



Tema fotbollsfys

Förberedelseträning (=uppvärmning)

Knäkontroll

FIFA 11+/FIFA 11+ kids

Fysiska grundkvaliteter

Koordination



Rörlighet



Styrka



Snabbhet

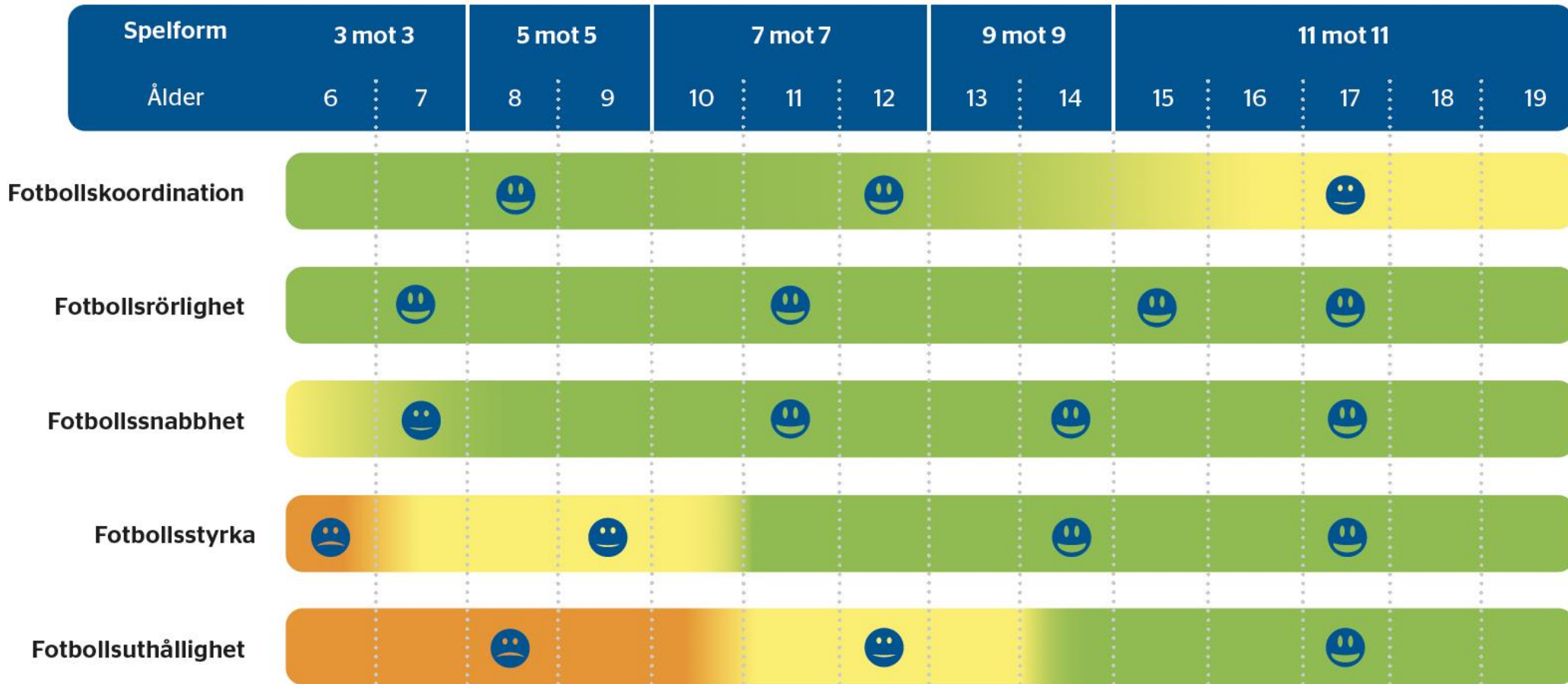


Uthållighet



Aktion







Specifik träning

Allsidig träning



Förberedelseträning

FÖRBEREDELSETRÄNING

Fotboll

1. Aktivering 
2. Dynamisk rörlighet 
3. Löpteknik 
4. Fotarbete 
5. Hoppa-Landa-Löpa 

LITE MEN OFTA!

