



# The 11

## The Prevention Programme



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# The 11

Football, like most sports, is associated with a certain risk of injury for the players. However, scientific studies have shown that the incidence of football injuries can be reduced by prevention programmes.

The prevention programme “The 11” was developed by FIFA’s medical research centre (F-MARC) in cooperation with a group of international experts. “The 11” is a simple, catchy and time-efficient preventive programme that comprises ten evidence-based or best-practice exercises and the promotion of Fair Play. It requires no equipment other than a ball, and can be completed in 10-15 minutes (after a short period of familiarisation). The exercises focus on core stabilisation, eccentric training of thigh muscles, proprioceptive training, dynamic stabilisation and plyometrics with straight leg alignment. The programme is efficient as most of the exercises simultaneously train different aspects and can replace other exercises.

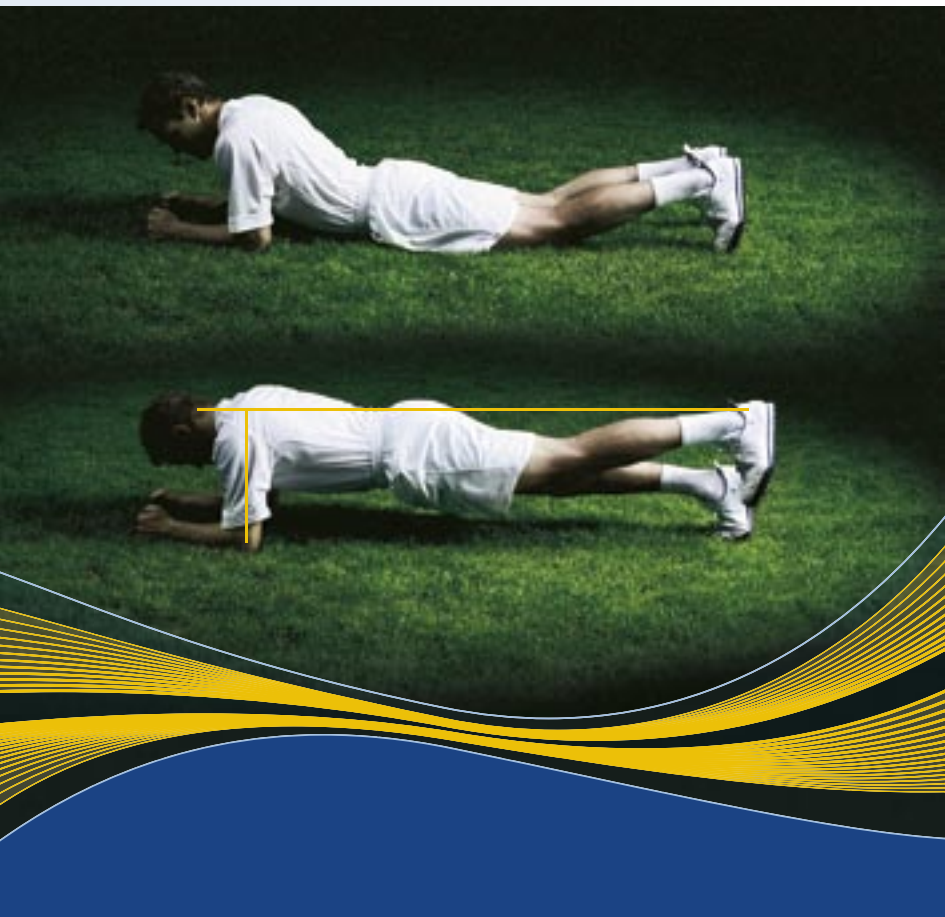
“The 11” should be performed in every training session after a warm-up and stretching of all the important muscle groups. Precise performance of the exercises is important in order to ensure their effect. The sequence of exercises should be followed. Before each match, a shortened version (only exercises 4, 5, 8) of “The 11” should be carried out.

The benefits of the programme include improved performance and also injury prevention. In addition, when respecting Fair Play, you can further reduce the risk of injury to yourself and other players.



warm-up your body and stretch muscles.

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## 1

## The Bench

Strengthens the core muscles to increase core stability.

