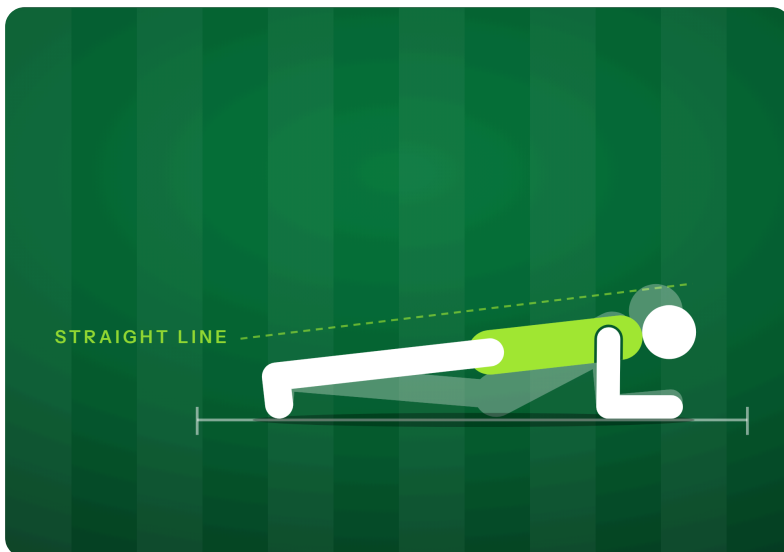




The FIFA 11+ warm-up

PHYSICAL · INJURY-PREVENTION WARM-UP · 1 PLAYER OR A WHOLE TEAM ·
AGE 14+ (AGES 7-13: FIFA 11+ KIDS)

Set up

6 pairs of cones

Cones 5 m apart

An adult watching

Dose

At least twice a week

Match day: running only

Warm up first, every time: the FIFA 11+ warm-up from 14 (the FIFA 11+ Kids warm-up for ages 7-13), about 15-20 minutes, or your club warm-up, before any speed, agility, conditioning or strength work and before every self-test (the Football Reach plan rule). FIFA asks for the 11+ at least twice a week.

What it trains

FIFA 11+ is FIFA's injury-prevention warm-up for players aged 14 and over (FIFA 11+ Kids is the version for ages 7-13), done before training. In a 2017 meta-analysis of four trials in recreational and sub-elite football, teams that used FIFA 11+ had 39% fewer injuries than control teams (rate ratio 0.61). In a study of 1,055 female players aged 13-17 in Norway, those who did it most consistently had 35% lower injury risk than those who did it a middling amount (a link, not proof). The trials tested the full programme, run by coaches with whole teams. No warm-up can stop every injury. FIFA 11+ is FIFA's programme: Football Reach is not linked to or endorsed by FIFA.

How it works

- 1 Set out 6 to 10 pairs of cones, about 5-6 m apart, on flat grass, with a ball for the balance exercise.
- 2 Part 1, running (8 min): the 6 running exercises on the FIFA 11+ poster, 2 sets each. Alone, shuffle sideways instead of circling a partner, and jump sideways without the shoulder contact (our adaptation).
- 3 Part 2, strength, jumps and balance (10 min): plank, side plank, single-leg balance holding a ball, squats and jumps, at level 1 first. We leave the partner hamstring exercise to coach-led sessions.
- 4 Plank (FIFA calls it the bench): lie on your front on your forearms and feet, elbows under your shoulders. Lift up and hold 20-30 s. 3 sets.
- 5 Jumps: bend slowly until your knees are at about 90 degrees, hold 2 s, jump as high as you can and land softly. Keep going for 30 s. 2 sets.
- 6 Part 3, running (2 min): across the pitch, bounding, then plant and cut, 2 sets each. Before a match, do Parts 1 and 3 only.

Coaching points

- 1 **Elbows under your shoulders**
Plank: hold one straight line from your shoulders to your feet, elbows directly under your shoulders. Try not to sway or arch your back.
- 2 **Land soft and quiet**
Jumps: land softly on the balls of your feet with your hips and knees slightly bent, so the landing is quiet. Do not let your knees buckle inwards.

× **Not this:** Letting your hips sag and your back arch in the plank. Keep one straight line from shoulders to feet instead.

↗ HARDER

Move to level 2, then level 3 (both on the FIFA 11+ poster), only when you do every level 1 exercise correctly (our rule of thumb).

↘ EASIER

New to it: stay on level 1, hold the plank for 20 s (the short end of FIFA's range) and learn Part 2 one exercise at a time. Under 14: use FIFA 11+ Kids instead, FIFA's warm-up for ages 7-13 (7 exercises, 5 levels, about 15-20 minutes).

🛡 Safety

- Flat, dry grass with open space around you, never a road or pavement.
- Under 16: if your knees or heels hurt when you 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.
- Under 18: do the strength and jump exercises with a coach or parent watching.
- Stop any exercise that hurts 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
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐



Watch Archie show it

footballreach.com/drills/the-fifa-11-plus-warm-up

Then take the free test at footballreach.com