The 7+

Integrera med fördighetsövningar
- Komblera med lagets arbetsstilt.

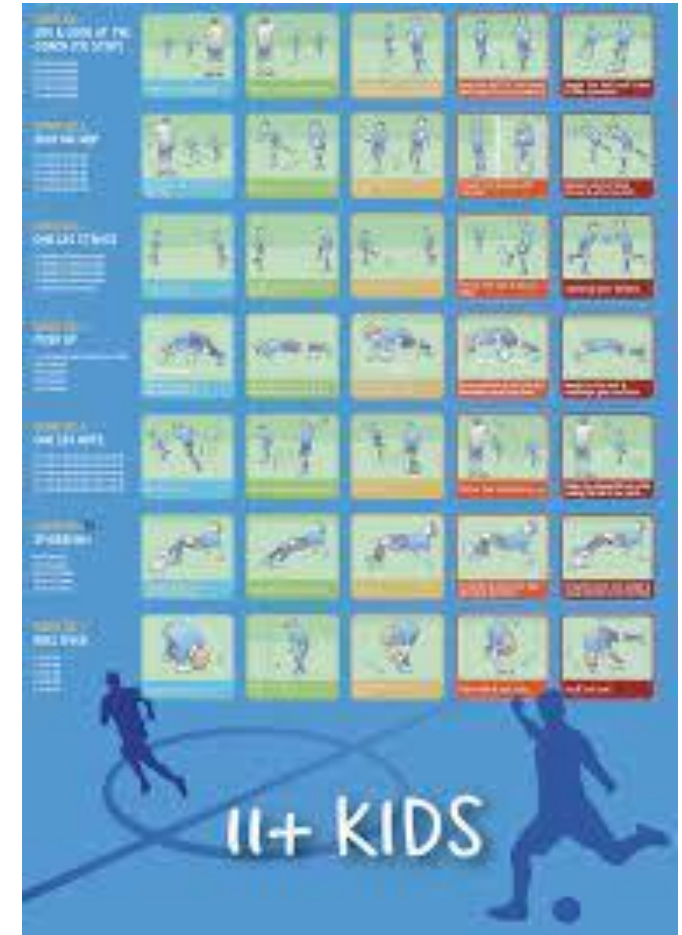




FIFA 11+ kids



FIFA 11+ Kids Exercise 7 - Rolling





FIFA 11+



FIFA 11+

PART 1 RUNNING EXERCISES - 8 MINUTES

1 RUNNING STRAIGHT AHEAD The player starts in a ready position and runs straight ahead for 30 seconds. The player then returns to the ready position and repeats the exercise for 30 seconds. Total time: 1 minute.	2 RUNNING HIP OUT The player starts in a ready position and runs with the right hip out for 30 seconds. The player then returns to the ready position and repeats the exercise for 30 seconds. Total time: 1 minute.	3 RUNNING HIP IN The player starts in a ready position and runs with the left hip in for 30 seconds. The player then returns to the ready position and repeats the exercise for 30 seconds. Total time: 1 minute.
4 RUNNING CIRCULAR PARTNER The player starts in a ready position and runs in a circle around a partner for 30 seconds. The player then returns to the ready position and repeats the exercise for 30 seconds. Total time: 1 minute.	5 RUNNING SHOULDER CONTACT The player starts in a ready position and runs with shoulder contact for 30 seconds. The player then returns to the ready position and repeats the exercise for 30 seconds. Total time: 1 minute.	6 RUNNING QUICK FORWARDS & BACKWARDS The player starts in a ready position and runs quickly forwards and backwards for 30 seconds. The player then returns to the ready position and repeats the exercise for 30 seconds. Total time: 1 minute.

