

EXERCISE 4: PRESS-UPS

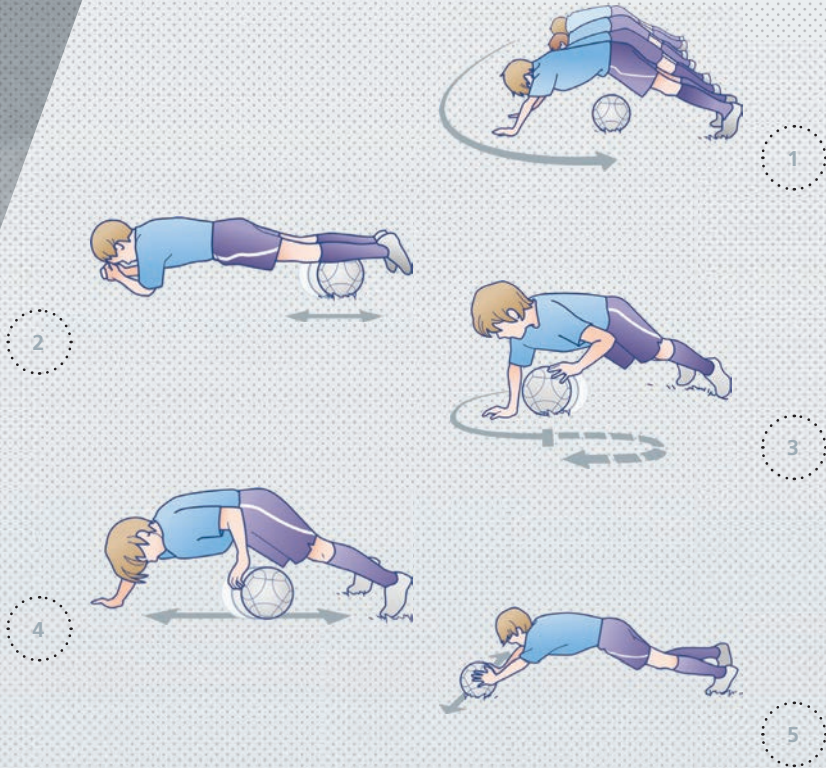
**LEVEL 1:
TUNNEL**

**LEVEL 2:
FOREARM SUPPORT;
SHIN RESTING
ON BALL**

**LEVEL 3:
ROLLING THE BALL
AROUND THE HANDS**

**LEVEL 4:
ROLLING THE BALL
BETWEEN HANDS
AND FEET**

LEVEL 5: HANDS ON THE BALL



THE FOLLOWING APPLIES TO ALL LEVELS:

FOCUS: strengthening the core and arm muscles.

OBJECTIVE maintaining body tension during the exercises.

INSTRUCTIONS TO THE PLAYERS:
 "Keep your body in as straight a line as possible from head to foot. Tense your stomach and back."

LEVEL 1: TUNNEL

STARTING POSITION: one player stands while the other players are in press-up position close to each other to form a tunnel, hands and feet hip-width apart.

ACTION: The standing player rolls a ball down the tunnel and then goes to the start of the tunnel and assumes the press-up position. After the ball has rolled through, the last player in the tunnel takes it and runs to the start of the tunnel, rolls the ball through and goes to the start of the tunnel in the press-up position. The tunnel meanders on in this way. The exercise can be turned into a competition between two groups.



**2 SETS, WITH EACH CHILD
ROLLING THE BALL ONCE
(MAXIMUM 8 PLAYERS
PER GROUP)**

LEVEL 2: FOREARM SUPPORT; SHIN RESTING ON BALL

STARTING POSITION: The players lie with their forearms flat on the ground and the ball under the middle of their shins, head facing the ground. The body should be in a straight line from head to foot.

ACTION: the players move themselves forward until the ball lightly touches the feet and then back until the ball is almost under the knees. The movements should be slow and deliberate. The forearms stay in the same place and the legs should always be on the ball.



**3 SETS
OF 15 SECONDS
EACH**

LEVEL 3: ROLLING THE BALL AROUND THE HANDS

STARTING POSITION: the players are in the press-up position, with a ball in front of each player.

ACTION: the players lift a hand from the ground and roll the ball around the other hand that is still on the ground. They then swap hands to repeat the exercise, thus making a figure eight with the ball.



