

FIFA 11

WARM UP

Coaches, This warm up is an introduction to how to prepare players for practice and games. 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.

U10/12

Field set up:

2 rows of cones 4 yards apart with 5 cones in each row 4 yards apart

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Do each exercise 1x

1. jog straight ahead
2. Hip in exercise
3. Hip out exercise
4. Side shuffle circle partner exercise
5. Side shuffle with shoulder contact exercise
6. quickly jog up 2 cones and backwards one cone repeat
7. static bench
8. sideways bench beginner
9. hamstring exercise beginner
10. balance one foot for 10-20 seconds(make sure knees are bent) alternate feet
11. walking lunges to end of cones jog back
12. squats with toe raise 20 sec
13. lateral jumps/speed skater 20 sec
14. 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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