



HEALING MOTION  
**PHYSICAL THERAPY**  
REHABILITATION • PERFORMANCE

# Soccer 6 Strength E-Book

Modified from the FIFA 11+  
Strength Program

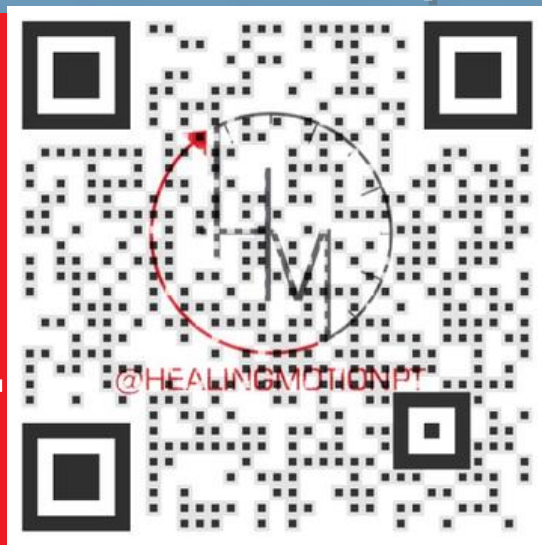
Moving Soccer Athletes to  
Excel in Movement  
and Soccer Performance

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# Objectives

To provide youth soccer teams with a simplified version of the FIFA 11+ Strength Program as follows:

1. Uniform and simple cutting 18 exercise variations down to just 6 exercises
2. Quick, taking only 18 minutes
3. Reduces injury risk
4. Improves performance



# FIFA 11+

## Key Points

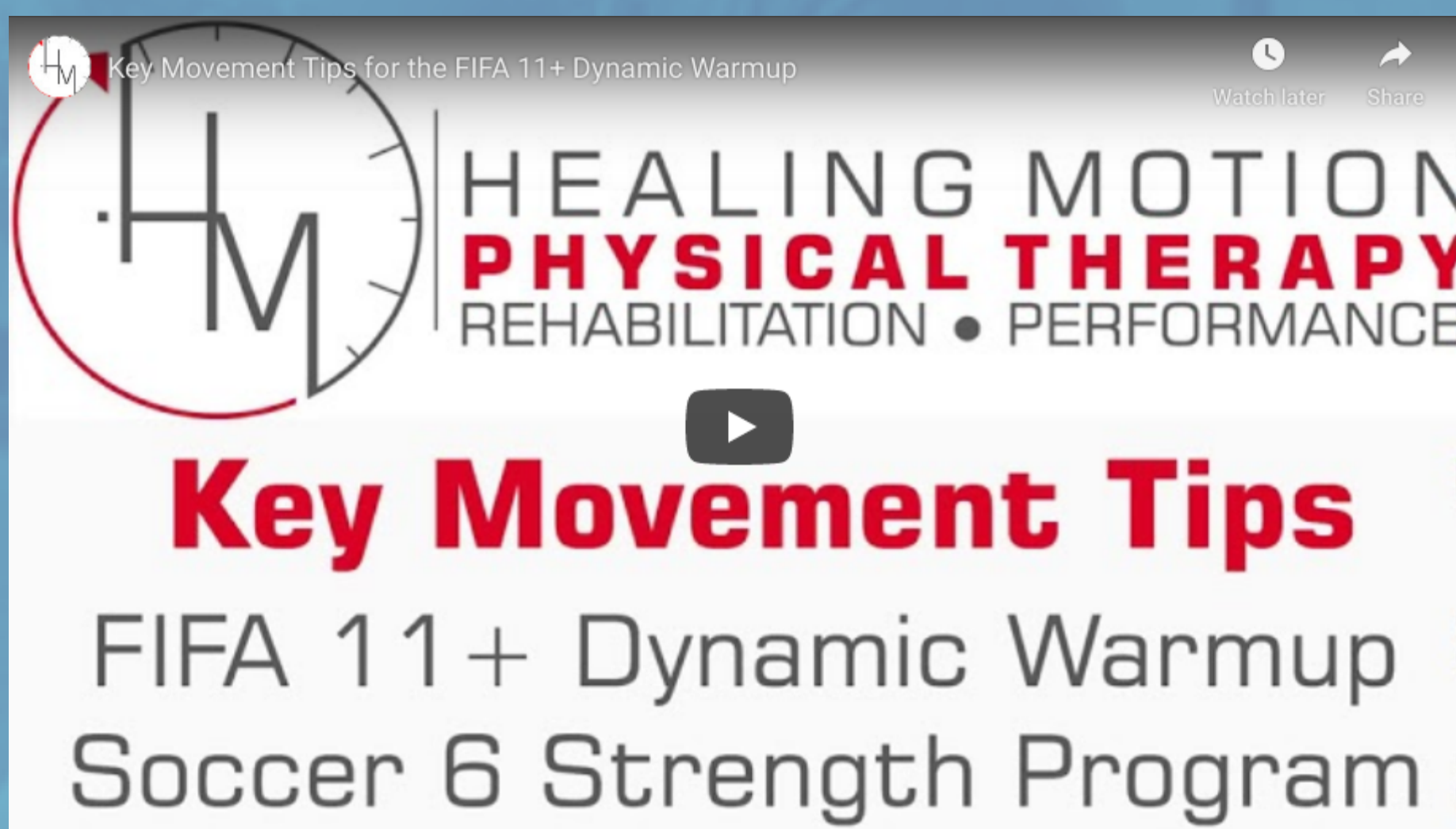
- On average, 2-19 injuries occur per 1000 training hours in youth soccer(1).
- FIFA 11+ has been shown to reduce risk of injury by 30% in youth soccer players(2). (Systematic Review of 6 RCT Studies)
  - No FIFA 11+: 40% of players were injured
  - FIFA 11+: Only 24% of players were injured
  - Average of 1-2x/week over 7 months
- Perform warmup every training
- Perform strength program 1-2x/week
- Must have performed 10-12 weeks to begin having benefits
- Supervised by trained coach, trainer, Physical Therapist, or other health care professional





