The 11+

A complete warm-up program

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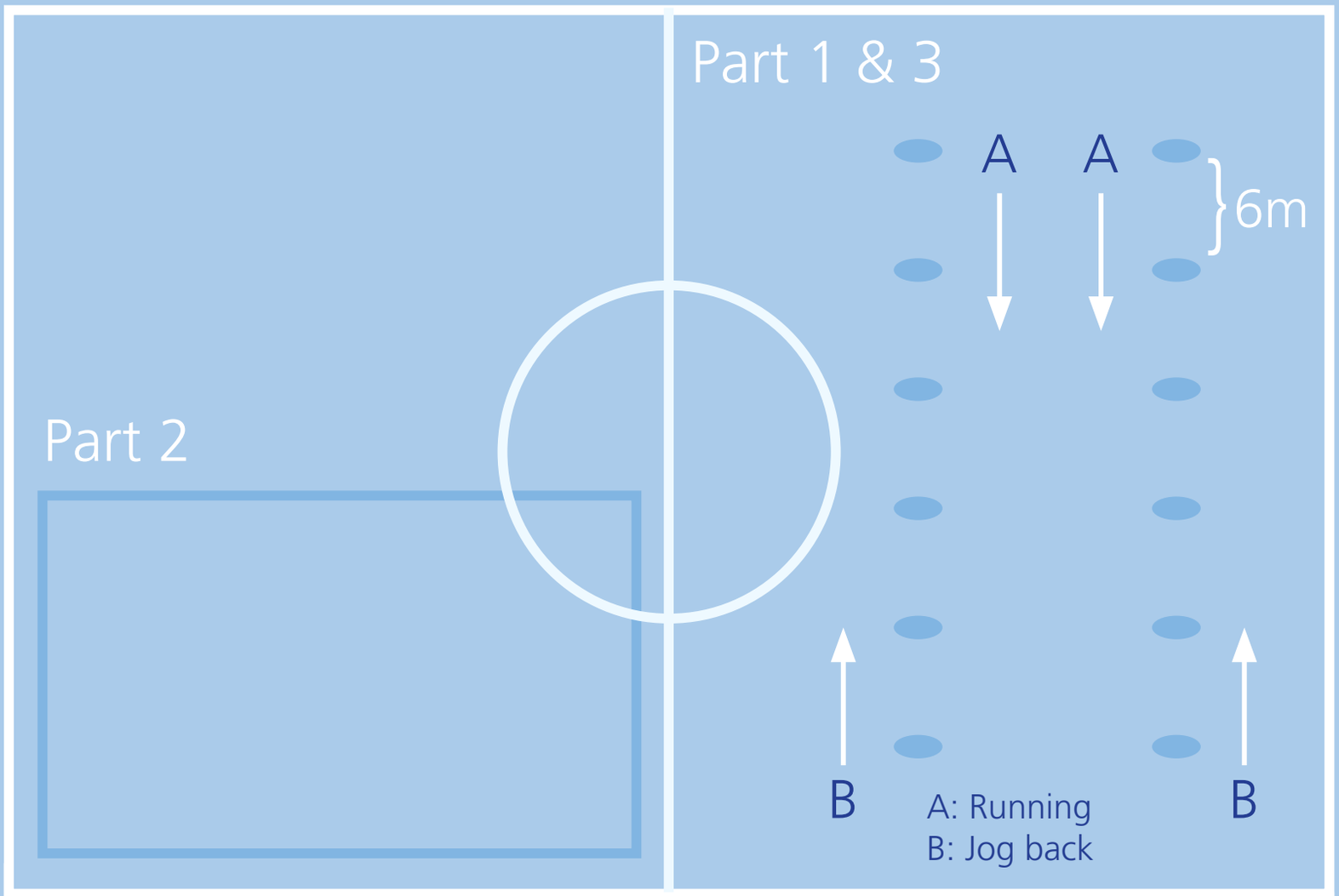

! FIELD SET-UP

The course is made up of 6 pairs of parallel cones, approx. 5-6m apart.
Two players start at the same time from the first pair of cones, jog along the inside of the cones and do the various exercises on the way. After the last cone they run back along the outside. On the way back, speed can be increased progressively as players warm up.

