

Bijlage 3. Voorbeeld preventiestrategie blessures onderste extremiteiten: FIFA 11+ programma (Silver, 2015).

De werkgroep verwacht dat het FIFA 11+ programma ook waardevol is bij preventie van acute quadriceps- of kuitblessures.

FIFA 11+

PART 1 RUNNING EXERCISES · 8 MINUTES

1 RUNNING STRAIGHT AHEAD

The course is made up of 6 to 10 pairs of parallel cones, approx. 5-6 metres apart. Two players start at the same time from the first pair of cones, **log together** all the way to the last pair of cones. On the way back, you can increase your speed progressively as you warm up. **2 sets**

2 RUNNING HIP OUT

Walk or jog slowly, stepping at each pair of cones to lift your knee and **rotate your hip outwards**, alternate between left and right legs at successive cones. **2 sets**

3 RUNNING HIP IN

Walk or jog slowly, stepping at each pair of cones to lift your knee and **rotate your hip inwards**, alternate between left and right legs at successive cones. **2 sets**

4 RUNNING CIRCLING PARTNER

Run forwards as a pair to the first set of cones. Shuffle sideways by 90 degrees to meet in the middle. **Shuffle an entire circle around one other** and then return back to the cones. Repeat for 20-30 sec. Remember to stay on your feet and keep your centre of gravity low by bending your hips and knees. **2 sets**

5 RUNNING SHOULDER CONTACT

Run forwards in pairs to the first pair of cones. Shuffle sideways by 90 degrees to meet in the middle then **jump sideways towards each other to make shoulder-to-shoulder contact**.

Exercise: Lift your body up on both feet with your hips and knees bent. Do not let your knees buckle inward. Make a 1-2 ft jump and synchronize your timing with your teammate as you jump and land. **2 sets**

6 RUNNING QUICK FORWARDS & BACKWARDS

As a pair, run quickly to the second set of cones then run **backwards quickly to the first pair of cones keeping your hips and knees slightly bent**. Keep repeating in the first, second and third directions of the course. And hold the position for 20-30 sec. Your body should be straight. Do not let your upper hip dip down and do not rise or arch your lower back. Take a short break, change legs and repeat. **2 sets**

PART 2 STRENGTH · PLYOMETRICS · BALANCE · 10 MINUTES

LEVEL 1

7 THE BENCH STATIC

Starting position: Lie on your front, supporting yourself on your forearms and feet. Your elbows should be directly under your shoulders.

Exercise: Lift your body up, supported on your forearms, pull your stomach in, and hold the position for 20-30 sec. Your body should be in a straight line. Try not to rock or arch your back. **3 sets**

LEVEL 2

7 THE BENCH ALTERNATE LEGS

Starting position: Lie on your front, supporting yourself on your forearms and feet. Your elbows should be directly under your shoulders.

Exercise: Lift your body up, supported on your forearms, and pull your stomach in. Lift each leg in turn, holding for a count of 2 sec. Continue for 20-30 sec. Your body should be in a straight line. Try not to rock or arch your back. **3 sets**

LEVEL 3

7 THE BENCH ONE LEG LIFT AND HOLD

Starting position: Lie on your front, supporting yourself on your forearms and feet. Your elbows should be directly under your shoulders.

Exercise: Lift your body up, supported on your forearms, and pull your stomach in. Lift one leg about 10-15 centimetres off the ground. And hold the position for 20-30 sec. Your body should be straight. Do not let your upper hip dip down and do not rise or arch your lower back. Take a short break, change legs and repeat. **3 sets**

8 SIDEWAYS BENCH STATIC

Starting position: Lie on your side with the lower of your lowermost leg bent to 90 degrees. Support your upper body by resting on your forearms and knee. The elbow of your supporting arm should be directly under your shoulder. **Exercise:** Lift your uppermost leg and hips until your shoulder, hip and knee are in a straight line. Hold the position for 20-30 sec. Take a short break, change sides and repeat. **3 sets on each side.**

9 HAMSTRINGS BEGINNERS

Starting position: Kneel on a soft surface. Ask your partner to hold your ankles down firmly.

