

FIFA 11+S

Part I – Warm-up exercises*

1 Run

Relaxed walking or running. the speed can be progressively increased. 5 min



2 Throw the ball in the chest line

Ask for help from a partner. With both hands in front of the body, throw and catch the ball, first with your elbows flexed and then with your arms over your head. 1 min



3 Spinning movements with the hands

Interlace the fingers and make spinning movements with the hands. 1 min



Part II – strength and balance of the shoulder, elbow, wrist, and finger muscles**

1A External rotation

Initial position: Standing with the elbow flexed at 90° to the side

Exercise: Rotate the arm from neutral to external rotation.



1B External rotation

Initial position: standing with the elbow flexed at 90° and 45° abducted

Exercise: Rotate the arm from the neutral to external rotation.



1C External rotation

Initial position: standing with the elbow flexed at 90° and 90° abducted

Exercise: Rotate the arm from the neutral to external rotation.



2A Internal rotation

Initial position: standing with the elbow flexed at 90° to the side

Exercise: Rotate the arm from neutral to internal rotation.



2B Internal rotation

Initial position: standing with the elbow flexed at 90° and 45° abducted

Exercise: Rotate the arm from neutral to internal rotation.



2C Internal rotation

Initial position: standing with the elbow flexed at 90° and 90° abducted

Exercise: Rotate the arm from neutral to internal rotation.



3A Scaption

Rise the arm with external rotation in the scapular plane (30° in the frontal plane) to shoulder height. Hold a weight.



3B Scaption

Rise the arm with external rotation in the scapular plane (30° in the frontal plane) to shoulder height. **Hold heavier weight than the previous level.**



3C Scaption

Rise the arm with external rotation in the scapular plane (30° in the frontal plane) to shoulder height. **Hold heavier weight than the previous level.**



4A Push-up-plus

In the prone position. The hands should be placed at a distance corresponding to the width of the shoulders.

Exercise: Rise the body and then lower the body



4B Push-up-plus

In the same position. Place an ankle of 5 kg on your back.

Exercise: Rise the body and then lower the body



4C Push-up-plus

In the same position but on one foot. Place an ankle of more than 5 kg on your back.

Exercise: Rise the body and then lower the body



5A Inferior and mid trapezius

In the prone position, arms in 90° abduction. After changing the arms to 120° of abduction. Exercise: Hold a weight and bring the arm back slightly.



5B Inferior and mid trapezius

In the prone position, arms in 90° abduction. After changing the arms to 120° of abduction.

Exercise: **Hold heavier weight than the previous level** and bring the arm back slightly.



5C Inferior and mid trapezius

In the prone position, arms in 90° abduction. After changing the arms to 120° of abduction.

Exercise: **Hold heavier weight than the previous level** and bring the arm back slightly.



6A Biceps

Position: Arms at your sides, palms facing inwards. **Hold a weight.**

Exercise: Bend your elbows, turning the palms upward.



6B Biceps

Position: Arms at your sides, palms facing inwards. **Hold heavier weight than the previous level.**

Exercise: Bend your elbows, turning the palms upward.



6C Biceps

Position: Arms at your sides, palms facing inwards. **Hold heavier weight than the previous level.**

Exercise: Bend your elbows, turning the palms upward.



7A Wrist flexors

Position: Support the forearm, palm of the hand upward. Hold a weight.

Exercise: Lower the weight as far as possible and then lift it up.



7B Wrist flexors

Position: Support the forearm, palm of the hand upward. **Hold heavier weight than the previous level.**

Exercise: Lower the weight as far as possible and then lift it up.



7C Wrist flexors

Position: Support the forearm, palm of the hand upward. **Hold heavier weight than the previous level.**

Exercise: Lower the weight as far as possible and then lift it up.



8A Wrist extensors
 Position: Support the forearm, palm of the hand down. Hold a weight.
 Exercise: Lift up weight as far as possible and then lift it up.



8B Wrist extensors
 Position: Support the forearm, palm of the hand down. Hold heavier weight than the previous level.
 Exercise: Lift up weight as far as possible and then lift it up.



8C Wrist extensors
 Position: Support the forearm, palm of the hand down. Hold heavier weight than the previous level.
 Exercise: Lift up weight as far as possible and then lift it up.



9A Finger flexors
 Position: Supported forearm and palm of the hand down on an elastic.
 Exercise: Close the hand, pulling the elastic.



9B Finger flexors
 Position: Supported forearm and palm of the hand down on an elastic. Increase the resistance of the elastic.
 Exercise: Close the hand, pulling the elastic.



9C Finger flexors
 Position: Supported forearm and palm of the hand down on an elastic. Increase the resistance of the elastic.
 Exercise: Close the hand, pulling the elastic.



10A Finger extensors
 Position: Supported forearm and palm of the hand upward on an elastic. The other hand holds the elastic.
 Exercise: Open the hand, stretching the elastic.



10B Finger extensors
 Position: Supported forearm and palm of the hand upward on an elastic. The other hand holds the elastic. Increase the resistance of the elastic.
 Exercise: Open the hand, stretching the elastic.



10C Finger extensors
 Position: Supported forearm and palm of the hand upward on an elastic. The other hand holds the elastic. Increase the resistance of the elastic.
 Exercise: Open the hand, stretching the elastic.



Part III – Core stability and muscle control with advanced exercises***

1 Jump and throw the ball over the head
 Ask for help from a partner. Jump and with the elbow extended and arm above the level of the head, throw and catch the ball.



2 Throw the ball over the head with an arm
 Ask for help from a partner. With the elbow extended and arm above the level of the head, throw and catch the ball with an arm.



3 Throw the ball to the sides
 With the elbow extended, throw and catch the ball one arm at a time. Make the movement with the arm by the body's side and lift it up over the head.



4 Jump with your hands on the mini trampoline
 In prone position, firming yourself with the feet on the ground and the palms of the hands on the mini trampoline. "jump" with your hands, keeping the elbows straight.



5 Walking on hands
 Ask for a partner to hold your legs and, in prone position, "walk" using your hands. Move forward, backward and to the sides.



5 Plyometric external rotation
 Flexed elbow in 90° and flexed and abducted arm in 90°. Hold the elastic and make movements from neutral to lateral rotation quickly.

