

IMG Physical Therapy
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The 11+ Manual for soccer warm up.

- The 11+ is a complete warm-up program to reduce injuries among male and female soccer players ages 14 years and older. The program was developed by an international group of experts, and its effectiveness has been proven in a scientific study. Teams that performed the 11+ at least twice a week had 30-50% fewer injured players. The program should be performed as a standard warm up, at the start of each training session at least twice a week, and it takes around 20 minutes to complete. Prior to matches only the running exercises (phases 1 and 3) should be performed. For all exercises, correct performance is of great importance. Therefore, the coach/ Physical Therapist should supervise the program and correct the players if necessary.
- Exercises to be done in the below listed sequence, starting with the beginner phase and advancing only when the exercise can be performed without difficulty for the specified duration and number of repetitions.

Phase 1: Running Exercises

Field Set Up: The course is made up of six pairs of parallel cones, approximately 5-6 meters apart. Two players start at the same time from the first pair of cones and do the various exercises on the way. After the last cone they run back along the outside. On the way back speed can be progressively increased as players warm up.

1. Straight ahead running- jog to the last cone run slightly more quickly back - 2 reps
2. Hip out- open the gate exercise jog and stop at each cone, open the gate - 2 reps
3. Hip in- close the gate exercise- jog and stop at each cone, close the gate - 2 reps
4. Circling Partner- Jog to cone, cut 90 deg angle toward partner, circle facing same way- 2 reps
5. Jumping with shoulder contact- Jog to cone 90 deg angle toward partner jump into- 2 reps
6. Quick forward and backward sprints- run 2 cones forward 1 cone back- 2 reps

Phase 2: Strength, Plyometrics, and Balance Exercises

7. The Bench- laying on your front support yourself with forearms and feet - 3 sets (20-30 sec)
Intermediate: lift alternate legs hold 2 sec for 40-60 sec / Advanced: lift leg hold 20-30 sec 3 reps each leg
8. Sideways Bench Static- lower leg bent 90, support on forearm raise up straight - 3 sets each side (20-30 sec)
Intermediate: feet support 20-30 sec 3 reps each side / Advanced- raise leg side 20-30 sec 3 reps each side.
9. Russian Hamstrings- Kneel in front of partner, partner holds legs slowly lower leg. 3-5 reps/int. 7-10/ adv. 12-15
10. Single Leg Stance Hold the Ball- stand on 1 leg with ball held directly in front 2 sets, 30 sec each leg.
Intermediate: throw a ball with a partner 2 sets 30 sec each / Advanced: Push partner 2 sets 30 sec each leg
11. Squats with Toe Raises- squat to knees 90 deg then return to stand end with heel raise repeat 2 sets of 30 sec.
Intermediate- walking lunges 2 sets 10 lunges each leg / Advanced: 1 leg squat 2 sets 10 reps each leg partner
12. Jumping Vertical Jumps- Squat until knees at 90° hold 1 sec. jump and land softly ball of feet 2 sets 30 sec.
Intermediate- lateral jumps onto each leg 2 sets 30 sec. / Advanced: Box jump/ grid jump 2 sets 30 sec.

Phase 3: Running exercises

13. Running across the Field- Run Approx. 40 meters across the field at 75-80% of maximum pace and then jog the rest of the way. Jog back at an easy pace. Do 2 reps.
14. Running Bounding- Take a few warm-up steps then take 6-8 bounding steps with a high knee and jog the rest of the way. With each bound, try to lift the knee on the leading leg as high as possible and swing the opposite arm across the body until you reach the other side of the field, then jog back at an easy pace. Do 2 reps.
15. Running Plant and Cut- Jog four to five steps straight ahead, then plant on the right leg and cut to change direction to the left and accelerate again. Sprint for 5-7 steps (80-90% maximum) before you decelerate and plant on the left foot and cut and change direction to the right. Do this exercise 2 times.

The 11+

A complete soccer warm up and training program to prevent injuries in soccer players

by 30-50%.

(Developed By FIFA)



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