

FIFA 11

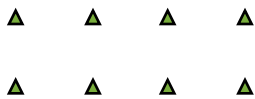
WARM UP

Coaches, This warm up is an introduction to how to prepare players for practice and games. The players motor development and coordination at this age takes time, patience and consistency. You are helping them create a habit of self care and prevent injuries. Go online and learn the FIFA 11 to learn specific technique and alignment to pay attention to in this injury prevention program.

U6

Field set up:

- 2 rows of cones 2 yards apart 4 cones in each row 3 yards apart



Do each exercise 1x. This should take 5-7 min.

1. jog to end of cone row beginning on inside of cones down and outside of cones back
2. High knees to the end of the cones and jog back(have kids hold their hand straight out in front of them and hit their hands with their knees)
3. Side shuffle down to the end of the cones and back facing same direction(knees bent/butt down, feet should not hit or cross over each other, back straight)
4. jog to 1st cone, stop, jump up in place with both legs, repeat (be sure they are landing on both feet with knees bent) jog back
5. in line balance one foot for 7-15 seconds(make sure knees are bent) alternate feet
6. jog to end of cone row- beginning on inside of cones down and outside of cones back
7. sprint to the end of the cones and jog back(begin to work on having their arms at 90 degree angle when running)

FIFA 11+ website

<http://f-marc.com/11plus/home/>

Alex Morgan and Cobi Jones viedos of the FIFA 11+

https://www.youtube.com/playlist?list=PL-W9Gn-XDQ_pIeE4molmgBb4OwyGcOUGU

If you have any questions, feel free to contact me.

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