

# TRENING FIFA 11+ dla Oddziałów Mistrzostwa Sportowego

## FIFA 11+ Rozgrzewka według F-MARC

FIFA 11+ jest to trzy etapowa rozgrzewka, może być także wykorzystana jako odrębna jednostka treningowa. Ma ona charakter progresywny, a więc każdy z następujących po sobie bloków ćwiczeń, stawia coraz wyższe wymagania. Należy dodać, że program ten ma również za zadanie odpowiednio przygotować piłkarza do wysiłku meczowego lub treningu. Poniższy schemat należy przeprowadzać w niezminionej formie oraz kolejności ćwiczeń, minimum dwa razy w tygodniu i przed każdym meczem. Całość rozgrzewki nie zajmuje więcej niż 20-25 minut.

### ETAP PIERWSZY ĆWICZENIA BIEGOWE TRUCHTEM

**PART 1 RUNNING EXERCISES · 8 MINUTES**

- 1 RUNNING STRAIGHT AHEAD**  
The course is made up of 6 to 10 pairs of parallel cones, approx. 5-4 m apart. Two players start at the same time from the first pair of cones. Jog 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 towards. 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 each pair of cones. Remember to stay on your toes and keep your vision of clearly low by looking 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.  
Note: Make sure you land on both feet with your hips and knees bent. Do not let your knees buckle inward. Make it a full jump and synchronize your landing 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 the drill, running half cones forwards and one full backwards. Remember to take small, quick steps. 2 sets

1. Trucht w przód. <https://www.youtube.com/watch?v=RSJIp7e7fyY>
2. Trucht z krążeniem uda na zewnątrz. <https://www.youtube.com/watch?v=rPugh9vf9Hg>
3. Trucht z krążeniem uda do wewnątrz. <https://www.youtube.com/watch?v=dyeV-K5wmQA>
4. Trucht z obieganiem partnera. [https://www.youtube.com/watch?v=67FEXBx\\_G6g](https://www.youtube.com/watch?v=67FEXBx_G6g)
5. Trucht i wyskok (boczny) do zderzenia się barkami. <https://www.youtube.com/watch?v=DIWuFO1e4Xc>
6. Trucht w tył i przód. <https://www.youtube.com/watch?v=-qLxW9S1CoM>

Każde z ćwiczeń należy wykonać minimum 2 razy na odcinku 30m.

# ETAP DRUGI ĆWICZENIA SIŁY, RÓWNOWAGI I PLYOMETRIA

**PART 2 STRENGTH · PLYOMETRICS · BALANCE · 10 MINUTES**

LEVEL 1	LEVEL 2	LEVEL 3
<p><b>7 THE BENCH STATIC</b></p> <p>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, and hold the position for 30-30 sec. Your body should be in a straight line. Try not to sway or arch your back. 3 sets</p>	<p><b>7 THE BENCH ALTERNATE LEGS</b></p> <p>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 40-40 sec. Your body should be in a straight line. Try not to sway or arch your back. 3 sets</p>	<p><b>7 THE BENCH ONE LEG LIFT AND HOLD</b></p> <p>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 30-30 cm off the ground, and hold the position for 20-30 sec. Your body should be straight. Do not let your opposite leg slip down and do not sway or arch your lower back. Take a short break, change legs and repeat. 3 sets</p>
<p><b>8 SIDWAYS BENCH STATIC</b></p> <p>Starting position: Lie on your side with the knee of your lowermost leg to 90 degrees. Support your upper body by resting on your forearm and foot. The elbow of your supporting arm should be directly under your shoulder. Exercise: Lift your uppermost leg and hold it in a straight line. Hold the position for 20-30 sec. Take a short break, change side and repeat. 3 sets on each side</p>	<p><b>8 SIDWAYS BENCH RAISE &amp; LOWER HIP</b></p> <p>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 under your shoulder. Exercise: Lower your legs to the ground and raise back up again. Repeat for 20-30 sec. Take a short break, change side and repeat. 3 sets on each side</p>	<p><b>8 SIDWAYS BENCH WITH LEG LIFT</b></p> <p>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 under your shoulder. Exercise: Lift your uppermost leg up and slowly lower it down again. Repeat for 20-30 sec. Take a short break, change side and repeat. 3 sets on each side</p>
<p><b>9 HAMSTRINGS BEGINNER</b></p> <p>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. 1 set</p>	<p><b>9 HAMSTRINGS INTERMEDIATE</b></p> <p>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 7-10 repetitions and/or 60 sec. 1 set</p>	<p><b>9 HAMSTRINGS ADVANCED</b></p> <p>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 12-15 repetitions and/or 60 sec. 1 set</p>
<p><b>10 SINGLE-LEG STANCE HOLD THE BALL</b></p> <p>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 placing the ball around your waist while you stand on your other knee. 2 sets</p>	<p><b>10 SINGLE-LEG STANCE THROWING BALL WITH PARTNER</b></p> <p>Starting position: Stand 2-3 m apart from your partner, with each of you standing on one leg. Exercise: Keeping your balance, and with your stomach held in, throw the ball to the other. Keep your weight on the ball of your foot. Remember: keep your knees just straight ahead and try not to let it buckle inward. Keep going for 30 sec. Change legs and repeat. 2 sets</p>	<p><b>10 SINGLE-LEG STANCE TEST YOUR PARTNER</b></p> <p>Starting position: Stand on one leg opposite your partner and at arm's length apart. Exercise: Whilst you both try to keep your balance, each of you in turn has 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 inward. Continue for 30 sec. Change legs and repeat. 2 sets</p>
<p><b>11 SQUATS WITH TOE RAISE</b></p> <p>Starting position: Stand with your feet hip-width apart. Place your hands on your hips if you like. 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 slowly then slowly lower down again. Repeat the exercise for 30 sec. 2 sets</p>	<p><b>11 SQUATS WALKING LUNGES</b></p> <p>Starting position: Stand with your feet at hip-width apart. Place your hands on your hips if you like. Exercise: Lunge forward slowly 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 knee buckle inward. Try to keep your upper body and hips steady. Lower your weight on the front support. To stand on each leg and then leg back. 2 sets</p>	<p><b>11 SQUATS ONE-LEG SQUATS</b></p> <p>Starting position: Stand on one leg, loosely holding onto your partner. Exercise: Slowly bend your knee as far as you can manage. Concentrate on preventing the knee from buckling inward. Bend your knee slowly then straighten it slightly more quickly, lowering your hips and upper body in the process. Repeat the exercise 10 times on each leg. 2 sets</p>
<p><b>12 JUMPING VERTICAL JUMPS</b></p> <p>Starting position: Stand with your feet hip-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 sec. Do not let your knees buckle inward. From the squat position, jump up as high as you can. Land softly on the balls of your feet with your tips and toes staying bent. Repeat the exercise for 30 sec. 2 sets</p>	<p><b>12 JUMPING LATERAL JUMPS</b></p> <p>Starting position: Stand on one leg with your upper body bent slightly forward 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 hip and knee slightly as you land and do not let your knee buckle inward. Repeat your landing with each leg. Repeat the exercise for 30 sec. 2 sets</p>	<p><b>12 JUMPING BOX JUMPS</b></p> <p>Starting position: Stand with your feet hip-width apart. Imagine that there is a coin hidden 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 front. 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 inward. Repeat the exercise for 30 sec. 2 sets</p>