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**Starting position:**

Lie on your stomach and support upper body with your arms. Place your feet vertical to the ground.

**Action:**

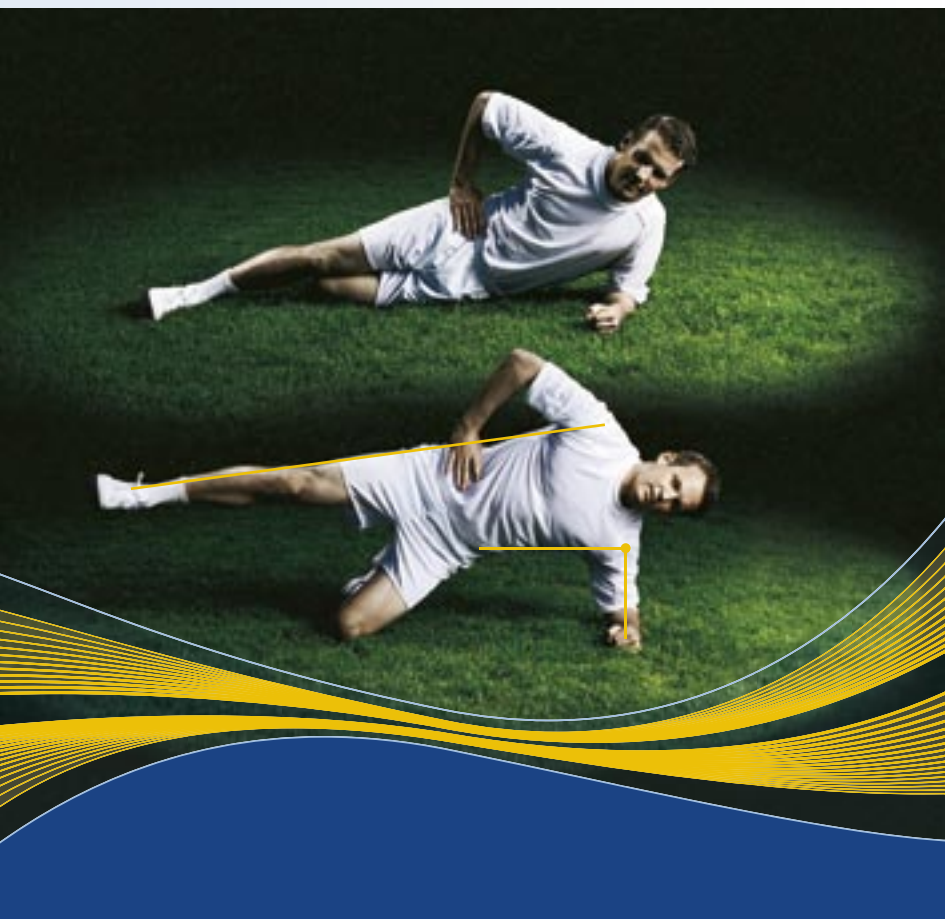
Lift your stomach, hips and knees so that your body forms a straight line, from your shoulders to your heels, parallel to the ground. Elbows should be directly under your shoulders. Tighten your abdominal muscles and buttocks. Pull your shoulder blades towards the centre of your back so that your shoulder blades are level with your back. Lift your right leg a few centimetres from the ground and hold this position for 15 seconds. Return to the starting position, relax and repeat the exercise with your left leg.

**Repetitions:**

Perform 1 - 2 times for each leg.

**Important:**

- Your head, shoulders, back and pelvis are in a straight line.
- Your elbows are directly under your shoulders.
- Don't tilt your head backwards.
- Don't let your stomach drop.
- Don't move your hips upwards.
- When lifting your leg, don't let your pelvis tilt to the side.





# 2

## Sideways Bench

Strengthens the lateral abdominal muscles to increase core stability.

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### Starting position:

Lie on one side. Support your upper body with one arm so that your elbow is vertically under your shoulder and your forearm is on the ground. Bend your bottom knee to 90°. When viewed from above, your shoulders, elbow, hips and both knees should form a straight line.

### Action:

Lift your top leg and hips until your shoulder, hip and top leg are in a straight line, parallel to the ground. Hold this position for 15 seconds. Return to the starting position, relax and repeat the exercise on your other side.

