

Pro Safe Sport

Practice examples

This factsheet is intended to gather information on a practice example which promotes a healthy and safe sport environment.

Basic data	
Title	The 11+
Organisation	FIFA
Link	http://f-marc.com/11plus/home/ FIFA 11+ poster http://www.f-marc.com/downloads/posters_generic/english.pdf
Country	International non-governmental organisation
What kind of initiative? (E.g. policy, law/ act, campaign, education...)	Sport programme (sport exercises) Learning programme
PSS intervention area	<u>Physical well-being</u> Psychological well-being Social well-being Fair play Governance/ policy

Qualitative facts	
Description	F-MARC developed in 2003 “The 11”, a prevention programme for amateur players, whose effectiveness has been impressively proven in Switzerland. The nationwide implementation (2004-2008) led to a significant decrease in injuries during matches and training, proving not only the effectiveness of the programme, but that it is easily and broadly applicable (paper available in DOWNLOAD). Since then, “The 11” has been further developed (2006) into a more comprehensive programme: “11+”. 11+ is a complete warm-up programme to reduce injuries among male and female football players aged 14 years and older. The programme was developed by an international group of experts and its effectiveness has been proven in a scientific study

	<p>(Norway, 2008). Teams that performed 11+ at least twice a week had 30 – 50% less injured players (paper available in DOWNLOAD). The programme should be performed, as a standard warm-up, at the start of each training session at least twice a week and takes around 20 minutes to complete. Prior to matches only the running exercises (parts 1 and 3) should or may be performed. For all exercises, correct performance is of great importance: Refer to the 11+ MANUAL for all details or the 11+ programme!</p> <p>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 of the exercises. Pay full attention to correct posture and good body control, including straight leg alignment, knee-over-toe position and soft landings.</p> <p>Part 1: running exercises at a slow speed combined with active stretching and controlled partner contacts;</p> <p>Part 2: six set of exercises, focusing on core and legs strength, balance, and plyometrics/ agility, each with three levels of increasing difficulty;</p> <p>Part 3: running exercises at moderate/high speed combined with planting/cutting movements.</p>
Activities	<ul style="list-style-type: none"> • Awareness raising • Sport exercises
Thematic priorities	<ul style="list-style-type: none"> • Prevention of sport injuries
Target group	<ul style="list-style-type: none"> • Football players
Results/ products	<ul style="list-style-type: none"> • Reduced substantially the rate of injuries while playing football
Success factors	<ul style="list-style-type: none"> • Provide funding • Involve coaches • Promote and monitor the application of 11+ • Multilingual initiative

Quantitative facts	
Budget	n.a.
Number of people working for this initiative	n.a.
Number of people reached	n.a.
Timeframe (start/ end)	2003/ ongoing

Observations

- FIFA recommends its member federations to implement the 11+ programme.