



HEALING MOTION
PHYSICAL THERAPY
REHABILITATION • PERFORMANCE

FIFA 11+ Modified Dynamic Warmup E-Book

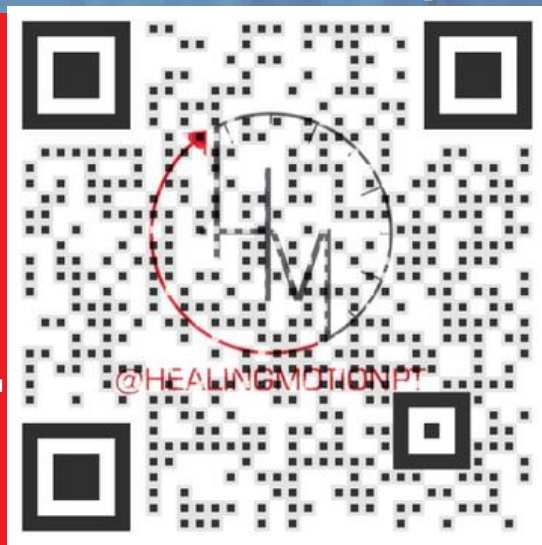
**Moving Soccer Athletes to
Excel in Movement
and Soccer Performance**

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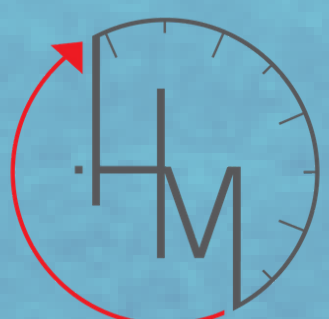
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Objectives

To provide youth soccer teams and clubs a dynamic warmup that achieves the following:

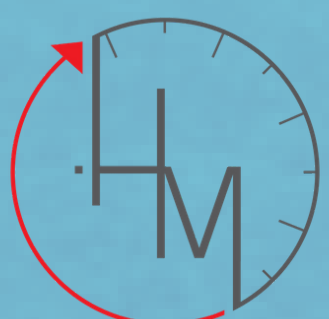
1. Uniform, quick, simple, effective in <10 min
2. Reduces injury risk
3. Improves performance



