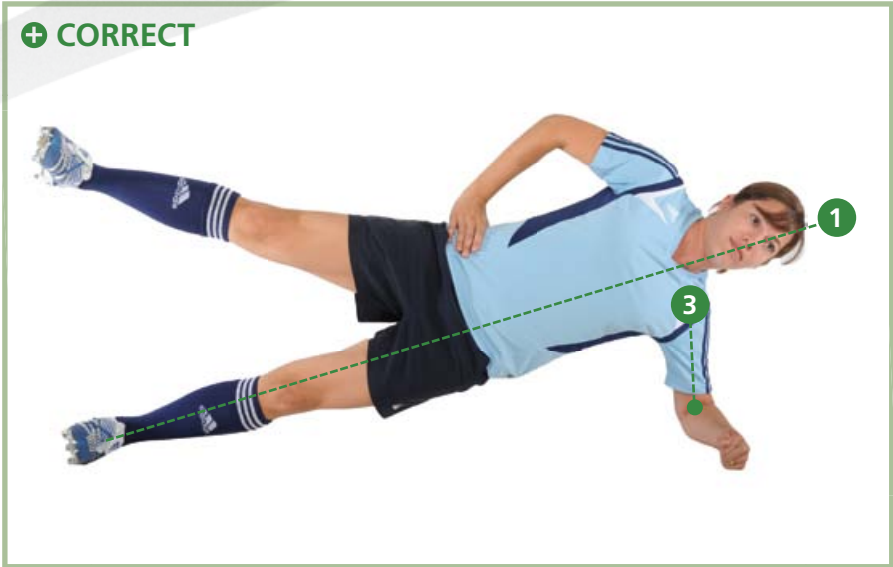
▼ Do **not** rest your head on your shoulder.

▼ Keep your pelvis stable and do **not** let it tilt downwards.

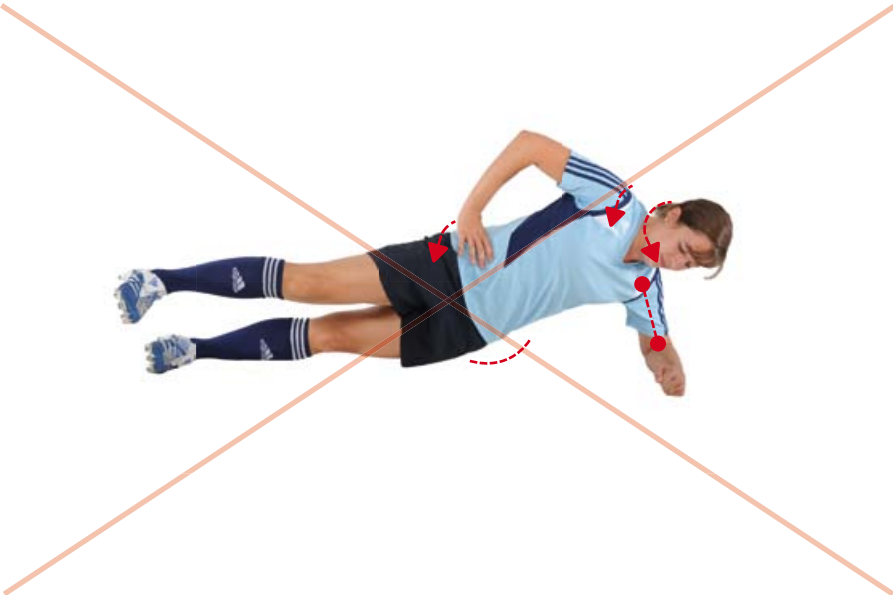
▼ Do **not** tilt your shoulders or pelvis forwards or backwards.

### 8.3 SIDEWAYS BENCH WITH LEG LIFT

**+ CORRECT**



**- WRONG**



## 9 HAMSTRINGS **BEGINNER – INTERMEDIATE – ADVANCED**

This exercise strengthens your rear thigh muscles.

**Assume the starting position,** kneeling on a soft surface with knees hip-width apart and crossing your arms across your chest. Your partner kneels behind you and with both hands grips your lower legs just above the ankles while pushing them with his body weight to the ground.

