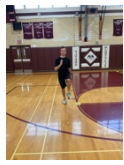


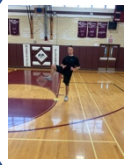
FIFA 11+ WARM-UP ADAPTED FOR VOLLEYBALL

PART 1: RUNNING EXERCISES (8 MINUTES)



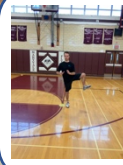
1 RUNNING STRAIGHT AHEAD

Warm-up begins lining up on the goal line with partner approx. 5 yards away. Jog together down the court. Turn to the outside and head back to the beginning. On the way back, you can increase speed progressively as you warm up.
Sets: 2



2 RUNNING HIP OUT

Walk or jog easily stopping every 5 feet to lift your knee straight forward and rotate your hip outwards. Alternate sides at successive 5 feet markers.
Sets: 2



3 RUNNING HIP OUT

Walk or jog easily stopping every 5 feet to lift your knee to the side and rotate your hip inwards. Alternate sides at successive 5 feet markers.
Sets: 2



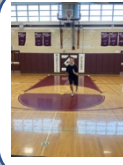
4 RUNNING CIRCLING PARTNER

Run forward as a pair about 10 feet. Side shuffle 90 degrees to meet in the middle. Shuffle entire circle around partner and return to the start of shuffle. Repeat every 10 feet.
Note: Remember to stay on your toes and keep hips and knees bent in athletic stance.
Sets: 2



5 RUNNING SHOULDER CONTACT

Run forward as a pair 10 feet. Side shuffle 90 degrees to meet in the middle then jump sideways towards each other to make shoulder contact and return to start of shuffle. Repeat every 10 feet.
Note: Make sure to land soft on both feet with hips and knees bent. Do not let knees buckle inwards. Explode up on the jump and synchronize timing with partner as you jump and land.
Sets: 2



6 RUNNING QUICK FORWARDS & BACKWARDS

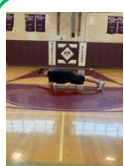
Quickly run forward as a pair 10 feet then run backwards quickly 5 feet keeping your hips and knees slightly bent. Repeat drill running 10 feet forwards and 5 feet back.
Note: Remember to take small quick steps.
Sets: 2

PART 2: STRENGTH ☆ PLYOMETRICS ☆ BALANCE (10 MINUTES)

Choose 1 Level of Difficulty for each Part 2 exercise. Progress to next level when appropriate.

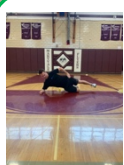
Volleyball held in hands optional.

LEVEL 1



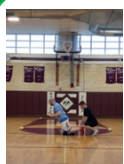
7 PLANK STATIC

Starting Position: Lie face down, 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 secs. Your body should be in a straight line. Try not to sway or arch your back.
Sets: 3



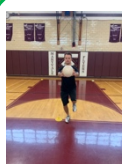
8 SIDE PLANK STATIC

Starting Position: Lie on your side with the knee of your lowest leg bent to 90 degrees. Support your upper body by resting on your forearm 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 secs. Take a short break, change sides and repeat.
Sets: 3 on each side



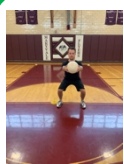
9 HAMSTRINGS BEGINNER

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 glute 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 reps and/or 60 secs.
Sets: 1



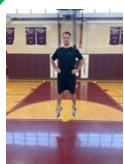
10 SINGLE LEG STANCE HOLD THE VOLLEYBALL

Starting Position: Stand on one leg.
Exercise: Balance on one leg whilst holding a basketball with both hands. Keep your body weight on the ball of your foot. Remember try not to let your knees buckle inwards. Hold for 30 secs. Change legs and repeat. The exercise can be made more difficult by passing the stick around your waist and/or under your other knee.
Sets: 2



11 SQUATS WITH TOE RAISE

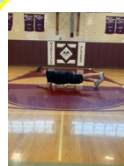
Starting Position: Stand with your feet hips width apart. Hold the volleyball with two hands.
Exercise: Imagine that you are about to sit down on a chair. Perform squats by bending your hips and knees to 90 degrees. Do not let your knees buckle inwards. Descend slowly then straighten up more quickly. When your legs are completely straight, stand up on your toes then slowly lower down again. Repeat the exercise for 30 secs.
Sets: 2



12 JUMPING VERTICAL JUMPS

Starting Position: Stand with your feet hips width apart. Place your hands on your hips if you like.
Exercise: Imagine that you are about to sit down on a chair. Bend your legs slowly until your knees are flexed to approx. 90 degrees, and hold for 2 secs. Do not let your knees buckle inwards. From the squat 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 secs.
Sets: 2

LEVEL 2



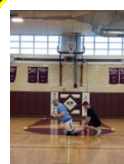
7 PLANK ALTERNATE LEGS

Starting Position: Lie face down, 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 40-60 secs. Your body should be in a straight line. Try not to sway or arch your back.
Sets: 3



