

The 11

The Prevention Programme



1 The bench

Head, shoulders, back and hips in a straight line, parallel to the ground. Elbows directly under the shoulders. Lift one leg a few centimetres off the ground and hold this position for 15 seconds. Repeat 1-2 times for each leg.



2 Sideways bench

Upper shoulder, hip and upper leg in a straight line parallel to the ground. Elbow directly under the shoulders. From above, shoulders, elbow, hips and both knees are in a straight line. Hold this position for 15 seconds and don't drop the hips. Repeat twice each side.



3 Hamstrings

Ankles pinned firmly to the ground by a partner. Slowly lean forward keeping upper body and hips straight. Keep thighs, hips and upper body in a straight line. Try to hold this straight body alignment, using the hamstrings, for as long as possible, then control your fall. Repeat 5 times.



4 Cross-country skiing

Flex and extend the knee of the supporting leg and swing the arms in opposite directions in the same rhythm. On extension, never lock the knee, and don't let it buckle inwards. Keep pelvis and upper body stable and facing forwards. Keep pelvis horizontal and don't let it tilt to the side. Flex and extend each leg 15 times.



5 Chest-passing in single-leg stance

Keep knees and hips slightly bent. Keep weight only on the ball of the foot, or lift heel from the ground. From the front, hip, knee and foot of the supporting leg should be in a straight line. Throw a ball back and forth with a partner. 10 times on each leg.



6 Forward bend in single-leg stance

As for Exercise 5, but before throwing it back, touch the ball to the ground without putting weight on it. Always keep knee slightly bent and don't let it buckle inwards. 10 throws on each leg.



7 Figures-of-eight in single-leg stance

As for Exercise 5 but before throwing it back, swing the ball in a figure-of-eight through and around both legs: first around the supporting leg with the upper body leaning forward, and then around the other leg standing as upright as possible. Always keep knee slightly bent and don't let it buckle inwards. 10 throws on each leg.



8 Jumps over a line

Jump with both feet, sideways over a line and back, as quickly as possible. Land softly on the balls of both feet with slightly bent knees. Don't let knees buckle inwards. Repeat side-side 10 times and then forwards-backwards 10 times.



9 Zigzag shuffle

Bend knees and hips so upper body leans substantially forward. One shoulder should always point in the direction of movement. Shuffle sideways through the Zigzag course as fast as possible. Always take off and land on the balls of the feet. Don't let knees buckle inwards. Complete course twice.



10 Bounding

Bring the knee of the trailing leg up as high as possible and bend the opposite arm in front of the body when bounding. Land softly on the ball of the foot with a slightly bent knee. Don't let knee buckle inwards during take-off or landing. Cover 30 metres twice.



11 Fair Play

A substantial amount of football injuries are caused by foul play, so the observance of the Laws of the Game and especially Fair Play are essential for the prevention of football injuries. Play fair!