1,2,3 RUNNING EXERCISES

PART 1 RUNNING

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1 STRAIGHT AHEAD

Jog straight to the last cone. Make sure you keep your upper body straight. Your hip, knee and foot are aligned. Do not let your knee buckle inwards. Run slightly more quickly on the way back. **2 sets**.

2 HIP OUT

Jog to the first cone, stop and lift your knee forwards. Rotate your knee to the side and put your foot down. At the next cone repeat exercise on the other leg. Repeat until you reach the other side of the pitch. **2 sets**.

3 HIP IN

Jog to the first cone, stop and lift your knee to the side. Rotate your knee forwards and put your foot down. At the next cone repeat exercise on the other leg. Repeat until you reach the other side of the pitch. **2 sets**.

4,5,6 RUNNING EXERCISES

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4 CIRCLING PARTNER

Jog to the first cone. Shuffle sideways towards your partner, shuffle an entire circle around one other (without changing the direction you are looking in) and then shuffle back to the first cone. Repeat until you reach the other side of the pitch. **2 sets**.

5 SHOULDER CONTACT

Jog to the first cone. Shuffle sideways towards your partner. In the middle, jump sideways towards each other to make shoulder-to-shoulder contact. Land on both feet with your hips and knees bent. Shuffle back to the first cone. Repeat until you reach the other side of the pitch. **2 sets**.

6 QUICK FORWARDS & BACKWARDS

Run quickly to the second cone then run backwards quickly to the first cone, keeping your hips and knees slightly bent. Repeat, running two cones forwards and one cone backwards until you reach the other side of the pitch. **2 sets**.

7 THE BENCH

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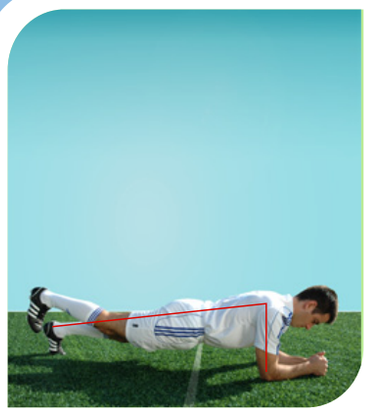
7.1 STATIC

Starting position: Lie on your front, support upper body with forearms. Elbows directly under shoulders.
Exercise: Lift upper body, pelvis and legs up until your body is in a straight line from head to foot. Pull in stomach and gluteal muscles and hold the position for 20-30 sec. **3 sets**.
Important: Do not sway or arch your back. Do not move your buttocks upwards.



7.2 ALTERNATE LEGS

Starting position: Lie on your front, support upper body with forearms. Elbows directly under shoulders. **Exercise**: Lift upper body, pelvis and legs up until your body is in a straight line from head to foot. Pull in stomach and gluteal muscles. Lift each leg in turn, holding for a count of 2 sec. Continue for 40-60 sec. **3 sets.**
Important: Do not sway or arch your back. Do not move your buttocks upwards. Keep pelvis stable and do not let it tilt to the side.

7.3 ONE LEG LIFT AND HOLD

Starting position: Lie on your front, support upper body with forearms. Elbows directly under your shoulders. **Exercise**: Lift upper body, pelvis and legs up until your body is in a straight line. Pull in stomach and gluteal muscles. Lift one leg about 10-15cm off the ground and hold the position for 20-30 sec. Repeat with other leg. **3 sets**. **Important**: Do not sway or arch your back. Do not move your buttocks upwards. Keep pelvis is stable and do not let it tilt to the side.

