

Dynamic Warm Up using "The FIFA 11 +" Warm Up Program.

The Program:

3 Parts:

1. Low speed running exercises.
2. Core Strength & Stability exercises with 3 specific levels.
3. Moderate/High speed running exercises.

Set Up:

11 – 13 year old – 2 parallel pairs of 6 markers @ 5 metres apart.

14 – 19 year old – 2 parallel pairs of 6 markers @ 6 metres apart.

Complete exercises in pairs inside the markers. Each pair starts once the front pair passes the first set of markers.

Time Frame: 10 – 15 minutes minimum.

Part 1 – Warm Up: Low Speed Running Exercises [10 Minutes]:

- Straight run through (2 sets)
- Open the gate stretch (2 sets)
- Hip Roll stretch (2 Sets)
- Partner Circle (2 Sets)
- Jump/Shoulder /Land (2 Sets)
- 2 Forward/1 Back (2 Sets)
- Knees up (Out)/heels up (In)
- Cross Kicks (Out)/Front Kicks (In)
- Lungs (Out)/Bounding (In)
- Vertical Jump (Header) (Out)/Run (In)

Part 2 – Core Strength & Stability (3 Levels) During Training [10 Minutes]:

- The Bench
- Sideways Bench
- Hamstrings
- Single-Leg Stance
- Squats
- Jumping

Part 3 – Running Exercises (3 Levels) During Training [2 Minutes]:

- Running
- Bounding
- Plant & Cut