### Repetitions:

Perform twice on each side.

### Important:

- When viewed from the front, your upper shoulder, hips and upper leg are in a straight line.
- Your elbow is directly under your shoulder.
- When viewed from above, the shoulders, elbow, hips and both knees are in a straight line.
- Don't rest your head on your shoulder.
- Don't let your hips drop.
- Don't tilt your upper shoulder, hips, pelvis or legs forwards or backwards.



# 3

## Hamstrings

Strengthens the hamstrings.

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### Starting position:

Kneel on the ground with your upper body straight. Your knees and lower legs should be hip-width apart. Cross your arms in front of your body. Have a partner pin your ankles firmly to the ground with both hands.

### Action:

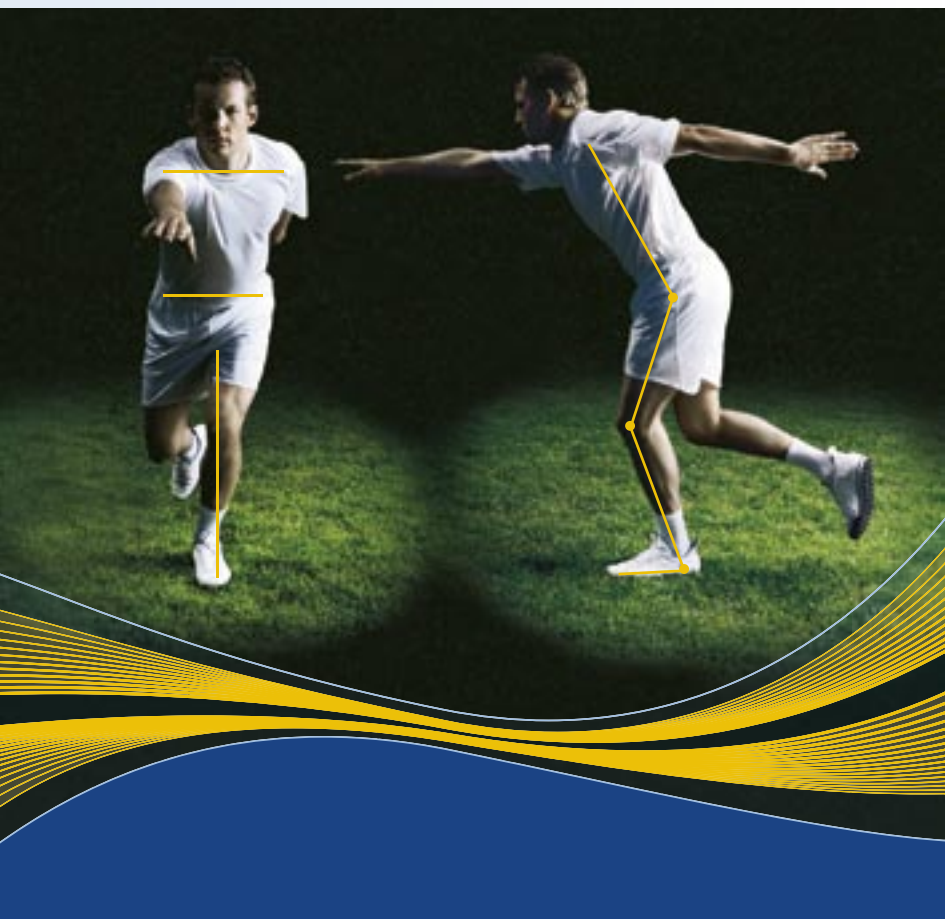
Slowly lean forward keeping your upper body and hips straight. Your thighs, hips and upper body should stay in a straight line. Try to hold this straight body alignment as long as possible. When this body position can no longer be maintained by the hamstrings then use both hands to control your fall.

### Repetitions:

Perform 5 times.

### Important:

- Your partner must keep your ankles firmly on the ground.
- Your upper body, hips and thigh should be in a straight line.
- Don't bend at your hips.
- Don't tilt your head backwards.
- Perform the exercise slowly at first, but once you feel more comfortable, speed it up.



# 4

## Cross-country Skiing

Strengthens the leg muscles.