3 SETS
OF 15 SECONDS
EACH

LEVEL 4: ROLLING THE BALL BETWEEN HANDS AND FEET

STARTING POSITION: as level 3.

ACTION: the players roll the ball with the left hand under the body to the left foot and then pass the ball with the same foot to the right hand. Repeat the exercise starting with the right hand (to the right foot and then up to the left hand), thus switching sides.



**3 SETS
OF 15 SECONDS
EACH**

LEVEL 5: HANDS ON THE BALL

STARTING POSITION: as level 3, except that the players support themselves by placing both hands on the ball.

ACTION: the players move slowly backwards with the feet in small stages and then back to the starting position. The movements must be made calmly and in a controlled manner. Note: if the grass is damp, switch to level 4.



3 SETS
OF 10 SECONDS
EACH

THE FOLLOWING ERRORS MUST BE CORRECTED:



1 Pelvis too low



2 Pelvis too high



3 Feet turned inwards



4 Feet turned outwards

Head, shoulders, back and pelvis are in a straight line	Pull in the stomach and buttocks
Look down towards the ground	Movements should be slow and deliberate
IMPORTANT	

EXERCISE 5: SINGLE-LEG JUMPS

**LEVEL 1:
FORWARDS**

**LEVEL 2:
BACK AND FORTH**

**LEVEL 3:
SIDEWAYS**

**LEVEL 4:
THE COACH
INDICATES THE
DIRECTION**

**LEVEL 5: THE COACH INDICATES THE DIRECTION;
BALL IN BOTH HANDS**



THE FOLLOWING APPLIES TO ALL LEVELS:

OBJECTIVE: safe, controlled landing and big jumps.

FOCUS: strengthening the leg muscles, improving balance and coordination.

INSTRUCTIONS TO THE PLAYERS:
 "Jump as far as you can, land safely, and keep your balance until the next jump."

LEVEL 1: FORWARDS

STARTING POSITION: the players stand on one leg on the goal line with clear space between them, i.e. about 2 metres apart.

ACTION: at the coach's command, the players jump forward on one leg, landing on the same leg. The jumps should be as long as possible. Players should stand still for around 3 seconds after landing. After a complete set (10 jumps in total), the players walk slowly back to the goal line.



LISTEN TO THE COACH

**2 SETS OF
5 JUMPS ON ONE LEG
AND 5 ON THE OTHER**

LEVEL 2: BACK AND FORTH

STARTING POSITION: the players stand on one leg about 2 metres in front of the goal line with clear space between them, i.e. about 2 metres apart.

ACTION: as level 1, except that the coach indicates whether to jump forwards or backwards.



WATCH THE COACH

**2 SETS OF
5 JUMPS ON ONE LEG
AND 5 ON THE OTHER**

LEVEL 3: SIDEWAYS

STARTING POSITION AND ACTION: as level 2, except that the players jump sideways. The coach indicates the direction, and constantly watches to ensure that no collisions occur due to players being too close to each other.



LISTEN TO THE COACH

**2 SETS OF
5 JUMPS ON ONE LEG
AND 5 ON THE OTHER**

LEVEL 4: THE COACH INDICATES THE DIRECTION

STARTING POSITION AND ACTION: as level 2, except that the players jump in the direction indicated by the coach (forwards, backwards, left and right). The coach gives the command ("Jump!") while indicating the direction, to avoid collisions. Ensure that there is sufficient space between the players!



LISTEN TO THE COACH

**2 SETS OF
5 JUMPS ON ONE LEG
AND 5 ON THE OTHER**

LEVEL 5: THE COACH INDICATES THE DIRECTION; BALL IN BOTH HANDS

STARTING POSITION AND ACTION: as level 4, except that the players hold a ball in both hands.



LISTEN TO THE COACH

**2 SETS OF
5 JUMPS ON ONE LEG
AND 5 ON THE OTHER**

THE FOLLOWING ERRORS MUST BE CORRECTED:

1

Knee inwards and lopsided pelvis



2

Hips bent, leaning too far forward



3

Looking down at the ground



4

Foot pointing inwards



5

Foot pointing outwards



When viewed from the front, the hip, knee and foot of the launching leg are in a straight line.

The hips and the knee of the supporting leg are always slightly bent.