Exercise: Your body should be completely straight from the shoulder to the knee throughout the exercise. Lean forward as far as you can, controlling the movement with your hamstrings and your gluteal muscles. When you can no longer hold the position, gently take your weight on your hands, falling into a push-up position. Complete a minimum of 3-5 repetitions and/or 60 sec. **3 sets**

10 SINGLE-LEG STANCE HOLD THE BALL

Starting position: Stand on one leg.

Exercise: Balance on one leg while holding the ball with both hands. Keep your body weight on the ball of your foot. Remember: try not to let your knees buckle inward. Hold for 30 sec. Change legs and repeat. The exercise can be made more difficult by passing the ball around your waist and/or under your other knee. **3 sets**

11 SQUATS WITH TOE RAISE

Starting position: Stand with your feet hip-width apart. Place your hands on your hips or on your knee.

Exercise: Imagine that you are about to sit down on a chair. Perform squats by bending your hips and knees to 90 degrees. Do not let your knees buckle inward. Descend slowly then straighten up more quickly. When your legs are completely straight, stand up on your toes then slowly lower down again. Repeat the exercise for 30 sec. **2 sets**

12 JUMPING VERTICAL JUMPS

Starting position: Stand with your feet hip-width apart. Place your hands on your hips if you can.

Exercise: Imagine that you are about to sit down on a chair. Bend your legs slowly until your knees are bent to approx 90 degrees and hold for 2 sec. Do not let your knees buckle inward. From the start position, jump up as high as you can. Land softly on the balls of your feet with your hips and knees slightly bent. Repeat the exercise for 30 sec. **1 sets**

13 SQUATS WALKING LUNGES

Starting position: Stand with your feet hip-width apart. Place your hands on your hips if you can.

Exercise: Larger forward stride at an even pace. As you lunge, bend your leading leg until your hip and knee are flexed to 90 degrees. Do not let your knees buckle inward. Try to keep your upper body and hips steady. Lunge your way across the pitch (approx. 10 times on each leg) and then jog back. **2 sets**

14 JUMPING LATERAL JUMPS

Starting position: Stand on one leg with your upper body bent slightly forwards from the waist, with knees and hips slightly bent.

Exercise: Jump approx. 1 m sideways from the supporting leg on to the free leg. Land gently on the ball of your foot. Bend your hips and knees slightly as you land and do not let your knees buckle inward. Maintain your balance with each jump. Repeat the exercise for 30 sec. **2 sets**

15 JUMPING BOX JUMPS

Starting position: Stand with your feet hip-width apart. Imagine that there is a box (placed on the ground) and you are standing in the middle of it.

Exercise: Alternate between jumping forwards and backwards, from side to side, and diagonally across the box. Land as gently and explosively as possible. Your knees and hips should be slightly bent. Land softly on the balls of your feet. Do not let your knees buckle inward. Repeat the exercise for 30 sec. **2 sets**

PART 3 RUNNING EXERCISES · 2 MINUTES

13 RUNNING ACROSS THE PITCH

Run across the pitch, from one side to the other, at 75-90% maximum pace. **2 sets**

14 RUNNING BOUNDING

Run with high bounding steps with a high knee lift, landing gently on the ball of your foot. Use an exaggerated arm swing for each step (support arm and leg). Try to touch your leading leg over the middle of your body or in your knees buckle inward. Repeat the exercise until you reach the other side of the pitch, then jog back to recover. **2 sets**

15 RUNNING PLANT & CUT

Jog 4-5 steps, then plant on the outside leg and cut to change direction. Accelerate and sprint 5-7 steps at high speed (90-95% maximum pace) before you decelerate and do a new plant & cut. Do not let your knees buckle inward. Repeat the exercise until you reach the other side, then jog back. **2 sets**





Bijlage. Voorbeeld preventiestrategie blessures onderste extremiteiten: FIFA 11+ programma (Silver, 2015) bij Richtlijn Acute spierblessures onderste ledematen bij sporters
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1