# Key Movement Tips

Watch Video Here



## Overview

1. Proper Leg alignment
  - a. Hip, knee, ankle stacked
  - b. DON'T let knee fall in
  - c. DON'T let hip kickout
2. Limit trunk lean; keep it upright
3. Explosive takeoffs, smooth, soft landings



# Soccer 6 Strength Full Program

Watch Video Here



## Overview

- Every Minute on the Minute (EMOM)
  - 6 Exercises, 3 rounds through for 18 minutes
1. The "Bench" (Plank) x40 sec
  2. The "Side Bench" Side Plank with Top Leg lifts x20 sec each side
  3. Nordic Hamstring Curls x20 sec each partner
  4. Single Leg (SL) Stance Ball Toss x20 sec each leg
  5. Forward Lunge x20 sec each side
  6. SL Compass Leaps x1 round each leg





# Every Minute on the Minute (EMOM) Explanation

[Watch Video Here](#)



## Overview

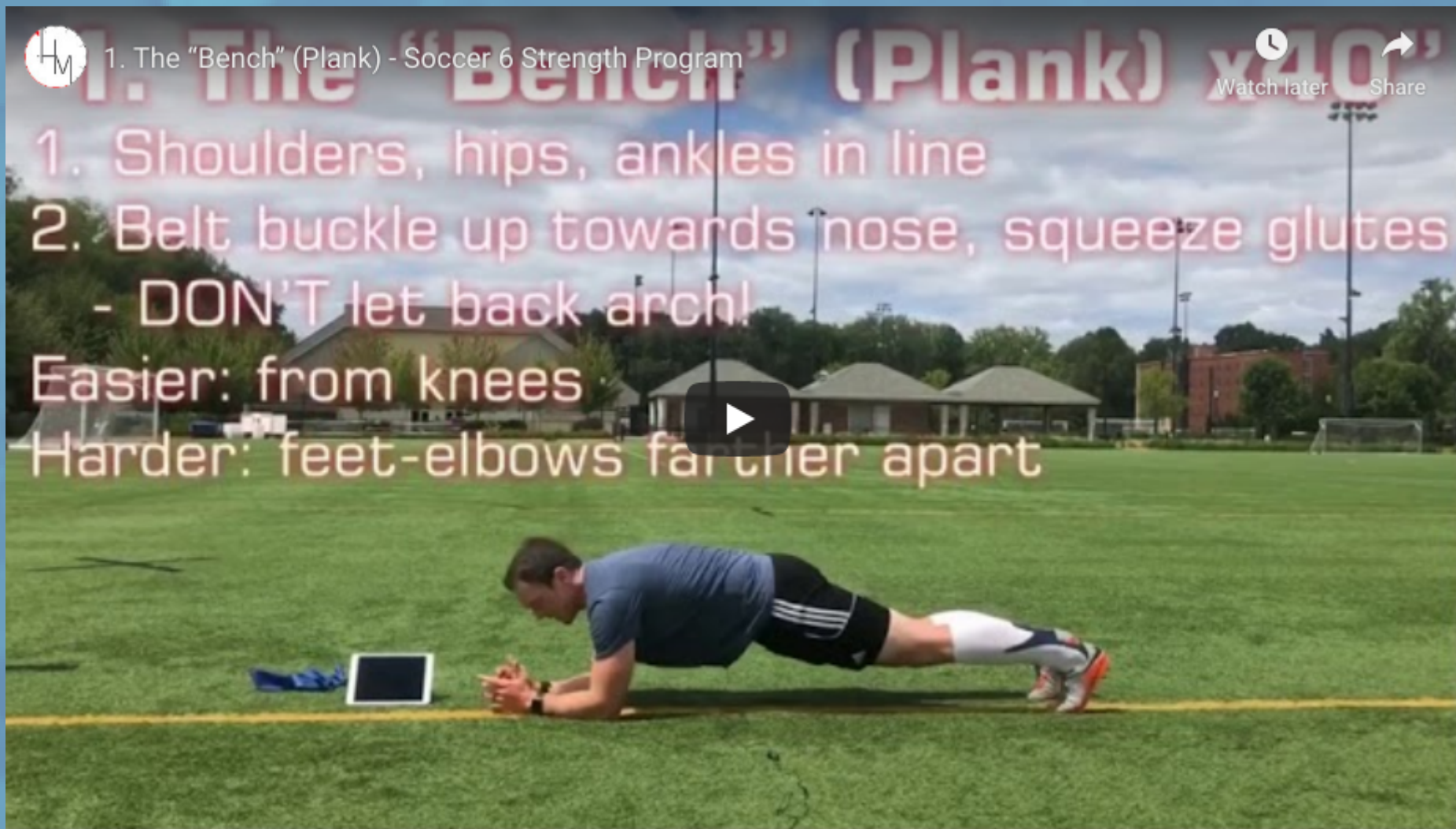
- Every Minute on the Minute (EMOM) is an interval type of workout where you perform a task/exercise for a set time or amount of reps to be completed within one minute
- It is usually programmed for there to be some rest time before the next minute starts and you move to the next
- Usually it is set for a time divisible by the number of exercises to create 3-5 rounds (sets) of exercise
  - Example: 18' EMOM of 6 exercises will end up being 3 total sets of each exercise