PART 2 STRENGTH - PLYOMETRICS - BALANCE - 10 MINUTES

LEVEL 1	LEVEL 2	LEVEL 3
1 THE BENCH STATIC The player starts in a ready position and holds the bench static for 30 seconds. The player then returns to the ready position and repeats the exercise for 30 seconds. Total time: 1 minute.	2 THE BENCH ALTERNATE LEGS The player starts in a ready position and holds the bench static with alternate legs for 30 seconds. The player then returns to the ready position and repeats the exercise for 30 seconds. Total time: 1 minute.	3 THE BENCH ONE LEG LIFT AND HOLD The player starts in a ready position and holds the bench static with one leg lift and hold for 30 seconds. The player then returns to the ready position and repeats the exercise for 30 seconds. Total time: 1 minute.
4 SIDEWAYS BENCH STATIC The player starts in a ready position and holds the bench static sideways for 30 seconds. The player then returns to the ready position and repeats the exercise for 30 seconds. Total time: 1 minute.	5 SIDEWAYS BENCH RAISE & LOWER HIP The player starts in a ready position and holds the bench static sideways with raise and lower hip for 30 seconds. The player then returns to the ready position and repeats the exercise for 30 seconds. Total time: 1 minute.	6 SIDEWAYS BENCH WITH LEG LIFT The player starts in a ready position and holds the bench static sideways with leg lift for 30 seconds. The player then returns to the ready position and repeats the exercise for 30 seconds. Total time: 1 minute.
7 HAMSTRINGS BEGINNER The player starts in a ready position and holds the hamstring static for 30 seconds. The player then returns to the ready position and repeats the exercise for 30 seconds. Total time: 1 minute.	8 HAMSTRINGS INTERMEDIATE The player starts in a ready position and holds the hamstring static for 30 seconds. The player then returns to the ready position and repeats the exercise for 30 seconds. Total time: 1 minute.	9 HAMSTRINGS ADVANCED The player starts in a ready position and holds the hamstring static for 30 seconds. The player then returns to the ready position and repeats the exercise for 30 seconds. Total time: 1 minute.
10 SINGLE LEG STANCE HOLD THE BALL The player starts in a ready position and holds the ball on one leg for 30 seconds. The player then returns to the ready position and repeats the exercise for 30 seconds. Total time: 1 minute.	11 SINGLE LEG STANCE THROWING BALL WITH PARTNER The player starts in a ready position and holds the ball on one leg while throwing the ball to a partner for 30 seconds. The player then returns to the ready position and repeats the exercise for 30 seconds. Total time: 1 minute.	12 SINGLE LEG STANCE TEST YOUR PARTNER The player starts in a ready position and holds the ball on one leg while testing their partner for 30 seconds. The player then returns to the ready position and repeats the exercise for 30 seconds. Total time: 1 minute.
13 SQUATS WITH TOE RAISE The player starts in a ready position and holds the squat static with toe raise for 30 seconds. The player then returns to the ready position and repeats the exercise for 30 seconds. Total time: 1 minute.	14 SQUATS WALKING LUNGES The player starts in a ready position and holds the squat static with walking lunges for 30 seconds. The player then returns to the ready position and repeats the exercise for 30 seconds. Total time: 1 minute.	15 SQUATS ONE-LEG SQUATS The player starts in a ready position and holds the squat static with one-leg squats for 30 seconds. The player then returns to the ready position and repeats the exercise for 30 seconds. Total time: 1 minute.
16 JUMPING VERTICAL JUMPS The player starts in a ready position and performs vertical jumps for 30 seconds. The player then returns to the ready position and repeats the exercise for 30 seconds. Total time: 1 minute.	17 JUMPING LATERAL JUMPS The player starts in a ready position and performs lateral jumps for 30 seconds. The player then returns to the ready position and repeats the exercise for 30 seconds. Total time: 1 minute.	18 JUMPING FOX JUMPS The player starts in a ready position and performs fox jumps for 30 seconds. The player then returns to the ready position and repeats the exercise for 30 seconds. Total time: 1 minute.