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### Starting position:

Stand on your right leg and let your other leg hang relaxed. Bend your knee and hips slightly so that your upper body leans forward. When viewed from the front, the hip, knee and foot of your supporting leg should be in a straight line.

### Action:

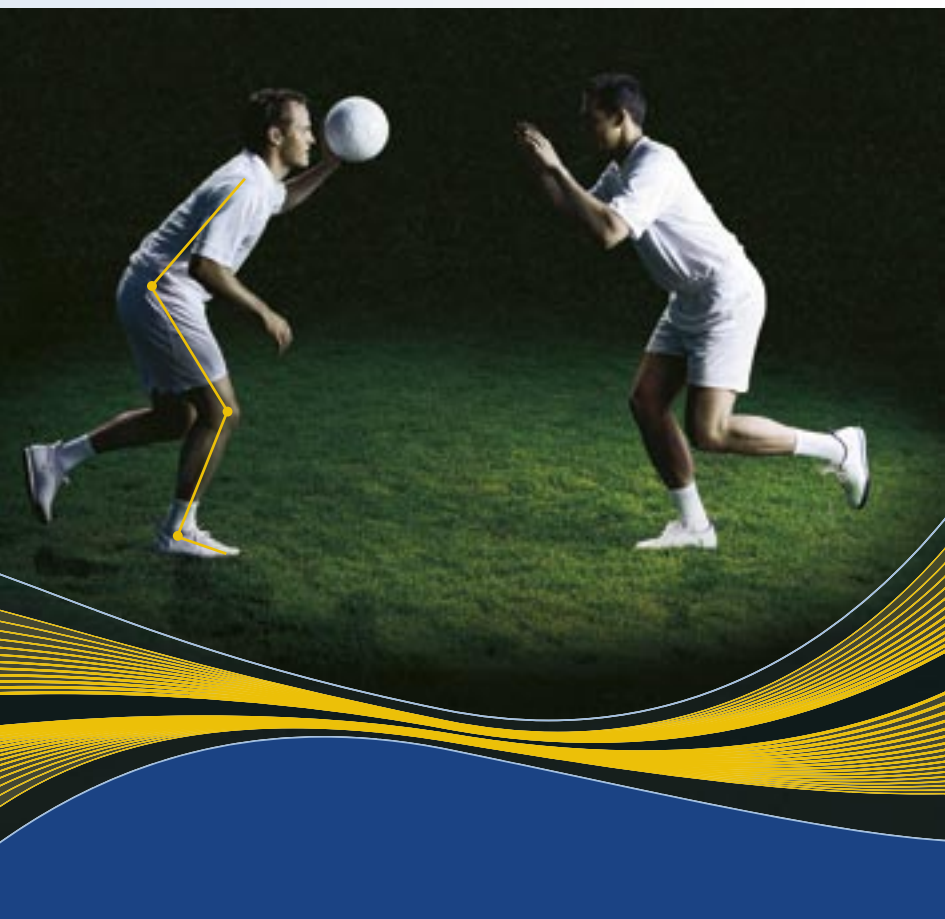
Flex and extend the knee of your supporting leg and swing your arms in opposite directions in the same rhythm. Flex your knee as much as possible, but keep weight balanced on the entire foot. On extension, never lock your knee. Keep pelvis and upper body stable and facing forwards.

### Repetitions:

Perform 15 times on right leg, then 15 times on left leg.

### Important:

- When viewed from the front, the hip, knee and foot of your supporting leg should be in a straight line.
- Keep your upper body and pelvis stable and facing forward.
- Keep your pelvis horizontal and don't let it tilt to the side.
- Balance your weight across the whole foot.
- Don't let the knee of your supporting leg buckle inwards.
- Never let your knees meet.



## 5 Chest-passing in Single-leg Stance

Improves coordination and balance;  
strengthens the leg muscles.

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### Starting position:

Face a partner at a distance of 3 metres away, each of you standing on your right leg. Knees and hips should be slightly bent. Keep your weight on the ball of your foot or lift your heel from the ground. When viewed from the front, the hip, knee and foot of your supporting leg should be in a straight line.