8 SIDEWAYS BENCH

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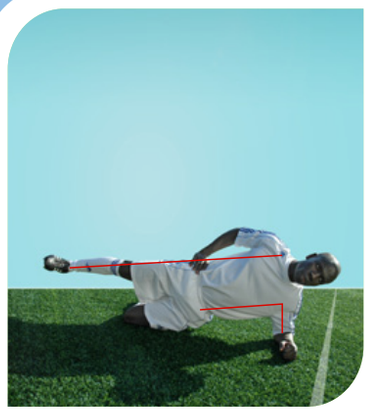

8.1 STATIC

Starting position: Lie on your side with the knee of lowermost leg bent to 90 degrees, support yourself on forearm and lowermost leg. Elbow of supporting arm directly under shoulder. **Exercise**: Lift pelvis and uppermost leg until they form a straight line with your shoulder and hold the position for 20-30 sec. Repeat on other side. **3 sets**. **Important**: Keep pelvis stable and do not let it tilt downwards. Do not tilt shoulders, pelvis or leg forwards or backwards.

8.2 RAISE & LOWER HIP

Starting position: Lie on your side with both legs straight, support yourself on forearm. Elbow of supporting arm directly under shoulder. **Exercise**: Raise pelvis and legs until your body forms a straight line from the uppermost shoulder to the uppermost foot. Lower hips to the ground and raise them back up again. Continue for 20-30 sec. Repeat on other side. **3 sets**. **Important**: Do not tilt shoulders or pelvis forwards or backwards. Do not rest head on your shoulder.

8.3 WITH LEG LIFT

Starting position: Lie on your side with both legs straight, support yourself on forearm and lower leg. Elbow of supporting arm directly under shoulder. **Exercise**: Raise pelvis and legs until your body forms a straight line from the uppermost shoulder to the uppermost foot. Lift uppermost leg up and slowly lower it down again. Continue for 20-30 sec. Repeat on other side. **3 sets**. **Important**: Keep pelvis stable and do not let it tilt downwards. Do not tilt shoulders or pelvis forwards or backwards.

9 HAMSTRINGS

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9.1 BEGINNER

Starting position: Kneel with knees hip-width apart; partner pins your ankles firmly to the ground with both hands.
Exercise: Slowly lean forward, while keeping your body straight from the head to the knees. When you can no longer hold the position, gently take your weight on your hands, falling into a press-up position. **3-5** repetitions.
Important: Do exercise slowly at first, but once you feel more comfortable, speed it up.

9.2 INTERMEDIATE

Starting position: Kneel with knees hip-width apart; partner pins your ankles firmly to the ground with both hands.
Exercise: Slowly lean forward, while keeping your body straight from the head to the knees. When you can no longer hold the position, gently take your weight on your hands, falling into a press-up position. **7-10** repetitions.
Important: Do exercise slowly at first, but once you feel more comfortable, speed it up.

9.3 ADVANCED

Starting position: Kneel with knees hip-width apart; partner pins your ankles firmly to the ground with both hands.
Exercise: Slowly lean forward, while keeping your body straight from the head to the knees. When you can no longer hold the position, gently take your weight on your hands, falling into a press-up position. Min. **12-15** repetitions.
Important: Do exercise slowly at first, but once you feel more comfortable, speed it up.

10 SINGLE-LEG STANCE

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10.1 HOLD THE BALL

Starting position: Stand on one leg, knee and hip slightly bend and hold the ball in both hands. **Exercise**: Hold balance and keep body weight on the ball of your foot. Hold for 30 sec., and repeat on the other leg. Exercise can be made more difficult by lifting the heel from the ground slightly or passing the ball around your waist and/or under your other knee. **2 sets** on each leg. **Important**: Do not let your knee buckle inwards. Keep pelvis horizontal and do not let it tilt to the side.

10.2 THROWING BALL WITH PARTNER

Starting position: Stand on one leg, face a partner at a distance of 2-3m. **Exercise**: Keep balance while you throw the ball to one another. Hold in your stomach and keep weight on the ball of your foot. Continue for 30 sec. and repeat on the other leg. Exercise can be made more difficult by lifting the heel from the ground slightly. **2 sets** on each leg. **Important**: Do not let your knee buckle inwards. Keep pelvis horizontal and do not let it tilt to the side.