Knee to be bent when landing softly to cushion the impact.

Players should find their balance on each landing.

Body tension: the stomach and back muscles should be tensed, with the back straight and the head extending the spine.

Ensure that there is sufficient space between the players at the sides!

IMPORTANT

EXERCISE 6: SPIDERMAN

**LEVEL 1:
STROKING THE BALL**

**LEVEL 2:
A PROPER STRETCH**

**LEVEL 3:
THE CRAB**

**LEVEL 4:
DRIBBLING**

LEVEL 5: BALL BEARING



1



2



3



4



5

THE FOLLOWING APPLIES TO ALL LEVELS:

FOCUS: strengthening the core muscles and the hamstrings.

OBJECTIVE: maintaining the body tension throughout the exercise.

INSTRUCTIONS TO THE PLAYERS: "Keep your backside up and tense your stomach and back."

LEVEL 1: STROKING THE BALL

STARTING POSITION: the players support themselves on their hands and feet, hip-width apart, the back pointing towards the ground. The body should be in as straight a line as possible from the head to the knees. The ball is directly in front of the feet.

ACTION: the players lift one leg, touch the ball with one foot and roll it gently forwards and then backwards. They repeat the exercise with the other leg and then alternate the movement with each leg. The movement should be slow and deliberate.



3 SETS
OF 15 SECONDS
EACH

LEVEL 2: A PROPER STRETCH

STARTING POSITION: as level 1.

ACTION: the players move backwards with their hands extended and then return to the starting position (top picture) and then move with their feet forwards until the body is fully stretched and back again (bottom picture). The players perform the exercise slowly and in a controlled manner, alternating the movements.



**3 SETS
OF 15 SECONDS
EACH**

LEVEL 3: THE CRAB

STARTING POSITION: as level 1.

ACTION: the players move forward on all fours (feet at the front) towards the coach.



**3 SETS
(5-10 METRES,
DEPENDING ON
ABILITY)**

LEVEL 4: DRIBBLING

STARTING POSITION AND ACTION: as level 3, except that the players “dribble” with a ball, which is guided in a controlled manner.



**3 SETS
(5-10 METRES,
DEPENDING ON
ABILITY)**

LEVEL 5: BALL BEARING

STARTING POSITION: as level 1, except that the players support themselves by placing their feet on the ball.

ACTION: the players roll the ball under their feet and move forwards slowly and in a controlled manner.



**3 SETS
(3-7 METRES,
DEPENDING ON
ABILITY)**

THE FOLLOWING ERRORS MUST BE CORRECTED:



1 Wrong position of head



2 Sagging body



3 Feet turned inwards



4 Feet turned outwards

Keep the buttocks up.

The head should be in a neutral position.

The body should be in as straight a line as possible from the shoulders to the knees.

The feet are always under or in front of the knees (knee angle always more than 90°)