# 1. The "Bench" Plank

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## Overview

Hold for 40 seconds

1. Shoulders, hips, ankles in line
2. Belt buckle up towards nose, squeeze glutes
  - a. DON'T let back arch!

Easier: perform from knees

Harder: feet-elbows further apart





# 2. The "Side Bench" Side Plank

[Watch Video Here](#)



## Overview

20 seconds each leg

1. Use side glute of bottom leg
2. Lift top leg as high as able without low back movement

Easier: no top leg lift

Harder: from foot of bottom leg





# 3. Nordic Hamstring Curls

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## Overview

20 seconds, switch partners

1. Movement from knees

a. Shoulders, hips, knees in line

b. DON'T arch back OR stick butt back

Easier: don't go as far

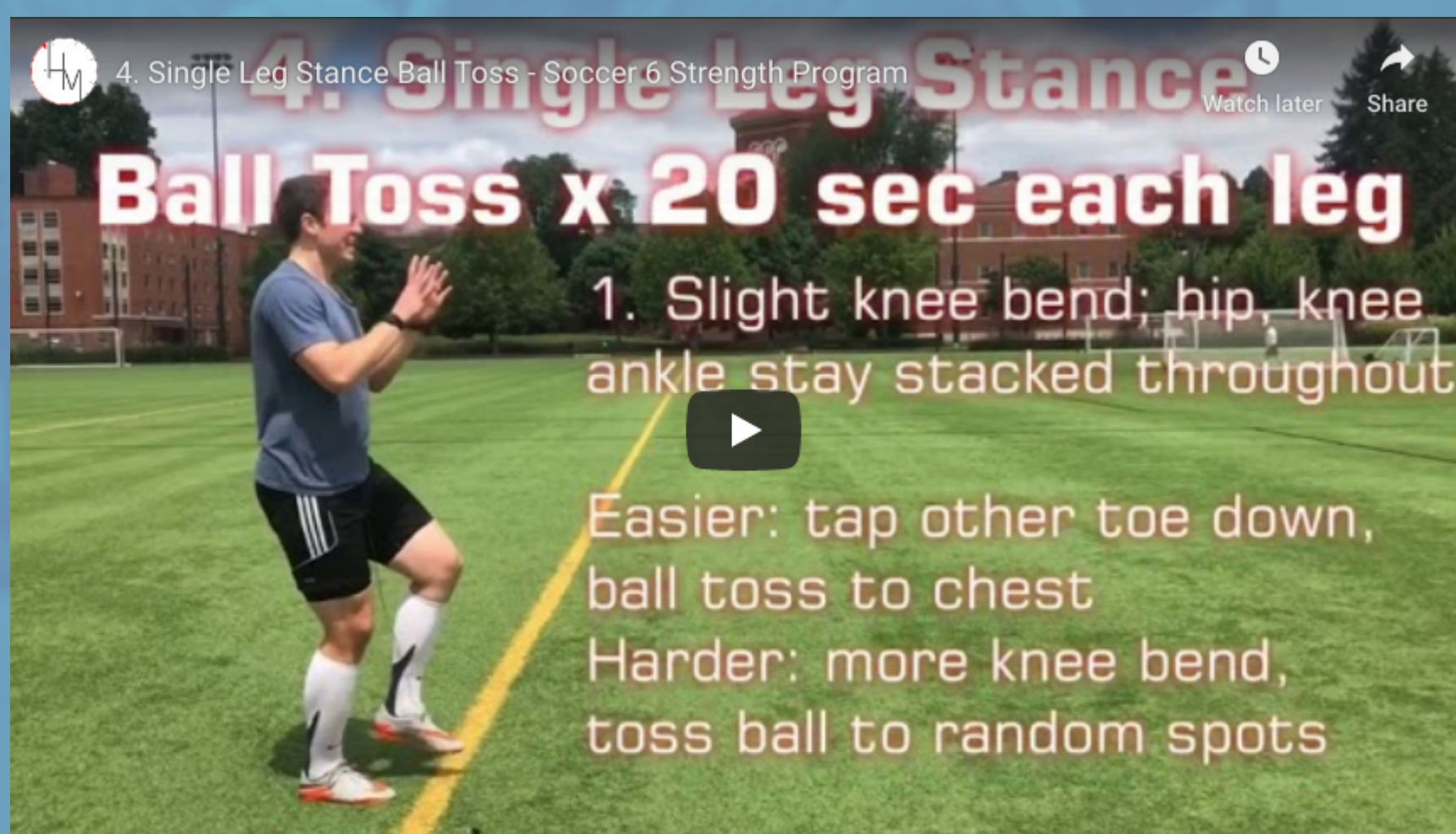
Harder: as low as able and return back without falling to the ground