10.3 TEST YOUR PARTNER

Starting position: Stand on one leg, at arm's length from your partner. **Exercise**: Keep balance while you and your partner in turn try to push the other off balance in different directions. Continue for 30 sec. and repeat on the other leg. **2 sets** on each leg. **Important**: Do not let your knee buckle inwards. Keep pelvis horizontal and do not let it tilt to the side.

11 SQUATS

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11.1 WITH TOE RAISE

Starting position: Stand with feet hip-width apart, hands on your hips. **Exercise**: Slowly bend hips, knees and ankles until your knees are flexed to 90 degrees. Lean upper body forwards. Then straighten upper body, hips and knees, and stand up on your toes. Then slowly lower down again, and straighten up slightly more quickly. Repeat for 30 sec. **2 sets**.
Important: Do not let your knee buckle inwards. Lean upper body forward with a straight back.

11.2 WALKING LUNGES

Starting position: Stand with feet hip-wide apart, hands on your hips. **Exercise**: Lunge forward slowly at an even pace. Bend hips and knees slowly until your leading knee is flexed to 90 degrees. The bent knee should not extend beyond the toes. 10 lunges on each leg. **2 sets**.
Important: Do not let your knee buckle inwards. Keep upper body straight and pelvis horizontal.

11.3 ONE-LEG SQUATS

Starting position: Stand on one leg, loosely hold on to your partner. **Exercise**: Slowly bend your knee, if possible until it is flexed to 90 degrees, and straighten up again. Bend slowly then straighten slightly more quickly. Repeat on the other leg. 10 squats on each leg. **2 sets**.
Important: Do not let your knee buckle inwards. Keep upper body facing forward and pelvis horizontal.

12 JUMPING

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12.1 VERTICAL JUMPS

Starting position: Stand with your feet hip-width apart, hands on your hips. **Exercise**: Slowly bend hips, knees and ankles until your knees are flexed to 90 degrees. Lean upper body forwards. Hold this position for 1 sec. then jump as high as you can, and straighten whole body. Land softly on the balls of your feet. Repeat for 30 sec. **2 sets**. **Important**: Jump off both feet. Land gently on the balls of both feet with your knees bent.

12.2 LATERAL JUMPS

Starting position: Stand on one leg. Bend hips, knee and ankle slightly and lean upper body forwards. **Exercise**: Jump from your supporting leg approximately 1m to the side onto the other leg. Land gently on the ball of your foot and bend your hips, knee and ankle. Hold this position for about a second and then jump on the other leg. Repeat for 30 sec. **2 sets**. **Important**: Do not let your knee buckle inwards. Keep upper body stable and facing forward and pelvis horizontal.

12.3 BOX JUMPS

Starting position: Stand with feet hip-width apart, imagine a cross you are standing in the middle of. **Exercise**: Jump with both legs forwards and backwards, from side to side, and diagonally across the cross. Keep upper body slightly leaned forwards. Jump as quickly and explosively as possible. Repeat for 30 sec. **2 sets**. **Important**: Land softly on the balls of both feet. Bend hips, knees and ankles on landing. Do not let your knee buckle inwards.

13,14,15 RUNNING EXERCISES

PART 3 RUNNING

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13 ACROSS THE PITCH

Run approx 40m across the pitch at 75-80% of maximum pace and then jog the rest of the way. Keep your upper body straight. Your hip, knee and foot are aligned. Do not let your knees buckle inwards. Jog easily back. **2 sets**.