### Action:

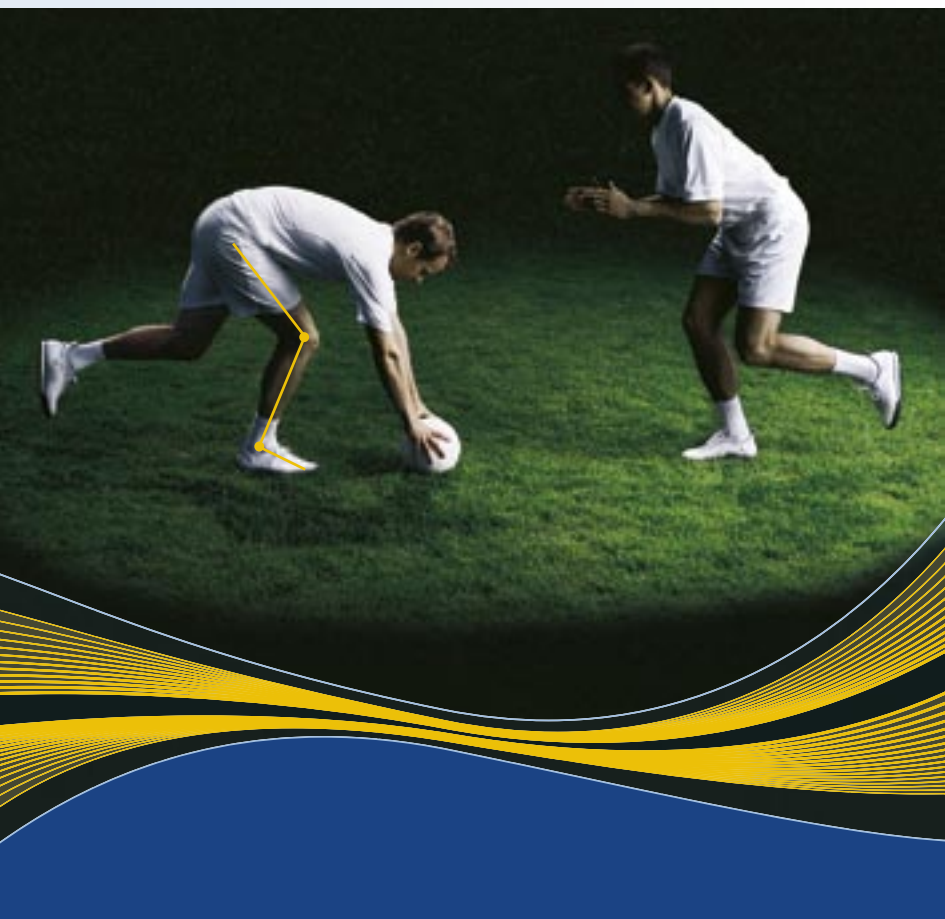
Throw a ball back and forth: when standing on right leg, throw with left arm and vice versa. Catch the ball with both hands, and throw it back with one hand. The quicker the exchange of the ball, the more effective the exercise.

### Repetitions:

Perform 10 times on right leg, then 10 times on left leg.

### Important:

- When viewed from the front, the hip, knee and foot of your supporting leg should be in a straight line.
- Keep your upper body and pelvis stable and facing forward.
- Keep your pelvis horizontal and don't let it tilt to the side.
- Keep your hips and the knee of your supporting leg always slightly bent.
- Don't let your knee buckle inwards.
- Keep your weight on the ball of your foot or lift your heel fully off the ground.





# 6

## Forward-bend in Single-leg Stance

Improves coordination and balance;  
strengthens the leg muscles.

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### Starting position:

As for Exercise 5, face partner at a distance of 3 metres away, each of you standing on your right leg.