PART 3 RUNNING EXERCISES - 2 MINUTES

19 RUNNING ACROSS THE PITCH The player starts in a ready position and runs across the pitch for 30 seconds. The player then returns to the ready position and repeats the exercise for 30 seconds. Total time: 1 minute.	20 RUNNING ROUNDING The player starts in a ready position and runs rounding for 30 seconds. The player then returns to the ready position and repeats the exercise for 30 seconds. Total time: 1 minute.	21 RUNNING PLANT & CUT The player starts in a ready position and runs plant and cut for 30 seconds. The player then returns to the ready position and repeats the exercise for 30 seconds. Total time: 1 minute.
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FIFA 11+ FOOTBALL FOR ALL

F-MARC FOOTBALL FOR ALL



SISU
Idrottsböcker



Folksam

- <https://utbildning.sisuforlag.se/fofboll/tranare/spelarutbildning/knakontroll/>



KNÄKONTROLL

Fotbollsfys

6-11 år

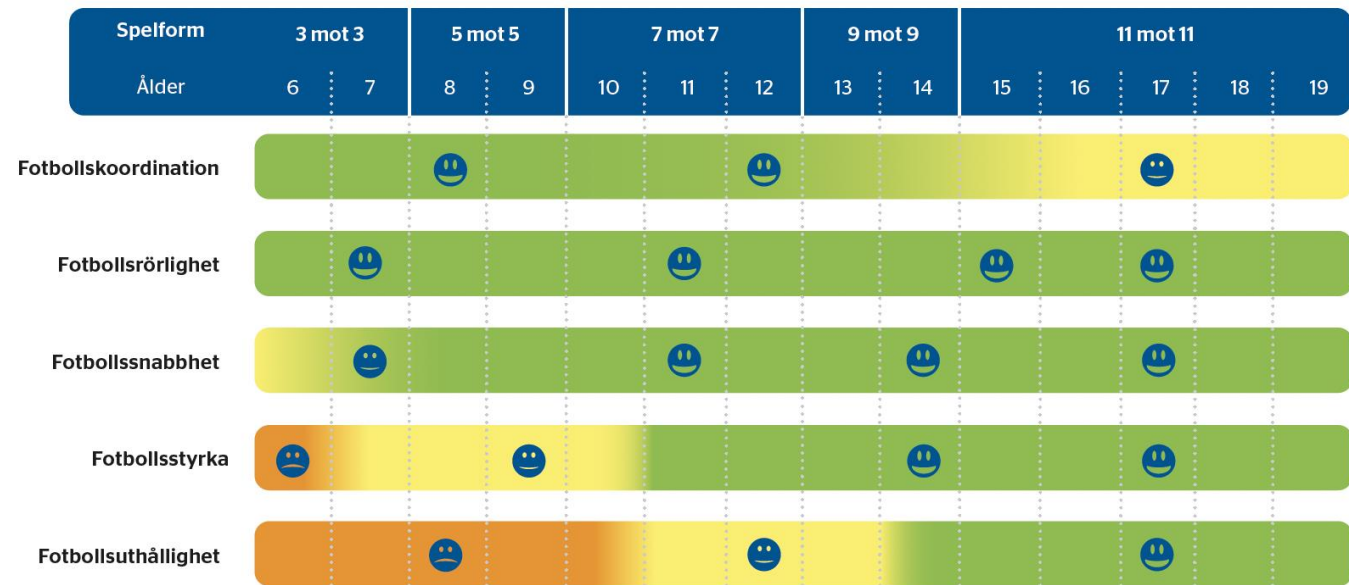
- Koordination
- Rörlighet
- Snabbhet

12 – 15 år

- Snabbhet
- Styrka
- Rörlighet
- Koordination
- (uthållighet)

15 -

- Uthållighet
- Snabbhet
- Styrka
- rörlighet





FOTBOLLSFYS

FÖRBEREDELSETRÄNING & FOTBOLLSSTYRKA

17 Maj 2021

Frågor?

- Maila gärna: hedlo@jonkoping.se alt jenny_kristiansson@hotmail.com
- Inför spelformsträffarna - obligatoriska lagträffar med FuiF Haga.
Ta med dator/pad
 - 3v3 + 5v5 må 11/3 kl 18:00 Hagagården
 - 7v7 må 18/3 kl 18:00 Hagagården
 - 9v9 + 11v11 to 21/3 kl 18:00 Hagagården
- OM du inte gått utbildning för din spelform - för dig som missade förra året eller ni som byter spelform i år: digital utbildning via Smålands ff. Obligatorisk för seriespel/poolspel.
Anmäl dig: <https://www.smalandsfotbollen.se/utbildning/>