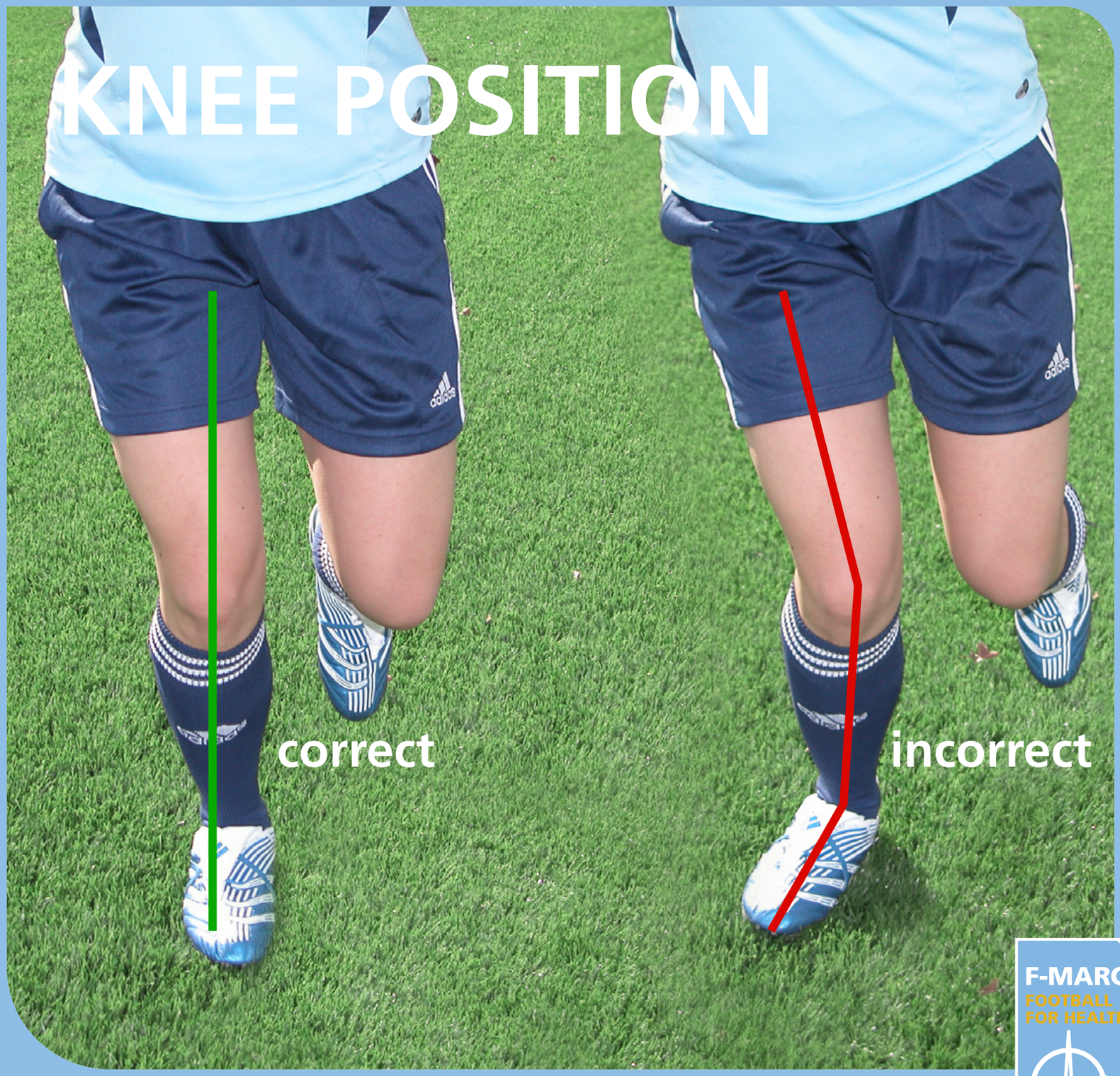
14 BOUNDING

Take a few warm-up steps then take 6-8 high bounding steps with a high knee lift and then jog the rest of the way. Lift the knee of the leading leg as high as possible and swing the opposite arm across the body. Keep your upper body straight. Land on the ball of the foot with the knee bent and spring. Do not let your knee buckle inwards. Jog back easily to recover. **2 sets**.

15 PLANT & CUT

Jog 4-5 steps straight ahead. Then plant on the right leg and cut to change direction to the left and accelerate again. Sprint 5-7 steps (80-90% of maximum pace) before you decelerate and plant on the left foot and cut to change direction to the right. Do not let your knee buckle inwards. Repeat the exercise until you reach the other side of the pitch, then jog back. **2 sets**.

KNEE POSITION



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