

FIFA 11

WARM UP

Coaches, This warm up is a way to prepare players for practice and games. You are helping them create a habit of self care and injury prevention. It is best done 2x per week sections 1-3. Start out at beginner level and progress to advanced depending on your teams correct technique and abilities.

U13/19

Field set up:

2 rows of cones 5 yds apart with 6 cones in each row 5 yds. apart

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Go online and learn the FIFA 11 to learn specific technique and alignment to pay attention to in this injury prevention program. Then, have your players(captain) learn and run it on their own. It is up to you to make sure of the correct technique.

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.

Chama

ABSC

Interim Director of Coaching

chama@abscsoccer.com