

FIFA 11+

Skadeprevention

Progression 2

FIFA 11+

PART 1 RUNNING EXERCISES • 8 MINUTES

1 RUNNING STRAIGHT AHEAD
The player starts at the 10 meters of marked cones, sprints, 10 meters and sprints back at the start line from the 10 meters. **Repeat 10 times.**

2 RUNNING HIP OUT
Start at the 10 meters of marked cones, sprints, 10 meters and sprints back at the start line from the 10 meters. **Repeat 10 times.**

3 RUNNING HIP IN
Start at the 10 meters of marked cones, sprints, 10 meters and sprints back at the start line from the 10 meters. **Repeat 10 times.**

4 RUNNING CIRCILING PARTNER
Two players start at the 10 meters of marked cones, sprints, 10 meters and sprints back at the start line from the 10 meters. **Repeat 10 times.**

5 RUNNING SHOULDER CONTACT
Two players start at the 10 meters of marked cones, sprints, 10 meters and sprints back at the start line from the 10 meters. **Repeat 10 times.**

6 RUNNING QUICK FORWARDS & BACKWARDS
Two players start at the 10 meters of marked cones, sprints, 10 meters and sprints back at the start line from the 10 meters. **Repeat 10 times.**

PART 2 STRENGTH • PLYOMETRICS • BALANCE • 10 MINUTES

LEVEL 1

1 THE BENCH STATIC
The player starts at the 10 meters of marked cones, sprints, 10 meters and sprints back at the start line from the 10 meters. **Repeat 10 times.**

LEVEL 2

2 THE BENCH ALTERNATE LEGS
The player starts at the 10 meters of marked cones, sprints, 10 meters and sprints back at the start line from the 10 meters. **Repeat 10 times.**

LEVEL 3

3 THE BENCH ONE LEG LIFT AND HOLD
The player starts at the 10 meters of marked cones, sprints, 10 meters and sprints back at the start line from the 10 meters. **Repeat 10 times.**

4 SIDEWAYS BENCH STATIC
The player starts at the 10 meters of marked cones, sprints, 10 meters and sprints back at the start line from the 10 meters. **Repeat 10 times.**

5 SIDEWAYS BENCH RAISE & LOWER HIP
The player starts at the 10 meters of marked cones, sprints, 10 meters and sprints back at the start line from the 10 meters. **Repeat 10 times.**

6 SIDEWAYS BENCH WITH LEG LIFT
The player starts at the 10 meters of marked cones, sprints, 10 meters and sprints back at the start line from the 10 meters. **Repeat 10 times.**

7 HAMSTRINGS BEGINNER
The player starts at the 10 meters of marked cones, sprints, 10 meters and sprints back at the start line from the 10 meters. **Repeat 10 times.**

8 HAMSTRINGS INTERMEDIATE
The player starts at the 10 meters of marked cones, sprints, 10 meters and sprints back at the start line from the 10 meters. **Repeat 10 times.**

9 HAMSTRINGS ADVANCED
The player starts at the 10 meters of marked cones, sprints, 10 meters and sprints back at the start line from the 10 meters. **Repeat 10 times.**

10 SINGLE-LEG STANCE HOLD THE BALL
The player starts at the 10 meters of marked cones, sprints, 10 meters and sprints back at the start line from the 10 meters. **Repeat 10 times.**

11 SINGLE-LEG STANCE THROWING BALL WITH PARTNER
The player starts at the 10 meters of marked cones, sprints, 10 meters and sprints back at the start line from the 10 meters. **Repeat 10 times.**

12 SINGLE-LEG STANCE TEST YOUR PARTNER
The player starts at the 10 meters of marked cones, sprints, 10 meters and sprints back at the start line from the 10 meters. **Repeat 10 times.**

13 SQUATS WITH TOE RAISE
The player starts at the 10 meters of marked cones, sprints, 10 meters and sprints back at the start line from the 10 meters. **Repeat 10 times.**

14 SQUATS WALKING LUNGES
The player starts at the 10 meters of marked cones, sprints, 10 meters and sprints back at the start line from the 10 meters. **Repeat 10 times.**

15 SQUATS ONE-LEG SQUATS
The player starts at the 10 meters of marked cones, sprints, 10 meters and sprints back at the start line from the 10 meters. **Repeat 10 times.**