IMPORTANT

EXERCISE 7: SIDEWAYS ROLL

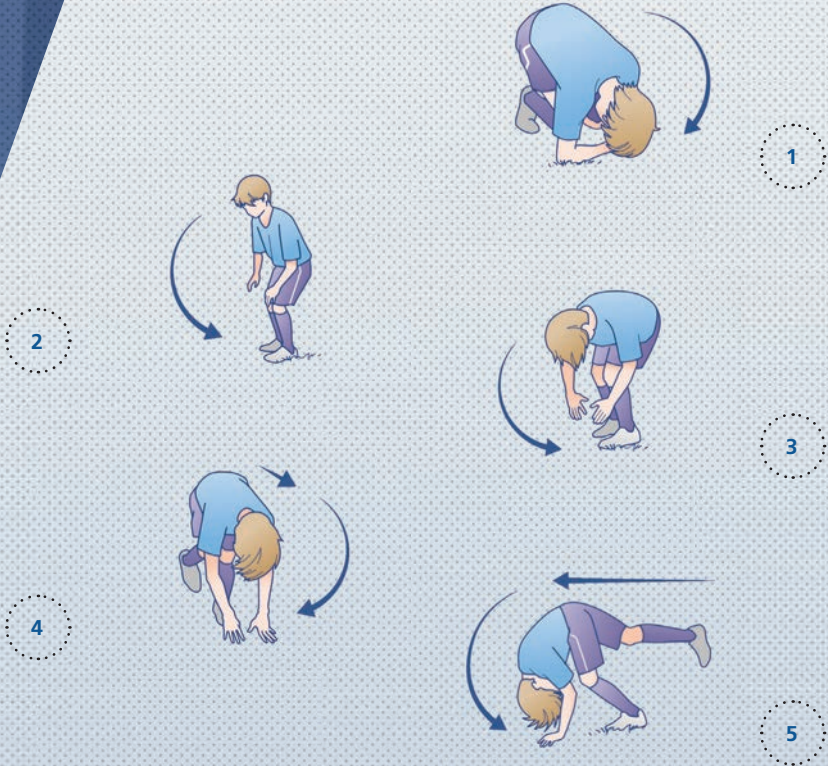
**LEVEL 1:
SQUATTING
POSITION**

**LEVEL 2:
SLOWLY FROM A
STANDING POSITION**

**LEVEL 3:
DYNAMICALLY
FROM A STANDING
POSITION**

**LEVEL 4:
FROM A SLOW WALK**

**LEVEL 5: FROM A FASTER
FORWARD MOVEMENT**



THE FOLLOWING APPLIES TO ALL LEVELS:

FOCUS: learning how to fall and roll.

OBJECTIVE: mastering roll exercises in both directions..

INSTRUCTIONS TO THE PLAYERS: "Make yourself small and round like a ball."

LEVEL 1: SQUATTING POSITION

STARTING POSITION: the players squat, about 2 metres apart.

ACTION: the players put both hands on the ground in front of their knees. They then lower their heads so that the chin is nearly touching the chest and roll over diagonally on their arm, shoulder and back. Example: if rolling to the right, the right arm should be bent and in front of the body. The players then roll over on the outside of their right arm and right shoulder and then diagonally over their back onto their feet. After every roll, the coach must wait for at least 5 seconds before giving the next command. The players concentrate on every roll, and the coach tells the players in which direction they should roll every time.



5 ROLLS PER SIDE

LEVEL 2: SLOWLY FROM A STANDING POSITION

STARTING POSITION: the players are standing straight, about 2 metres apart.

ACTION: the rolls learned in level 1 are now performed from a standing position. The players squat by bending their knees, looking downwards and moving the chin towards the chest. The hand movement should be slow and deliberate, so that the players can master the process. The roll movement is the same as for level 1.



5 ROLLS PER SIDE

LEVEL 3: DYNAMICALLY FROM A STANDING POSITION

STARTING POSITION: as level 2.

ACTION: the squatting posture adopted in level 2 is now performed more quickly and dynamically and the roll learned in level 1 is introduced dynamically.



5 ROLLS PER SIDE

LEVEL 4: FROM A SLOW WALK

STARTING POSITION: It is important that the players are able to safely execute the fast rolls that they learned in level 3 from a standing position.

ACTION: the squatting and rolling actions learned in level 3 are now introduced from a slow walk.



5 ROLLS PER SIDE

LEVEL 5: FROM A FASTER FORWARD MOVEMENT

STARTING POSITION: It is important that the players are able to safely execute the movement that they learned in level 4 in both directions. Only then can level 5 be attempted.

ACTION: as level 4, except from a faster forward movement (quick walking/jogging).



5 ROLLS PER SIDE

THE FOLLOWING ERRORS MUST BE CORRECTED:



Arms stretched



Head touching the ground,
straight roll over the back



IMPORTANT

Roll over on the outside of the arm, the shoulder and then diagonally over the back.

Adequate pause after every roll (at least 5 seconds).

The chin should be lowered to the chest.

Ensure that there is enough distance between the players before every roll.

The coach tells the players when to start and the direction for every roll.

FREQUENTLY ASKED QUESTIONS

WHAT IS THE “FIFA 11+ FOR KIDS”?

The “FIFA 11+ for Kids” is a complete warm-up programme to prevent the most common injuries in children’s football (for over-14-year-olds, there is the “FIFA 11+”).

WHO DEVELOPED THE “FIFA 11+ FOR KIDS”?