FIFA 11+

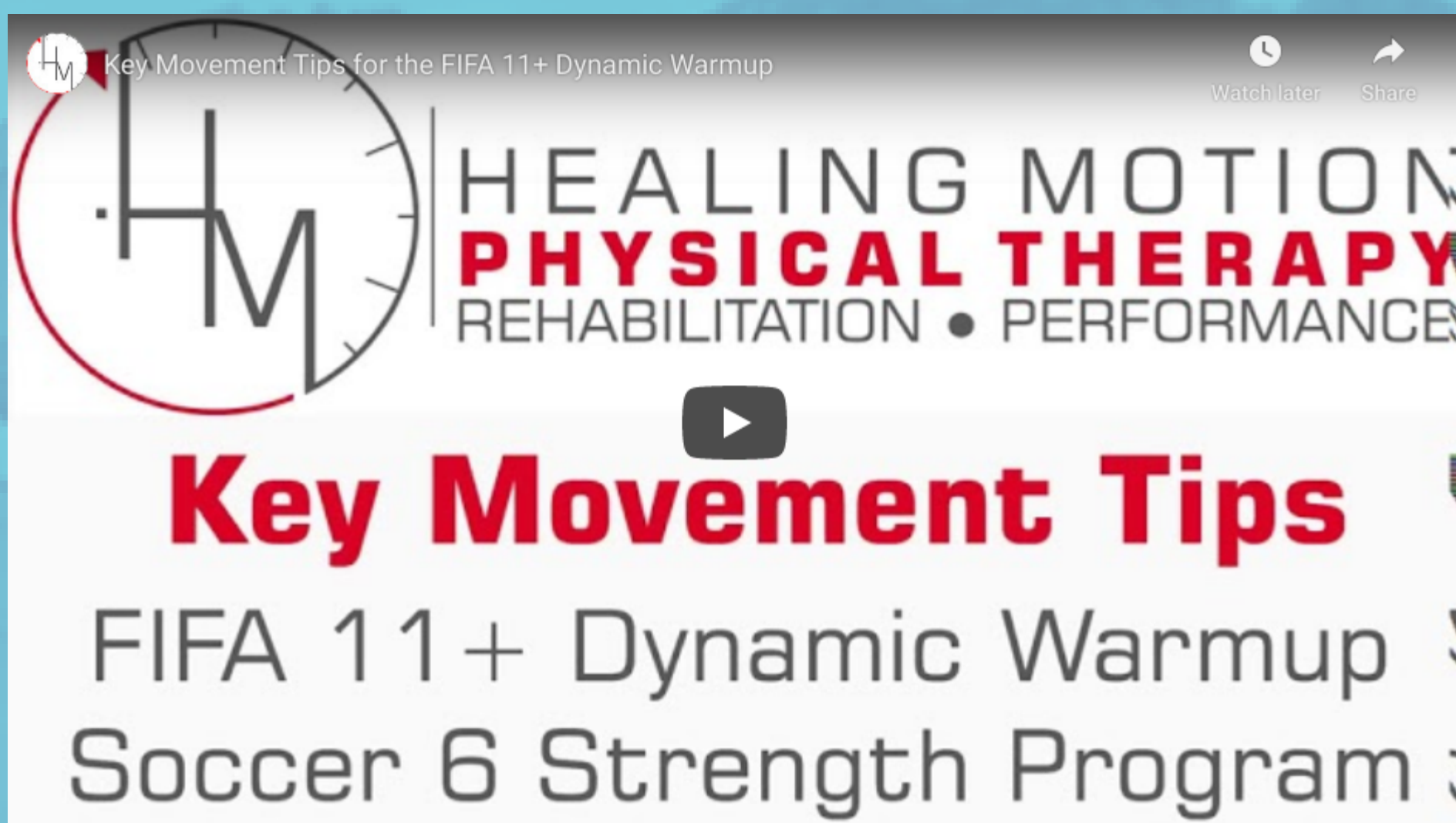
Key Points

- 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



Modified FIFA 11+ Dynamic Warmup

Watch Video Here



Overview

1. Skip 3 cones
2. Jog 3 cones
3. High knees 3 cones
4. Butt Kicks 3 cones
5. Ham Kicks 2 cones
6. Lunge 2 cones
7. Side Lunge 2 cones
8. Hip In 3 cones
9. Hip Out 3 Cones
10. Partner Circles 3 cones
11. Shoulder Contacts 3 cones
12. Quick Forward/Backwards 6 cones



Strength Warmup

Watch Video Here



Overview

1. Deadbug with band x10
 - a. DON'T let back arch
2. Standing March with band x10
 - a. Tall squeezing stance glute
 - b. DON'T tilt pelvis or lean trunk
3. Mini Squat Clams with band x10
 - a. Knees out, neutral feet
4. Deep Squats with band x10
 - a. Knees in line with 3rd toe



Plyometric Warmup

[Watch Video Here](#)



Overview

1. DL Pogo Jumps x10
2. Scissor Lunge Jumps x10 (5 each side)
3. SL Pogo Hops x5 each side (10 total)
4. Speed Skaters x10 (5 each side)
5. Compass Leaps Facing x 1 round each side
6. Compass Leaps Turning x1 round each side



Full Warmup Combined

[Watch Video Here](#)



Overview

1. Modified FIFA 11+ Dyanmic Warmup
2. Strength Warmup
3. Plyometric Warmup



Summary

- The Modified FIFA 11+ Dynamic Warmup takes <10' prior to training and games and can decrease risk for injury
- This can be further decreased by performing the Strength Programming 1-2x/week
 - See our "Soccer 6 Strength Program" E-Book for more details





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References

1. Watson A, Mjaanes JM, and Council on Sports Medicine and Fitness. Soccer injuries in children and adolescents. *Pediatrics*. 2019. 144(5): 1-17. e20192759; DOI: <https://doi.org/10.1542/peds.2019-2759>.
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>.

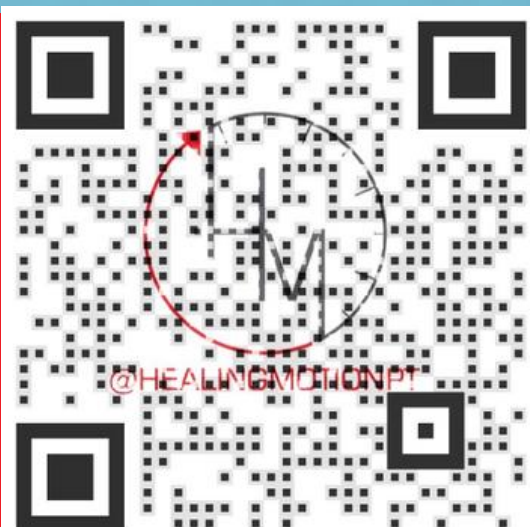
Thank You!

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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