**During this exercise,** your body should be completely straight from the head to the knees. Slowly lean forwards, trying to hold the position with your hamstrings. When you can no longer hold the position, gently take your weight on your hands, falling into a press-up position.

### 9.1 **BEGINNER**

**Repetitions:** 1 set (3–5 repetitions)

### 9.2 **INTERMEDIATE**

**Repetitions:** 1 set (7–10 repetitions)

### 9.3 **ADVANCED**

**Repetitions:** 1 set (minimum 12–15 repetitions)

**Important when performing the exercise:**

- ❶ Your partner keeps your lower legs firmly on the ground.
- ❷ Your head, upper body, hips and thighs should be in a straight line.
- ❸ The movement is only in the knee joints.
- ❹ Perform this exercise slowly at first, but once you feel more comfortable, speed it up.

▼ Do **not** tilt your head backwards.

▼ Do **not** bend at your hips.

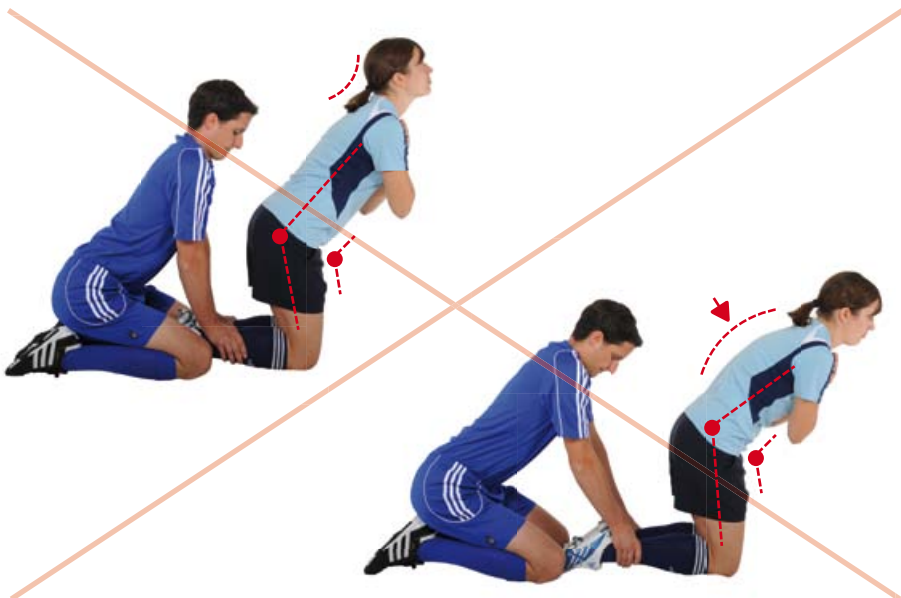


9 HAMSTRINGS BEGINNER – INTERMEDIATE – ADVANCED

**+ CORRECT**



**- WRONG**



## 10.1 SINGLE-LEG STANCE **HOLD THE BALL**

This exercise improves leg muscle coordination and balance.

**Assume the starting position,** standing on one leg and holding the ball in front of you in both hands. Bend your knee and hip slightly so that your upper body leans forwards slightly. When viewed from the front, the hip, knee and foot of your supporting leg are in a straight line. Hold the raised leg slightly behind the supporting leg.

**During this exercise,** hold your balance and keep your body weight on the ball of your foot. Hold for 30 seconds, change legs and repeat. The exercise can be made more difficult by lifting the heel from the ground slightly or passing the ball around your waist and/or under your other knee.

**Repetitions:** 2 sets (30 sec. on each leg)

**Important when performing the exercise:**

- 1 When viewed from the front, the hip, knee and foot of your supporting leg should be in a straight line.
  - 2 Always keep the hip and knee of your supporting leg slightly bent.
  - 3 Keep your weight on the ball of your foot.
  - 4 Keep your upper body stable and facing forwards.
  - 5 Keep your pelvis horizontal.
- ▼ Do **not** let your knee buckle inwards.
- ▼ Do **not** let your pelvis tilt to the side.