### Action:

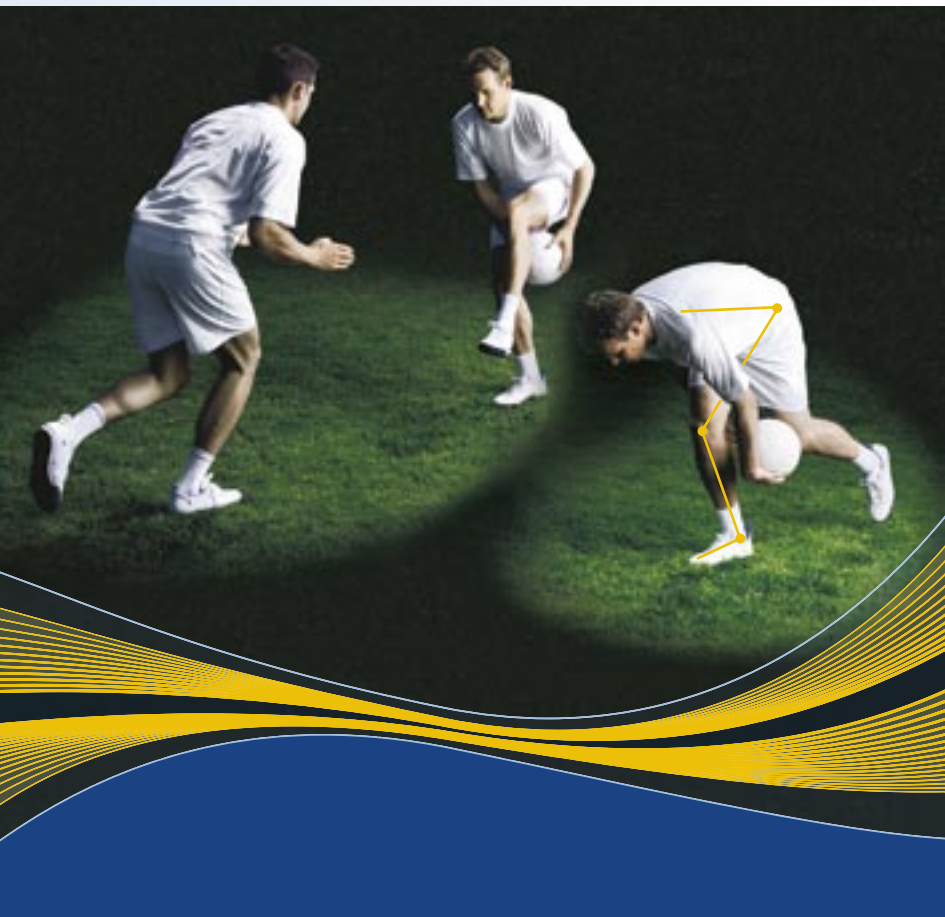
As for Exercise 5, throw ball back and forth but before throwing back, touch the ball to the ground without putting weight on it.

### Repetitions:

Perform 10 times on right leg, then 10 times on left leg.

### Important:

- When viewed from the front, the hip, knee and foot of your supporting leg should be in a straight line.
- Keep your pelvis horizontal and don't let it tilt to the side.
- Keep your hips and the knee of your supporting leg slightly bent throughout.
- Don't let your knee buckle inwards.
- Keep weight only on the ball of your foot, or lift your heel fully off the ground.
- When touching the ground with the ball, don't place your weight on the ball.



# 7

## Figure-of-eight in Single-leg Stance

Improves coordination and balance;  
strengthens the leg muscles.

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### Starting position:

As for Exercise 5, face partner at a distance of 3 metres away, each of you standing on your right leg.

### Action:

As for Exercise 5, throw ball back and forth but before throwing back, swing the ball in a figure-of-eight through and around your legs: first around your supporting leg with your upper body leaning forward, and then around your other leg while standing as upright as possible.

### Repetitions:

Perform 10 times on right leg, then 10 times on left leg.

### Important:

- When viewed from the front, hip, knee and foot of your supporting leg should be in a straight line.
- Keep your pelvis horizontal and don't let it tilt to the side.
- Keep your hips and the knee of your supporting leg slightly bent throughout.
- Don't let your knee buckle inwards.
- Keep weight only on the ball of your foot, or lift your heel fully off the ground.
- Your upper body should move down and up substantially during this exercise.



# 8

## Jumps over a Line

Improves jumping power and technique.

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### Starting position:

Stand with feet hip-width apart, about 20 centimetres to the side of a line. Bend your knees and hips slightly so that your upper body leans forward a little. When viewed from the front, the hip, knee and foot of each leg should be in a straight line. Arms should be slightly bent and close to the body.