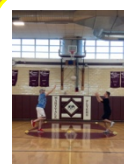
8 SIDE PLANK RAISE & LOWER HIP

Starting Position: Lie on your side with both legs straight. Lean on your forearm and the side of your foot so that your body is in a straight line from shoulder to foot. The elbow of your supporting arm should be directly beneath your shoulder.
Exercise: Lower your hip to the ground and raise it back up again. Repeat for 20-30 secs. Take a short break, change sides and repeat.
Sets: 3 on each side



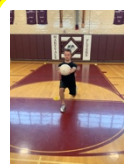
9 HAMSTRINGS INTERMEDIATE

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 glute 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 7-10 reps and/or 60 secs.
Sets: 1



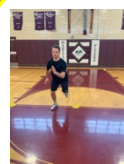
10 SINGLE LEG STANCE THROWING VOLLEYBALL

Starting Position: Stand 2-3 yards apart from your partner, with each of you standing on one leg.
Exercise: Keeping your balance, and with your stomach held in, throw the volleyball to one another. Keep your weight on the ball of your foot. Remember: keep your knee slightly bent and try not to let it buckle inwards. Keep going for 30 secs. Change legs and repeat.
Sets: 2



11 SQUATS WALKING LUNGES

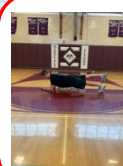
Starting Position: Stand with your feet hips width apart. Hold the volleyball with two hands.
Exercise: Lunge forward slowly at an even pace. Push basketball forward as you lower then return it to chest as you stand back up. When you lunge, bend your leading leg until your hip and knee are flexed to 90 degrees. Do not let your knee buckle inwards. Try to keep your upper body and hips steady. Lunge for 30 yards (approx. 10 times each leg) and then jog back.
Sets: 2



12 JUMPING LATERAL JUMPS

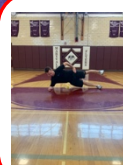
Starting Position: Stand on one leg with your upper body bent slightly forwards from the waist, with knees and hips slightly bent.
Exercise: Jump approx. 2 yards sideways from the supporting leg on the free leg. Land gently on the ball of your foot. Bend your hips and knees slightly as you land and do not let your knee buckle inwards. Maintain your balance with each jump. Repeat the exercise for 30 secs.
Sets: 2

LEVEL 3



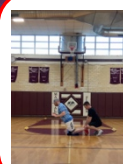
7 PLANK ONE LEG LIFT & HOLD

Starting Position: Lie face down, 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 5 inches off the ground, and hold the position for 20-30 secs. Your body should be straight. Do not let your opposite hip down and do not sway or arch your lower back. Take a short break, change legs and repeat.
Sets: 3



8 SIDE PLANK WITH LEG LIFT

Starting Position: Lie on your side with both legs straight. Lean on your forearm and the side of your foot so that your body is in a straight line from shoulder to foot. The elbow of your supporting arm should be directly beneath your shoulder.
Exercise: Lift your uppermost leg up and slowly lower it down again. Repeat for 20-30 secs. Take a short break, change sides and repeat.
Sets: 3 on each side



9 HAMSTRINGS ADVANCED

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 glute 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 12-15 reps and/or 60 secs.
Sets: 1



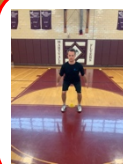
10 SINGLE LEG STANCE TEST YOUR PARTNER

Starting Position: Stand on one leg opposite your partner at arm's length apart.
Exercise: Whilst you both try to keep your balance, each of you in turn tries to push the other off balance in different directions. Try to keep your weight on the ball of your foot and prevent your knee from buckling inwards. Continue for 30 secs. Change legs and repeat.
Sets: 2



11 SQUATS ONE-LEG SQUAT

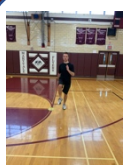
Starting Position: Stand on one leg, loosely holding onto your partner's knee as far as you can manage. Concentrate on preventing the knee from buckling inwards. Bend your knee slowly then straighten it slightly more quickly, keeping your hips and upper body in line. Repeat the exercise 10 times on each leg.
Sets: 2



12 JUMPING BOX JUMPS

Starting Position: Stand with your feet hips width apart. Imagine that there is a cross marked 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 cross. Jump as quickly 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 inwards. Repeat the exercise for 30 secs.
Sets: 2

PART 3: RUNNING EXERCISES (2 MINUTES)



13 RUNNING DOWN THE FIELD

Run straight down or across the court, at 75-80% maximum pace.
Sets: 2



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 (opposite arm and leg). Try not to let your leading leg cross the midline of your body or let your knees buckle inwards. Repeat the exercise until you reach the baseline or sideline, then jog back to recover.
Sets: 2



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 (80-90% maximum pace) before you decelerate and do a new plant & cut. Do not let your knee buckle inwards. Repeat the exercise until you reach the other baseline or sideline, then jog back.
Sets: 2