

# Football Injury Prevention

## FIFA 11+

Football has some of the highest rates of lower limb injury due to the start and stop nature of the sport.

FIFA has worked with international sport scientists and experts to develop an injury prevention program called FIFA 11+. It has been implemented by teams such as the German and New Zealand national teams and premier league teams such as Man United. We have developed a program based on the FIFA 11+. We have also included pre-activation exercises to promote activity preparation and recovery.

### Preparation should start the day before

- Drink adequate water (1.5-2L)
- Consume a healthy dinner
- Get a good night rest. Fatigue is a major risk factor for injury

### Pre-game preparation

- Be well hydrated. Avoid caffeinated drinks such as Coke, V and Red Bull
- Eat your last meal at least 2 hours prior to warm up
- Consume a piece of fruit before warm-up
- Complete the **Preparation Exercises** first. These exercises help activate your core muscles
- Complete your **Team Warm Up**

### Half Time

- Continue to move gently at half time. There is a high occurrence of injury at the beginning of the second half
- Use a foam roller on areas that are tight or feel fatigued
- Complete the preparation exercise again if you feel you have cooled down

### Post Match Recovery

- Rehydrate - water is best. Alcohol is not so helpful
- Use a foam roller, spikey ball and stretches to help muscles recover
- For any injuries follow RICE - Rest, Ice, Compress and Elevate. Come see us for advice on rehab