

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.

U7/8

Field set up:

- 2 rows of cones 3 yards apart 5 cones in each row 3 yards apart

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Do each exercise 1x. This should take 10-15 min.

1. jog to end of cone row beginning on inside of cones down and outside of cones back
2. jog to first cone open door with 1 leg the run to next cone and open door with other leg then repeat jog back to start
3. Side shuffle down to the end of the cones and back facing same direction
4. jog up 2 cones, jog backwards one cone repeat
5. jog to 1st cone, stop, jump up in place with both legs, repeat (be sure they are landing on both feet with knees bent)
6. balance one foot for 20-30 seconds(make sure knees are bent) alternate feet
7. jog to the end of cone row beginning on inside of cones down and outside of cones on the way back
8. 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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