## 10.1 SINGLE-LEG STANCE **HOLD THE BALL**

**+ CORRECT**



**- WRONG**



## 10.2 SINGLE-LEG BALANCE THROWING BALL WITH PARTNER

This exercise improves leg muscle coordination and balance.

**Assume the starting position,** standing 2–3 metres apart from your partner, with each of you standing on one leg. Bend your knee and hip slightly so that your upper body leans forwards slightly. When viewed from the front, the hip, knee and foot of your supporting leg are in a straight line. Hold the raised leg slightly behind the supporting leg.

**During this exercise,** keep your balance while you throw the ball to one another. Hold in your stomach and keep your weight on the ball of your foot. Continue for 30 seconds, change legs and repeat. This exercise can be made more difficult by lifting the heel from the ground slightly.

**Repetitions:** 2 sets (30 sec. on each leg)

**Important when performing the exercise:**

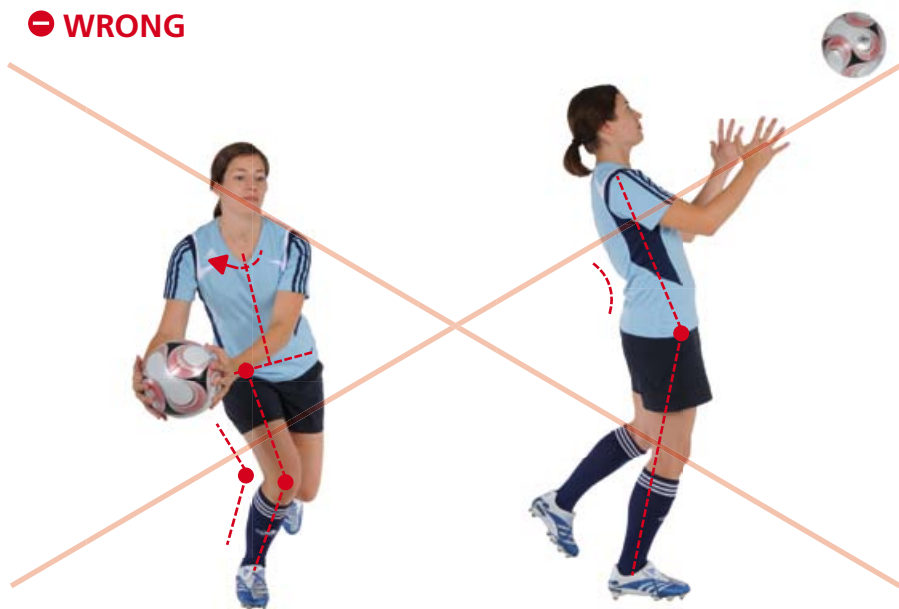
- 1 When viewed from the front, the hip, knee and foot of your supporting leg should be in a straight line.
  - 2 Always keep the hip and knee of your supporting leg slightly bent.
  - 3 Keep your weight on the ball of your foot.
  - 4 Keep your upper body stable and facing forwards.
  - 5 Keep your pelvis horizontal.
- ▼ Do **not** let your knee buckle inwards.
- ▼ Do **not** let your pelvis tilt to the side.

## 10.2 SINGLE-LEG BALANCE THROWING BALL WITH PARTNER

**+ CORRECT**



**- WRONG**



## 10.3 SINGLE-LEG BALANCE TEST YOUR PARTNER

This exercise improves leg muscle coordination and balance.

**Assume the starting position,** standing at arm's length from your partner, with each of you standing on one leg. Bend your knee and hip slightly so that your upper body leans forwards slightly. When viewed from the front, the hip, knee and foot of your supporting leg are in a straight line. Hold the raised leg slightly behind the supporting leg.

**During this exercise,** keep your balance while you and your partner in turn try to push the other off balance in different directions. Keep returning to the starting position. Continue for 30 seconds, change legs and repeat.