16 JUMPING VERTICAL JUMPS
The player starts at the 10 meters of marked cones, sprints, 10 meters and sprints back at the start line from the 10 meters. **Repeat 10 times.**

17 JUMPING LATERAL JUMPS
The player starts at the 10 meters of marked cones, sprints, 10 meters and sprints back at the start line from the 10 meters. **Repeat 10 times.**

18 JUMPING BOX JUMPS
The player starts at the 10 meters of marked cones, sprints, 10 meters and sprints back at the start line from the 10 meters. **Repeat 10 times.**

PART 3 RUNNING EXERCISES • 2 MINUTES

19 RUNNING ACROSS THE PITCH
The player starts at the 10 meters of marked cones, sprints, 10 meters and sprints back at the start line from the 10 meters. **Repeat 10 times.**

20 RUNNING BOUNDING
The player starts at the 10 meters of marked cones, sprints, 10 meters and sprints back at the start line from the 10 meters. **Repeat 10 times.**

21 RUNNING PLANT & CUT
The player starts at the 10 meters of marked cones, sprints, 10 meters and sprints back at the start line from the 10 meters. **Repeat 10 times.**



Sista tredjedelen

Centralt tredjedelen

Centralt korridor

Inre korridor

Inre korridor

MV

Nr 11

Nr 9

Nr 7

Nr 10

Nr 8

Nr 6

BECOME A BETTER PLAYER



Vad?

Skede: Komma till avslut och göra mål

Motsats skede: Förhindra och rädda avslut

Varför?

Göra mål genom att komma på genom instick

Förhindra genombrott och rädd avslut genom en tydlig organisation och disciplin att hålla organisationen.

Hur?

Instruktioner:

Komma till avslut och göra mål:

Felvänd/rättvänd nr 9 som droppar ner i spelyta 2.

Spelvändning för att förflytta motståndaren till olika korridorer för att kunna spela mellan och bakom backlinjen

Förhindra och rädda avslut:

Överflyttning, centrering, Uppflyttning, retirering, kompakt. Arbeta som en enhet.

Duellspelet (vinn 1 mot 1)

Organisation:

12 spelare + 1 Mv. Bollar, Koner (Markerad yta), Västar.

Anvisningar:

Spela spelarna i sina riktiga positioner. Rött (Anfallande lag börjar alltid med boll). Fritt spel i markerad yta. Offside gäller men ta alltid avslut även om det är offside. Blått lags backlinje får ej gå in i centrala tredjedelen.



Centrala korridoren

Yttre korridoren

Inre korridoren

Inre korridoren

Yttre korridoren

MV

Nr 2

Nr 3

Nr 4

Nr 5

Nr 8

Nr 10

MV

Sista trededelen

Första trededelen

Centrala trededelen

Centrala trededelen

BECOME A BETTER PLAYER





Vad?

Skeden: Komma till avslut och göra mål
Motsats skede: Förhindra och rädda avslut
Skede: **Kontring**
Motsats skede: **Återerövring**

Varför?

Vid bollvinst på första tredjedelen så ska vi snabbt ställa om till kontring i yttre korridorer med våra Nr 2 och nr 5.

Vid bolltap på sista tredjedelen så arbetar vi med direkt återerövring för att snabbt kunna vinna boll och komma till avslut.

Hur?

Instruktioner:

Kontring

- Vid bollvinst så ska Nr 2 och Nr 5 snabbt bli spelbara i yttre korridorerna så vi kan spela bollen i djupled. Nr 8 eller Nr 10 springer i djupled och gör sig spelbar i centrala korridoren.

Direkt återerövring

Vid bolltapp så ska både första och andra försvarare pressa bollhållaren aggressivt. Resterande spelare kryper ytorna i djupeled för att göra det svårare att spela bollen i djupled på ett kontrollerat sätt

Organisation:

12 spelare + 2 Mv. Koner (markerad yta), Västar, bollar.

Anvisningar:

Fritt spel med betoning på snabb kontring och återerövring. Det är bara det blåa laget som får använda yttre korridorer vid omställning. Offside gäller. Använd spelarna i deras riktiga positioner.