

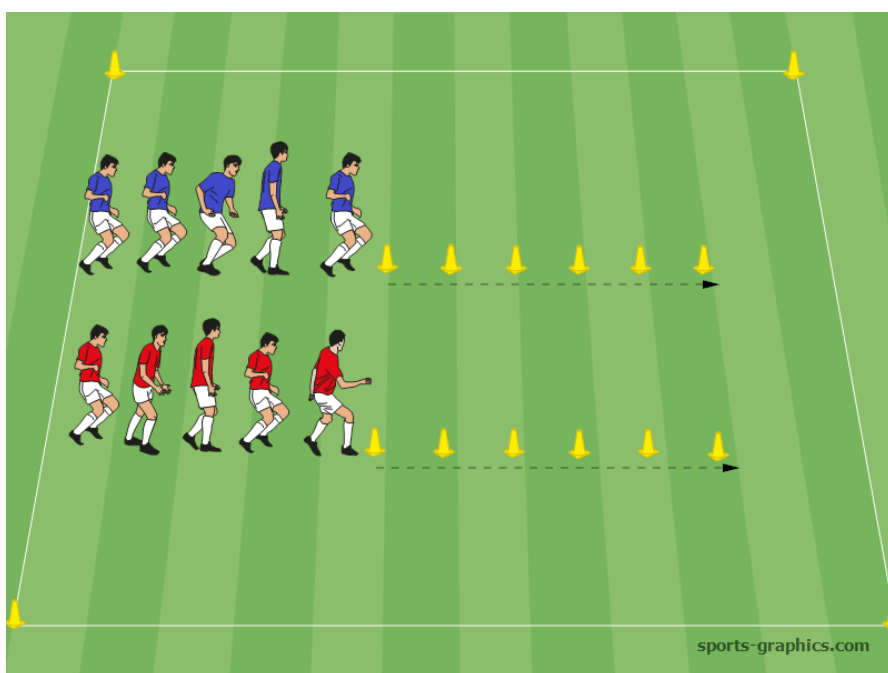
FIFA 11+

To thoroughly prepare players, physically and mentally, and to help reduce soft tissue injuries

PHYSICAL

Warm Up

Dynamic Movement



Set up a 20x20 playing area.
Set up two lines of cones placed 5yds from each other.
Each line of cones is spaced 1yd apart.
Arrange players equally behind each first cone ie. groups of six. Set up another area to avoid queuing for larger groups.
Players move to each cone and complete sets of exercise repeating once:
Running Straight - jog straight to the end cone and return slightly quicker
Hip Out/In - jog to first cone, stop and lift knee to the side. Rotate the knee forwards and put the foot down. Repeat with opposite leg at the next cone.
Circling Partner - jog to the first cone. Shuffle sideways at a 90-degree angle toward other line player. Shuffle in a circle around each other continuing to face the

forward direction. Repeat at each cone.

Jump with shoulder contact - jog to the first cone. Shuffle sideways at a 90-degree angle toward other line player. In the middle, jump sideways towards each other to make shoulder to shoulder contact. Shuffle back to the cone and repeat at next cone.

Quick forwards and backwards sprints - run quickly to the second cone then run backwards quickly to the first cone, keeping hips and knees slightly bent. Repeat by running forwards two cones and backwards one cone until the end is reached.

VARIATIONS AND PROGRESSIONS

Each practice can be varied to adapt to the needs of players. Simple changes can increase or decrease the challenge. Examples such as changing the rules, the size of the area, overloading the advantage of one team, varying the focus, or setting team challenges will keep players motivated and all attribute to good coaching methodology.



LEARNING OUTCOMES

- The importance of warming up correctly and getting into good habits to prepare body and mind for performing well.

KEY FACTORS

- Ensure drinks are taken regularly throughout the warm up phase
- Good communication
- Increase intensity
- Monitor performance of players - first touch, movement and general body language/focus
- Start gradually

FOCUS AREAS

- All athletes need to warm up before participating in practices and games.
- Allow players to hydrate to maintain efficiency levels.
- Can be done with or without the ball.
- Should always be progressive.
- Warm ups should be fun and realistic/relevant to the main session when possible.

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