**Repetitions:** 2 sets (30 sec. on each leg)

**Important when performing the exercise:**

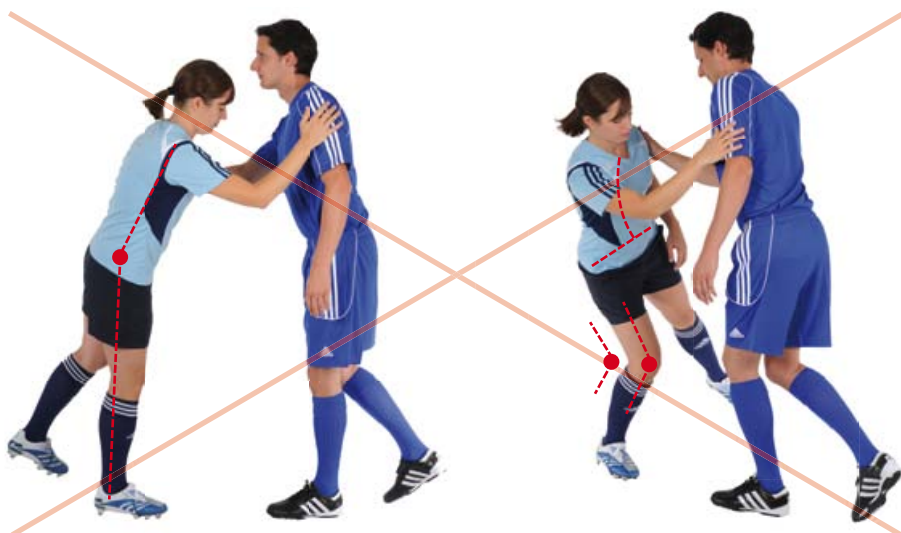
- 1 When viewed from the front, the hip, knee and foot of your supporting leg should be in a straight line.
  - 2 Always keep the hip and knee of your supporting leg slightly bent.
  - 3 Keep your weight on the ball of your foot.
  - 4 Keep your upper body stable and facing forwards.
  - 5 Keep your pelvis horizontal.
- ▼ Do **not** let your knee buckle inwards.
  - ▼ Do **not** let your pelvis tilt to the side.

## 10.3 SINGLE-LEG BALANCE TEST YOUR PARTNER

**+ CORRECT**



**- WRONG**



## 11.1 SQUATS WITH TOE RAISE

This exercise strengthens your hamstrings and calf muscles and improves your movement control.

**Assume the starting position,** standing with your feet hip-width apart and your hands on your hips.

**During this exercise,** slowly bend your hips, knees and ankles until your knees are flexed to 90 degrees. Lean your upper body forwards. Then straighten your upper body, hips and knees. When your knees are completely straight, stand up on your toes and then slowly lower yourself down again, before straightening up slightly more quickly. Repeat the exercise for 30 seconds.

**Repetitions:** 2 sets (30 sec. each)

### Important when performing the exercise:

- 1 When viewed from the front, the hip, knee and foot of both legs should be in two straight parallel lines.
- 2 Bend your hips, knees and ankles at the same time and lean your upper body forwards.
- 3 When leaning your upper body forwards, keep your back straight.
- 4 Stand up on your toes when you straighten up.

▼ Do **not** let your knees buckle inwards.

▼ Do **not** tilt your head backwards.

