

FIFA 11+

Table 1 Exercises and repetitions of the FIFA11+ program

| Exercise | Repetitions |
|---|-------------------------|
| I. Running exercises, 8 minutes (starting warming up, in pairs; Path consists of 6-10 pairs of parallel cones) | |
| Running Straight Ahead | 2 |
| Running Hip Out | 2 |
| Running Hip In | 2 |
| Running Circling Partner | 2 |
| Running Shoulder Contact | 2 |
| Running Quick Forwards and Backwards | 2 |
| II. Strength, plyometrics, balance, 10 minutes | |
| The Bench: | |
| Level 1: static | 3×20-30 sec |
| Level 2: alternate legs | 3×20-30 sec |
| Level 3: one leg lift and hold | 3×20-30 sec |
| Sideways Bench: | |
| Level 1: static | 3×20-30 sec (each side) |
| Level 2: raise and lower hip | 3×20-30 sec (each side) |
| Level 3: with leg lift | 3×20-30 sec (each side) |
| Hamstrings | |
| Level 1: Beginner | 3-5 |
| Level 2: Intermediate | 7-10 |
| Level 3: Advanced | 12-15 |
| Single-leg Stance | |
| Level 1: hold the Ball | 2×30 sec |
| Level 2: throwing ball with partner | 2×30 sec |
| Level 3: test your partner | 2×30 sec |
| Squats: | |
| Level 1: with toe raise | 2×30 sec |
| Level 2: walking lunges | 2×30 sec |
| Level 3: one leg squats | 2×30 sec (each leg) |
| Jumping | |
| Level 1: vertical jumps | 2×30 sec |
| Level 2: lateral jumps | 2×30 sec |
| Level 3: box jumps | 2×30 sec |
| III. Running Exercises, 2 minutes (End of heating) | |
| Running across the pitch | 2 |
| Running bounding | 2 |
| Running plant and cut | 2 |