## Poziom pierwszy - podstawowy

Podpór statyczny (deska). ( 3 serie po 20-30 sekund) <https://www.youtube.com/watch?v=gf-XEapqXPU>

Podpór statyczny bokiem (side plank). ( 3 serie po 20-30 sekund)

<https://www.youtube.com/watch?v=U4qn6CHzZ2Q>

Pady w przód z partnerem. ( 1 seria od 3 do 5 powtórzeń) <https://www.youtube.com/watch?v=rfZ-i7erbaY>

Stanie jedno nogę z piłką. ( 2 serie po 30 sekund) <https://www.youtube.com/watch?v=oN15EID6A3U>

Przysiad ze wspięciem na palce. ( 2 serie po 30 sekund) <https://www.youtube.com/watch?v=zYjf23XcRU>

Wyskoki w górę. ( 2 serie po 30 sekund ) <https://www.youtube.com/watch?v=MY-IC4ptHhU>

## Poziom drugi - srednio zaawansowani

Podpór statyczny (deska). ( 3 serie po 40-60 sekund) <https://www.youtube.com/watch?v=xLjMkLQbYn4>

Podpór statyczny bokiem z unoszeniem bioder. ( 3 serie po 40-60 sekund)

<https://www.youtube.com/watch?v=2G3PeyIQNxg>

Pady w przód z partnerem. ( 1 seria od 7 do 10 powtórzeń) <https://www.youtube.com/watch?v=45QvWza5DAM>

Stanie jedno nogę rzutem piłki do partnera. (2 serie po 30 sekund)

[https://www.youtube.com/watch?v=q\\_40C5tUCro](https://www.youtube.com/watch?v=q_40C5tUCro)

Marsz wypadami. (2 serie po 10 powtórzeń na każdą nogę) <https://www.youtube.com/watch?v=vOd7JmOgF6Y>

Przeskoki boczne. (2 serie po 30 sekund) [https://www.youtube.com/watch?v=V76W\\_0EaKcg](https://www.youtube.com/watch?v=V76W_0EaKcg)

### Poziom trzeci - zaawansowani

Podpór z uniesieniem i zatrzymaniem nogi w górze. (3 serie po 20-30 sekund )

<https://www.youtube.com/watch?v=-DCNqxL53ic>

Podpór statyczny bokiem z unoszeniem nogi (side plan). (3 serie po 20-30 sekund)

<https://www.youtube.com/watch?v=rW4I5wtDou4>

Pady w przód z partnerem. (1 seria od 12 do 15 powtórzeń)

<https://www.youtube.com/watch?v=XGq0PFDuH0M>

Stanie jedno nogę w rywalizacji z partnerem. (2 serie po 30 sekund )

[https://www.youtube.com/watch?v=P\\_OfVT9Khc](https://www.youtube.com/watch?v=P_OfVT9Khc)

Przysiad na jednej nodze. (2 serie po 10 powtórzeń na każdą nogę)

<https://www.youtube.com/watch?v=ijlZzNkgUSA>

Skoki w różnych kierunkach. (2 serie po 30 sekund) <https://www.youtube.com/watch?v=P9EtKVKC8uA>

### ETAP TRZECI ĆWICZENIA Z FORSOWNYM BIEGIEM



Bieg w poprzek boiska. (odcinek 40 m na 70-80% tempa maksymalnego)

[https://www.youtube.com/watch?v=xTPjzXl\\_QIc](https://www.youtube.com/watch?v=xTPjzXl_QIc)

Wieloskoki. (2 serie po 6-8 skoków) <https://www.youtube.com/watch?v=1FTBApO6WWI>

Zwód i ścięcie. <https://www.youtube.com/watch?v=mFpOPRUohgA>

Warunkiem skuteczności tego programu jest jego rzetelna i dokładna realizacja. Należy zwrócić uwagę na dokładność i technikę wykonywanych ćwiczeń. Regularnie wykonywane ćwiczenia mogą znacznie obniżyć ryzyko kontuzji, co zostało potwierdzone badaniami The Impact of the FIFA 11+ Training Program on Injury Prevention in Football Players: A Systematic Review.

### Źródło:

- FIFATV

