

## General Dynamic Warm-Up

Perform each one of these as a general warm up prior to activities or sports. You can perform 1-2 laps of each. This should take 5-10 minutes.

- Heel walking
- Toe walking
- Knee hugs
- Knee pulls
- Open the gate/step out of the box
- Close the gate/step in the box
- Straight leg march/Frankenstein's
- High knees
- Butt kickers
- Karaoke
- Side shuffle
- Jogging

**FIFA 11+**

From the FIFA 11+ Manual “The 11+ has three parts with a total of 15 exercises, which should be performed in the specified sequence at the start of each training session.”

“A key point in the programme is to use the proper technique during all the exercises. Pay full attention to correct posture and good body control, including straight leg alignment, knee over-toe position and soft landings”



















# 11+

**PART 1 RUNNING EXERCISES · 8 MINUTES**

 <p><b>1</b> RUNNING STRAIGHT AHEAD</p>	 <p><b>2</b> RUNNING HIP OUT</p>	 <p><b>3</b> RUNNING HIP IN</p>
 <p><b>4</b> RUNNING CIRCLING PARTNER</p>	 <p><b>5</b> RUNNING SHOULDER CONTACT</p>	 <p><b>6</b> RUNNING QUICK FORWARDS &amp; BACKWARDS</p>

“Part 1: running exercises at a slow speed combined with active stretching and controlled partner contacts”

**PART 2 STRENGTH · PLYOMETRICS · BALANCE · 10 MINUTES**

LEVEL 1	LEVEL 2	LEVEL 3
 <p><b>7</b> THE BENCH STATIC</p>	 <p><b>7</b> THE BENCH ALTERNATE LEGS</p>	 <p><b>7</b> THE BENCH ONE LEG LIFT AND HOLD</p>
 <p><b>8</b> SIDEWAYS BENCH STATIC</p>	 <p><b>8</b> SIDEWAYS BENCH RAISE &amp; LOWER HIP</p>	 <p><b>8</b> SIDEWAYS BENCH WITH LEG LIFT</p>
 <p><b>9</b> HAMSTRINGS BEGINNER</p>	 <p><b>9</b> HAMSTRINGS INTERMEDIATE</p>	 <p><b>9</b> HAMSTRINGS ADVANCED</p>
 <p><b>10</b> SINGLE-LEG STANCE HOLD THE BALL</p>	 <p><b>10</b> SINGLE-LEG STANCE THROWING BALL WITH PARTNER</p>	 <p><b>10</b> SINGLE-LEG STANCE TEST YOUR PARTNER</p>
 <p><b>11</b> SQUATS WITH TOE RAISE</p>	 <p><b>11</b> SQUATS WALKING LUNGES</p>	 <p><b>11</b> SQUATS ONE-LEG SQUATS</p>
 <p><b>12</b> JUMPING VERTICAL JUMPS</p>	 <p><b>12</b> JUMPING LATERAL JUMPS</p>	 <p><b>12</b> JUMPING BOX JUMPS</p>

“Part 2: six sets of exercises focusing on core and leg strength, balance and plyometrics/agility, each with three levels of increasing difficulty”