### Action:

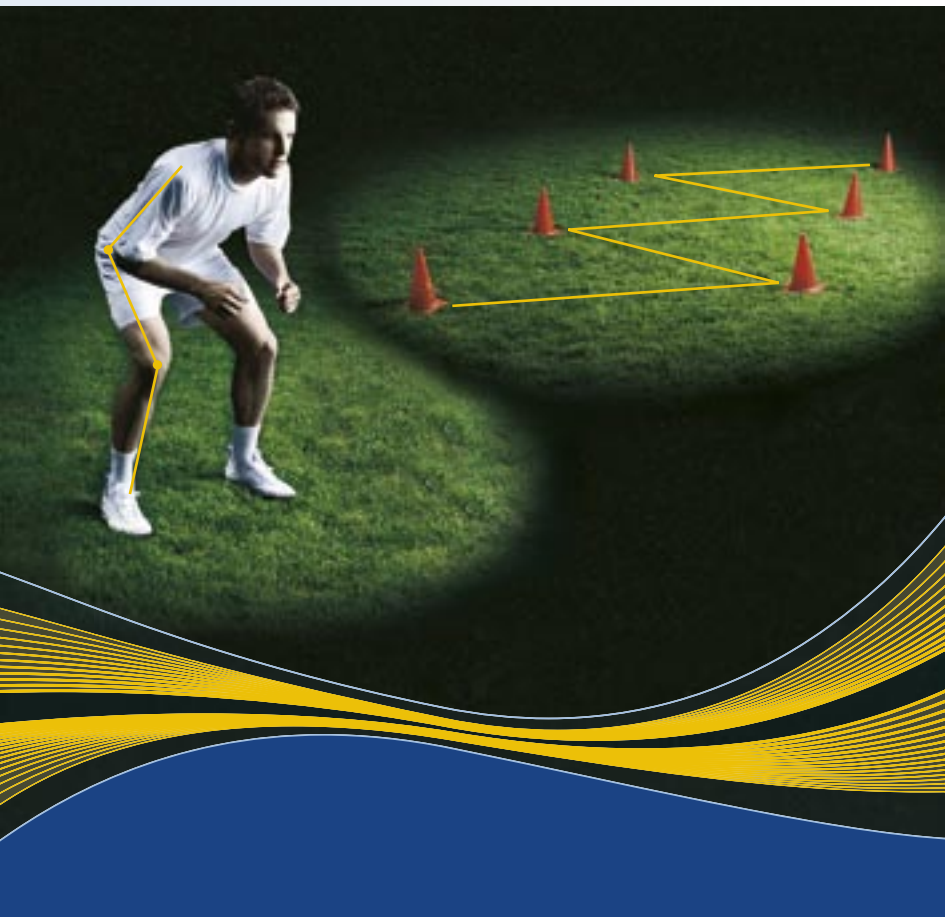
Jump with both feet, sideways over the line and back, as quickly as possible. Land softly on the balls of both feet with slightly bent knees.

**Repetitions:**

Jump 10 times side to side, then  
10 times forwards and backwards over the line.

**Important:**

- When viewed from the front, your hips, knees and feet should form two, parallel lines.
- Keep your hips and knees slightly bent throughout.
- Never let your knees meet and don't let them buckle inwards.
- Push off both feet and land on the balls of both feet.
- Land softly with your knees bent to cushion impact.
- Never land with extended knees or on your heels.
- A soft landing and quick take-off are more important than the height of the jump.



# 9

## Zigzag Shuffle

Improves coordination and jumping technique.

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### Starting position:

Stand at the start of the zigzag course (6 marks set 10 x 20 metres), with legs shoulder-width apart. Bend your knees and hips so that your upper body leans substantially forward. One shoulder should point in the direction of movement.