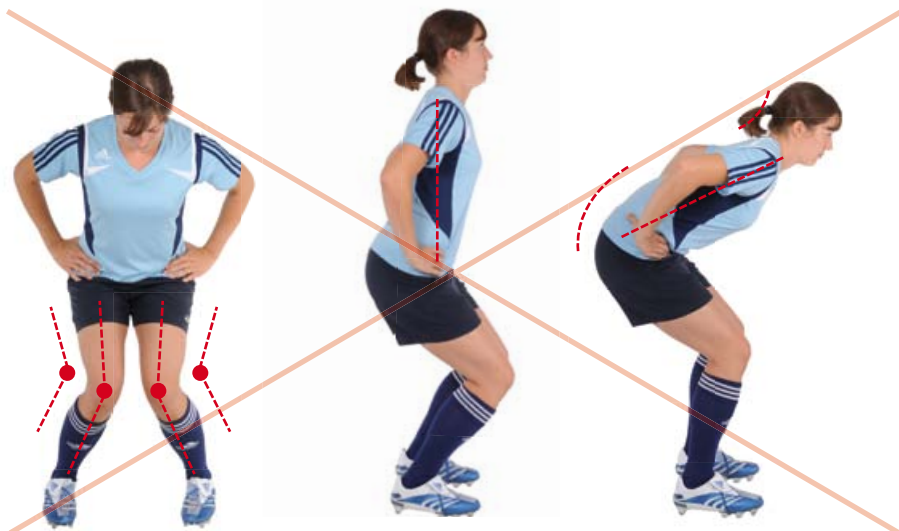


## 11.1 SQUATS WITH TOE RAISE

**+ CORRECT**



**- WRONG**



## 11.2 SQUATS **WALKING LUNGES**

This exercise strengthens your hamstrings and gluteal muscles and improves your movement control.

**Assume the starting position,** standing with both feet hip-width apart on the ground and your hands on your hips.

**During this exercise,** lunge forwards slowly at an even pace. As you lunge, bend your hips and knees slowly until your leading knee is flexed to 90 degrees. The bent knee should not extend beyond the toes. Keep your upper body straight and your pelvis horizontal. Do 10 lunges on each leg.

**Repetitions:** 2 sets (10 lunges on each side)

### **Important when performing the exercise:**

- 1 Bend your leading knee to 90 degrees.
  - 2 Keep your upper body upright.
  - 3 Keep your pelvis horizontal.
- ▼ Your bent knee should **not** extend beyond your toes.
  - ▼ Do **not** let your leading knee buckle inwards.
  - ▼ Do **not** bend your upper body forwards.
  - ▼ Do **not** twist or tilt your pelvis to the side.

## 11.2 SQUATS WALKING LUNGES

**+ CORRECT**



**- WRONG**



## 11.3 SQUATS **ONE-LEG SQUATS**

This exercise strengthens your front thigh muscles and improves your movement control.

**Assume the starting position,** standing on one leg next to a partner so that you can both loosely hold on to each other. Hold the raised leg slightly behind the supporting leg.

**During this exercise,** bend your knee at the same time as your partner. Slowly bend your knee, if possible until it is flexed to 90 degrees, and straighten up again. Bend your knee slowly then straighten it slightly more quickly. Repeat the exercise on the other side, doing 10 squats on each leg.

**Repetitions:** 2 sets (10 on each side)

### **Important when performing the exercise:**

- 1 When viewed from the front, the hip, knee and foot of your supporting leg should be in a straight line.
- 2 Lean your upper body slightly forwards and keep it stable and facing forwards.
- 3 Keep your pelvis horizontal.
- 4 Bend your knee slowly then straighten it slightly more quickly.

▼ Do **not** let your knee buckle inwards.

▼ Your bent knee should **not** extend beyond your toes.

▼ Do **not** twist or tilt your pelvis to the side.

## 11.3 SQUATS ONE-LEG SQUATS

**+ CORRECT**



**- WRONG**



## 12.1 JUMPING VERTICAL JUMPS

This exercise improves your jumping power and movement control.

**Assume the starting position,** standing with your feet hip-width apart and your hands on your hips.

**During this exercise,** slowly bend your hips, knees and ankles until your knees are flexed to 90 degrees. Lean your upper body forwards. Hold this position for 1 second, then jump as high as you can. While you jump, straighten your whole body. Land softly on the balls of your feet and slowly bend your hips, knees and ankles as far as possible. Repeat for 30 seconds.

**Repetitions:** 2 sets (30 sec.)

**Important when performing the exercise:**

- 1 When viewed from the front, the hip, knee and foot of both legs should be in two straight parallel lines.
- 2 Bend the hips, knees and ankles at the same time and lean your upper body forwards.
- 3 Jump off both feet and land gently on the balls of your feet.
- 4 A cushioned landing and a powerful take-off are more important than how high you jump.

▼ Do **not** let your knees buckle inwards.

▼ Do **not** land with extended knees or on your heels.

## 12.1 JUMPING **VERTICAL JUMPS**

**+ CORRECT**



**- WRONG**



## 12.2 JUMPING **LATERAL JUMPS**

This exercise improves your jumping power and movement control on one leg.