The “FIFA 11+ for Kids” was developed by a team of international experts from the FIFA Medical Assessment and Research Centre (F-MARC), the Department of Sport, Exercise and Health (DSBG) in Basel (Switzerland), the University of Amsterdam (Netherlands), the University of Cincinnati (USA), the Charles University and Na Bulovce Hospital (Czech Republic), the University of Applied Science in Sion (Switzerland) and the Institute of Sport and Preventive Medicine of Saarland University (Germany).

Extensive experience from the “FIFA 11+” and other exercise programmes designed to prevent sports injuries went into the development of the programme.

WHAT ARE THE BENEFITS OF THE “FIFA 11+ FOR KIDS”?

The preventative effect of the programme has been scientifically demonstrated by a major, randomised controlled study. It is easy to implement and no equipment (i.e. no extra costs) or specialist knowledge is required. It is a complete warm-up programme with various levels of difficulty and as most of the exercises train different aspects at the same time, it is also efficient.

ARE THE EXERCISES NEW?

Although most of the exercises are not new, until now they have not been part of the training routine. What is new is the way they have been combined to create a simple and practical programme that can be used to warm up before every training session.

HOW WERE THE EXERCISES SELECTED?

The preventative effect of the exercises has been scientifically demonstrated and, when used together, they prevent the most common football injuries from occurring.

HOW DO THE EXERCISES WORK?

The exercises strengthen the leg and core muscles and improve dynamic and reactive neuromuscular control, agility, coordination and balance as well as jumping technique and power.

WHY IS THERE NO STRETCHING IN THE “FIFA 11+ FOR KIDS”?

Research has shown that static stretching has a negative effect on muscular performance, and the preventative effect of dynamic stretching has yet to be proven. Stretching exercises are therefore not recommended for warming up, although they can be performed after training.

WHO IS THE “FIFA 11+ FOR KIDS” FOR?

The “FIFA 11+ for Kids” has been specially developed for children’s football, and the programme is aimed at 7 to 13 year-olds.

WHEN SHOULD THE “FIFA 11+ FOR KIDS” BE PERFORMED?

The “FIFA 11+ for Kids” should be performed as a warm-up programme at the beginning of every training session.

HOW OFTEN SHOULD THE “FIFA 11+ FOR KIDS” BE PERFORMED?

At the beginning of every training session (at least twice a week).

WHAT SHOULD COACHES LOOK OUT FOR IN PARTICULAR WHEN CONDUCTING THE EXERCISES?

To be effective, every exercise must be performed correctly and accurately, as described in this manual. Coaches should monitor the exercises and correct players when required.

HOW LONG DOES THE “FIFA 11+ FOR KIDS” TAKE?

Between 15 and 20 minutes, once the players have learned the exercises.

HOW LONG DOES IT TAKE UNTIL THE “FIFA 11+ FOR KIDS” HAS AN EFFECT?

Depending on the frequency of the training sessions, about 10 to 12 weeks.

WHEN CAN PLAYERS STOP WORKING WITH THE “FIFA 11+ FOR KIDS”?

Children should continue using the “FIFA 11+ for Kids” for as long as they play football, as the effects of the programme wear off when they stop performing the exercises.

CAN YOU RECOMMEND ANY OTHER PREVENTATIVE MEASURES?

Other preventative measures are naturally possible and desirable, especially fair play and wearing shin pads.

HOW OLD DO PLAYERS HAVE TO BE FOR THE “FIFA 11+ FOR KIDS”?

At least seven years old.

DO PLAYERS HAVE TO WARM UP BEFORE THE “FIFA 11+ FOR KIDS”?

No, the “FIFA 11+ for Kids” is a complete warm-up programme that replaces other such programmes.

WHAT TYPE OF FOOTWEAR IS RECOMMENDED FOR THE “FIFA 11+ FOR KIDS”?

Ideally, the exercises should be performed on grass with football boots.

CAN THE ORDER IN WHICH THE EXERCISES ARE PERFORMED BE CHANGED?

No, the order should not be changed.

WHEN SHOULD PLAYERS MOVE UP TO THE NEXT LEVEL OF THE “FIFA 11+ FOR KIDS”?

Players should start at level 1 and only move up to the next level when they can perform the exercise in the allotted time and with the specified number of repetitions.

SUMMARY

The “FIFA 11+ for Kids” is an effective injury prevention programme for children’s football that also improves performance. It should be performed regularly as a warm-up programme at the beginning of every training and thus replaces normal warm-up exercises.