### Action:

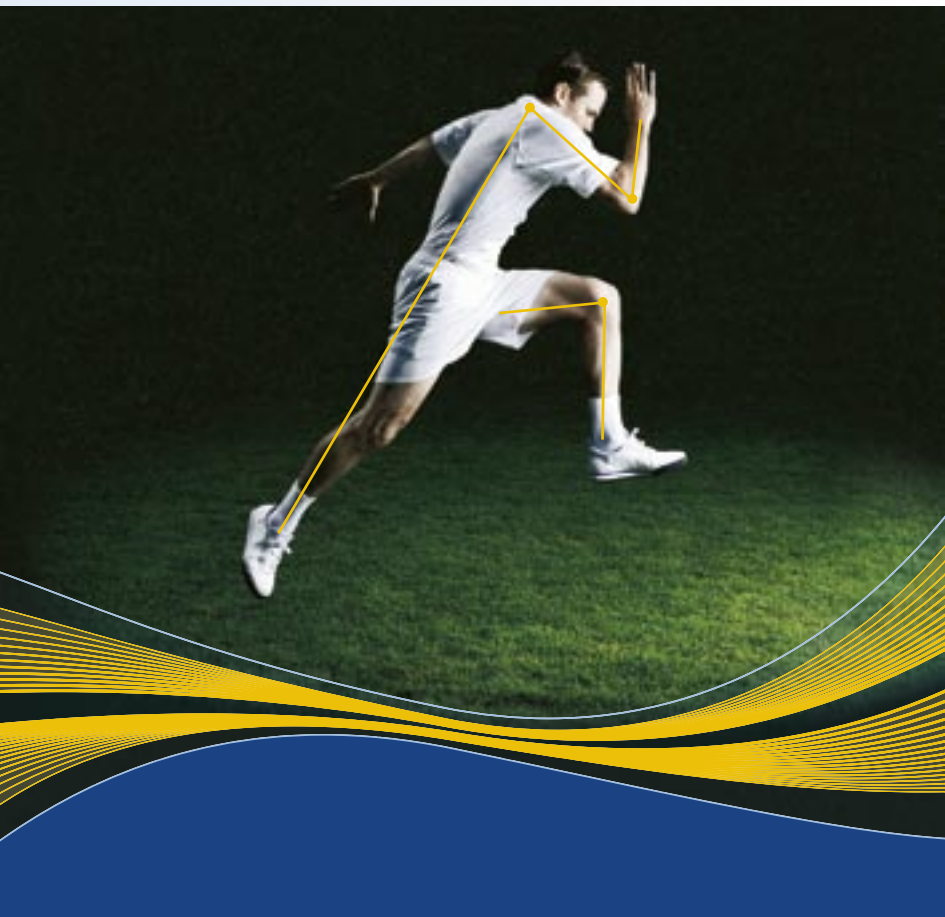
Shuffle sideways to the first mark, turn so that your other shoulder points to the next mark and complete the zigzag course as fast as possible. Always take-off and land on the balls of your feet.

### Repetitions:

Complete the course twice.

### Important:

- Always keep your upper body leaned forward with your back straight.
- Keep your hips and knees substantially bent.
- Push off and land on the balls of both feet.
- Land softly with your knees bent to cushion impact.
- Keep knees 'soft' throughout and don't let them buckle inwards.
- Never land with extended knees or on your heels.





# 10

## Bounding

Improves jumping power and technique.

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### Starting position:

Stand on your take-off leg with your upper body upright. The arm on the take-off leg side should be in front of your body. When viewed from the front, the hip, knee and foot of your take-off leg should be in a straight line.

### Action:

Spring as high and as far as possible off your take-off leg. Bring the knee of your trailing leg up as high as possible and bend the opposite arm in front of your body when bounding. Land softly on the ball of your foot with a slightly bent knee.

### Repetitions:

Cover a distance of 30 metres twice.

### Important:

- When viewed from the front, the hip, knee and foot of your take-off leg should be in a straight line.
- Bring your trailing leg and the opposite arm up in the front of your body when bounding.
- Land on the ball of your foot and with your knee bent to cushion impact.
- Don't let knee buckle inwards during take-off or landing.
- Never land with extended knees or on your heels.



# 11

## Fair Play

... for the good of the game  
and the health of the players.

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Football injuries can be prevented only partly by improved physical condition of players. A substantial amount of football injuries are caused by foul play, so the observance of the laws of the game and especially Fair Play is essential for the prevention of injury.



**Important: Play Fair!**



## 100 YEARS FIFA 1904 - 2004

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