**Assume the starting position,** standing on one leg. Bend your hips, knee and ankle slightly and lean your upper body forwards.

**During this exercise,** jump approximately one metre to the side from your supporting leg onto your other leg. Land gently on the ball of your foot and bend your hips, knee and ankle. Hold this position for about a second and then jump onto the other leg. Keep your upper body stable and facing forwards and your pelvis horizontal. Repeat for 30 seconds.

**Repetitions:** 2 sets (30 sec. each)

### **Important when performing the exercise:**

- 1 When viewed from the front, your hip, knee and foot should be in a straight line.
  - 2 Land gently on the balls of your foot, bend the hip, knee and ankle at the same time and lean your upper body forwards.
  - 3 Keep your upper body stable and facing forwards.
  - 4 Keep your pelvis horizontal.
- ▼ Do **not** let your knee buckle inwards.
  - ▼ Do **not** turn your upper body.
  - ▼ Do **not** twist or tilt your pelvis to the side.

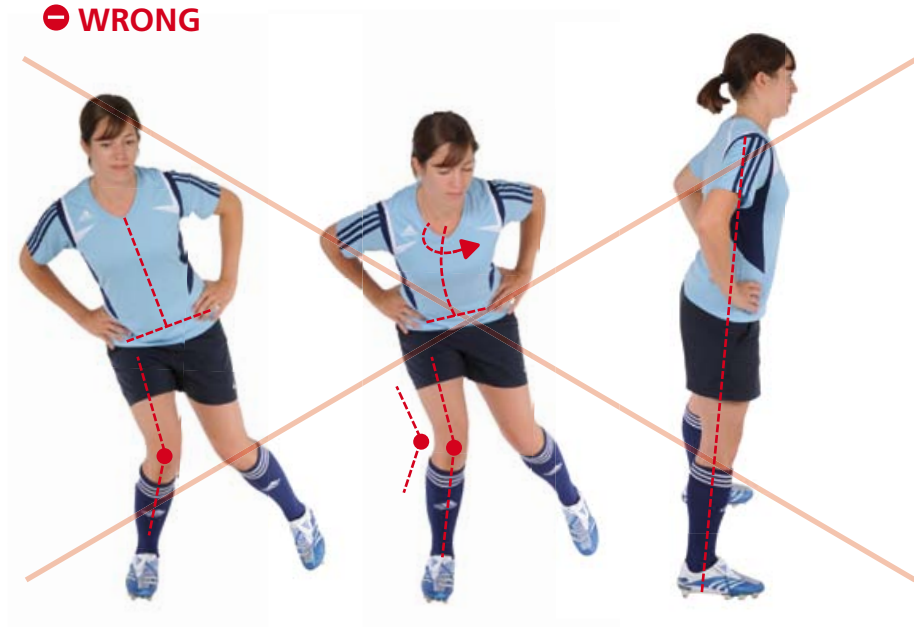


## 12.2 JUMPING LATERAL JUMPS

**+ CORRECT**



**- WRONG**



## 12.3 JUMPING BOX JUMPS

This exercise improves body stability through quick movements in different directions.

**Assume the starting position,** standing with feet hip-width apart and imagine that there is a cross marked on the ground and you are standing in the middle of it.

**During this exercise,** bend your hips, knees and ankles and from this position alternate between jumping forwards and backwards, from side to side, and diagonally across the cross. Jump as quickly and explosively as possible. Land gently on the balls of your feet and bend your hips, knees and ankles. Lean your upper body forwards slightly throughout the exercise. Repeat the exercise for 30 seconds.

**Repetitions:** 2 sets (30 sec. each)

### Important when performing the exercise:

- 1 When viewed from the front, the hip, knee and foot of both legs should be in two straight parallel lines.
  - 2 Jump off both feet and land on the balls of your feet with feet hip-width apart.
  - 3 Bend your hips, knees and ankles on landing.
  - 4 A cushioned landing and a powerful take-off are more important than how high you jump.
- ▼ Never let your knees meet and do **not** let them buckle inwards.
  - ▼ Do **not** land with extended knees or on your heels.

## 12.3 JUMPING **BOX JUMPS**

**+ CORRECT**



**- WRONG**