# 4. Single Leg Stance Ball Toss

[Watch Video Here](#)



## Overview

20 seconds each leg

1. Slight knee bend; hip, knee, ankle stay stacked throughout

Easier: tap other toe down, ball toss to chest

Harder: more knee bend, toss ball to random spots





# 5. Forward Lunge

[Watch Video Here](#)



## Overview

20 seconds each leg

1. Hip, knee, ankle stay stacked
  - a. DON'T let knee fall in
  - b. DON'T let hip kick out
2. Trunk and front shin stay upright

Easier: double leg squat

Harder: single leg squat





# 6. Compass Leaps

Watch Video Here



## Overview

1 round each leg

1. Hip, knee, ankle stay stacked

a. DON'T let knee fall in

b. DON'T let hip kick out

c. DON'T lean trunk

2. Smooth, soft landings

R: N, NE, E, SE, S

L: N, NW, W, SW, S

Easier: DL jump each direction

Harder: SL hop on same leg



# FIFA 11+

# Conditioning

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## Overview

- As Many Rounds As Possible (AMRAP) for 5 minutes
  - 7 Cones, 5 yards apart (30 yards total)
  - Pace yourself so each round is faster than previous
1. Bounding
  2. Sprint 85-100% Speed
  3. Plant and Cut





# Summary

- The Soccer 6 Strength Program takes 18', <25' with conditioning and when performed 1-2x/week can improve soccer performance and decrease risk for injury
- It's even more effective when utilized consistently with the FIFA 11+ Modified Dynamic Warmup
  - [E-Book for that here](#)





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# References

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2. Sadigursky D, Braid JA, De Lira DNL, Machado BAB, Carneiro RJF, Colavolpe PO. The FIFA 11+ injury prevention program for soccer players: a systematic review. *BMC Sports Sci Med Rehabil*. 2017. 9(18): 1-8. <https://doi.org/10.1186/s13102-017-0083-z>.

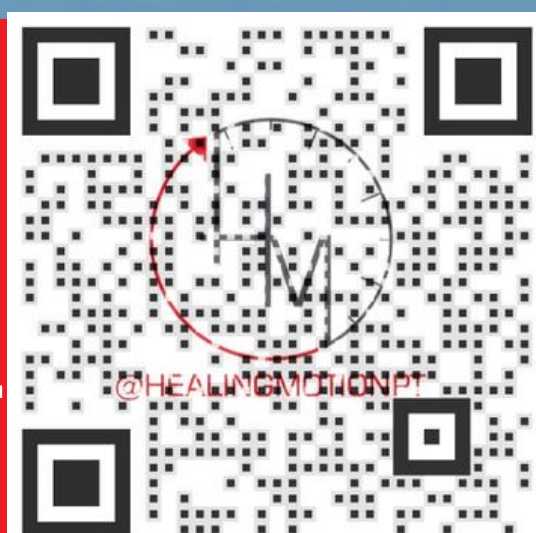
## Thank You!

We are excited for you to grow in your strength and body control to help improve your athletic performance on and off the pitch and to decrease your risk for injury!

*- Healing Motion PT Team*

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