## FIFA 11+ (continued)

### PART 3 RUNNING EXERCISES • 2 MINUTES



13 RUNNING ACROSS THE PITCH



14 RUNNING BOUNDING



15 RUNNING PLANT & CUT



KNEE POSITION CORRECT



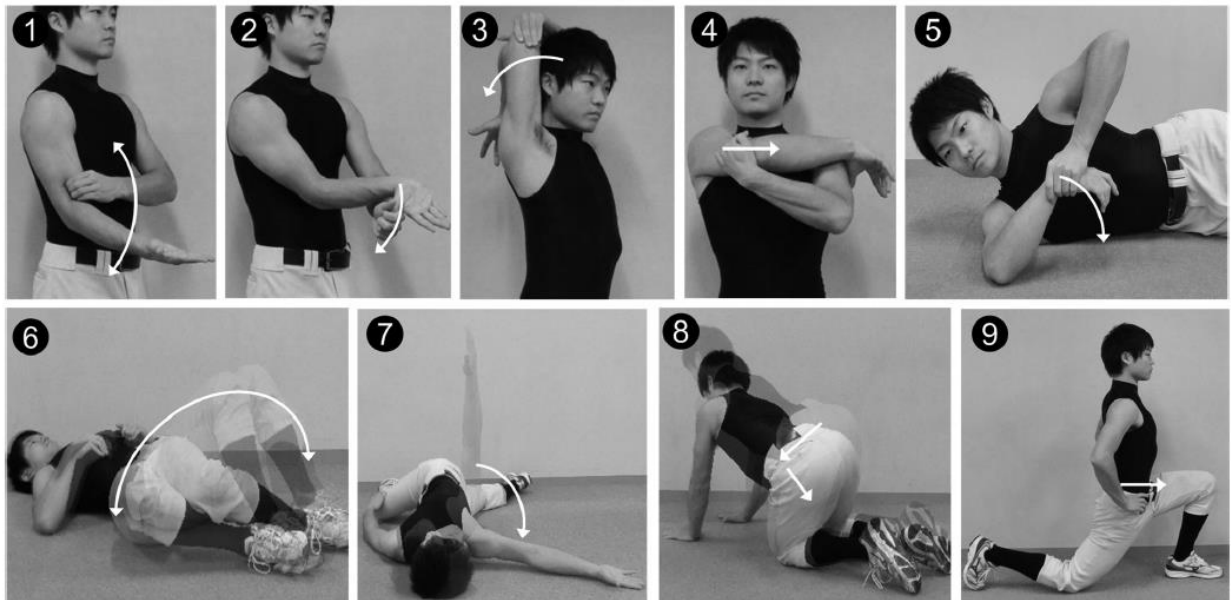
KNEE POSITION INCORRECT



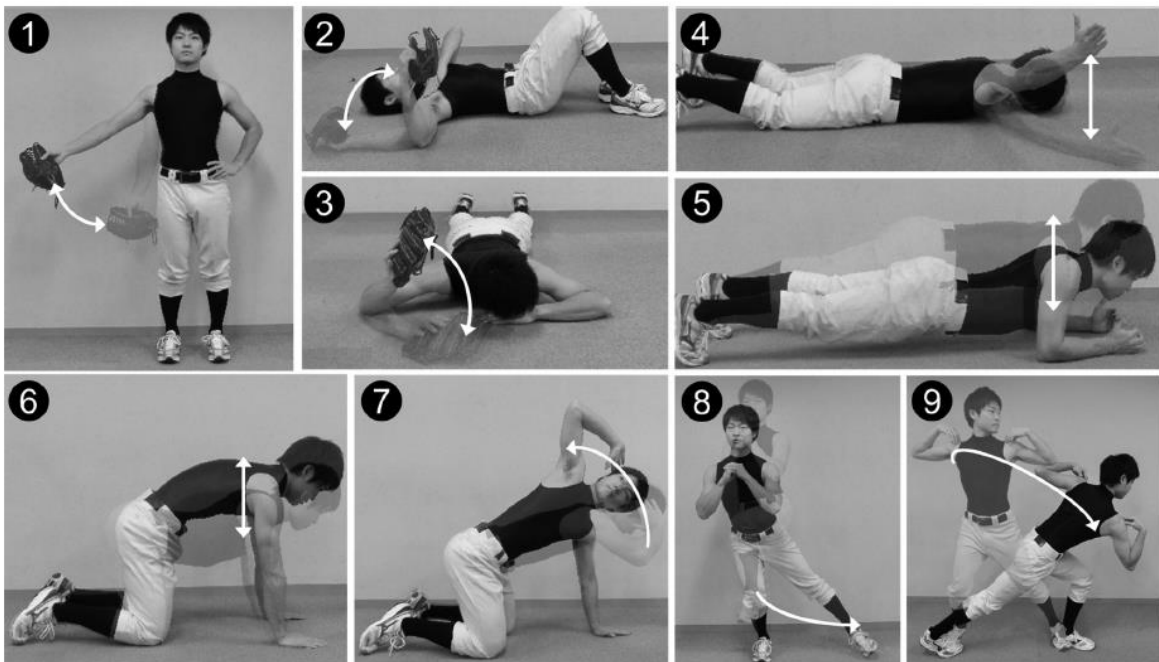
“Part 3: running exercises at moderate/high speed combined with planting/cutting movements.”

## Yokohoma Baseball-9 (YKB-9) Warm-Up

**Nine Stretching Exercises:** Hold each stretch for 10-30 seconds on each side. Perform prior to practice or a game as part up your warm-up.



**Nine Strengthening Exercises:** Perform 20 repetitions of exercises 1-3 and 10 repetitions of exercises 4-9 on each side. Perform prior to practice or a game as part up your warm-up.



## Shift Movement Warm-Up (Gymnasts)

Perform these exercises in order to prepare for gymnastics work out or competition.

- Soft tissue Prep
  - Foam rolling: thoracic spin, hip flexors, hamstrings, TFL/ITB
  - 10 minutes before the start of practice
- Muscular Prep
  - Wrist rolls, shoulder circles (slow), neck rolls, knee hugs, hip ER pulls, quad pulls
- Cardiovascular prep
  - Forward and backward jog, side chasse, knee ups (sideways), high skips and deer runs, 4-way punches
- Dynamic Stretch
  - Front kick series, right and left kick series, back kick series, hip flexor and hamstring stretch, quad stretch, straddle/adductor stretch, elbow to instep 1 arm lat/teres, seal stretch, pec to roll stretch, kosacks squat and mid adductor, front and back handstand walk