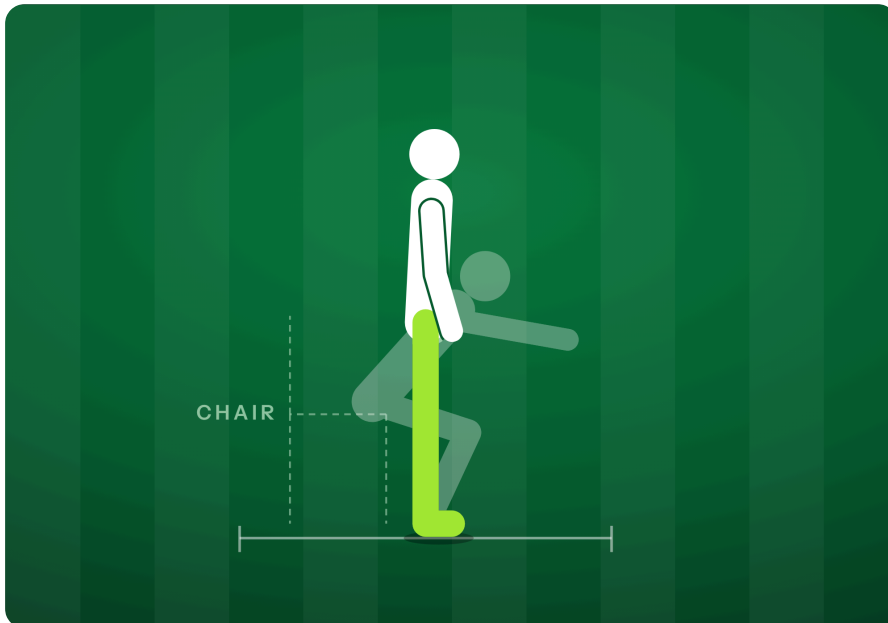




Squats and single-leg control

PHYSICAL · STRENGTH AND KNEE CONTROL ·
1 PLAYER, WITH A COACH OR PARENT WATCHING · AGE 12+



Set up

- An adult watching
- Flat, non-slip ground
- A sturdy chair behind
- Feet hip width apart

Dose

- 10 squats, 10 each leg, x2
- 2-3x a week, not in a row

Our pick, not a rule: 2 rounds of 10 squats, inside NSCA's range (1-3 sets of 6-15). The one-leg dose, 2 sets of 10 a leg, is FIFA 11+'s own.

What it trains

Leg strength and knee control on two legs, then on one. Squats and one-leg squats are part of FIFA's injury prevention warm-up (FIFA 11+); the evidence is for the whole warm-up, not squats on their own. FIFA 11+ is built for players 14 and up, and one-leg squats are its hardest squat level. We show this from 12, the age the FA adds strength work, with an adult watching.

How it works

- 1 Warm up first, every time: the FIFA 11+ Kids warm-up (ages 7-13) or FIFA 11+ from 14 (episode 2 shows it), about 15-20 minutes, or your club warm-up, with a coach or parent watching.
- 2 Stand just in front of a sturdy chair on flat ground, feet about hip to shoulder width apart.
- 3 Squat: sit back slowly until you just touch the chair, then stand up tall, a little quicker. Do 10.
- 4 Move on to one-leg squats only when every two-leg squat is clean; until then, do the Easier option (single-leg balance). Stand side-on to the chair back and hold it lightly for balance (FIFA's version holds a partner). Lift one foot just off the ground, behind you.
- 5 One-leg squat: bend slowly, only as low as you can control, keeping your hips and upper body in line, then stand up a little quicker. Do 10, then switch legs.
- 6 Rest 1 minute, then do the whole round once more.

Coaching points

- 1 **Chest showing the badge**
Sit back as if onto the chair, chest up so someone in front of you can still see the badge on your shirt. Lower slowly, stand up a little quicker.
- 2 **Knees follow your laces**
Your knee travels the way your laces point, never caving inwards. The video is side-on, so check this front-on in a mirror or phone video.

✗ **Not this:** Folding forward so your chest faces the floor. Keep the badge showing and sit back to the chair instead.

➤ HARDER

Add reps only when every rep is clean: build two-leg squats from 10 to 15, then do them without the chair behind you, at the same depth.

➤ EASIER

If the one-leg squat wobbles, swap it for single-leg balance: 30 seconds on one leg, twice each leg. Or step up through FIFA's order: walking lunges (about 10 a leg) come before one-leg squats.

🛡️ Safety

- Do this with a coach or parent watching. Bodyweight only: no weights, no jump squats.
- 2-3 times a week, never two days running.
- A sturdy chair that cannot slide, on flat, non-slip ground.
- Under 16: if your knees or heels hurt when you squat, run or jump, stop and tell an adult. Knee and heel pain is common while you are growing, and a GP or physio can help. 16 and over: if something hurts, stop rather than training through it, and get it checked by a GP or physio.
- Warm up first. Stop if anything hurts and tell an adult.

📅 Track 12 weeks (tick each session)

W1	W2	W3	W4	W5	W6	W7	W8	W9	W10	W11	W12
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐



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