

The Prevention Programme «The 11».

1

The Bench

Head, shoulders, back and hips are in a straight line parallel to the ground. Shoulders are vertical under the head. Lift one leg a few centimetres from the ground and hold the position for 15 seconds. 1-2 times each leg.



2

Sideways Bench

Upper shoulder, hip and upper leg are in a straight line parallel to the ground. Elbow is vertical under the shoulder. From a knee, shoulder, elbow, hip and both knees are in a straight line. Hold this position for 15 seconds and do not drop the hips. Twice each side.



3

Hamstrings

Ankle are pinned firmly to the ground by a partner. Slowly lean forward keeping your upper body and hips straight. Thighs, hips and upper body stay in a straight line. Try to hold this straight body alignment using the hamstrings as long as possible, then use both hands to control the fall. 5 times.



4

Groove-country Skating

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 knees, and don't let it buckle backwards. Keep pelvis and upper body stable and facing forwards. Keep pelvis horizontal and do not let it tilt to the side. Flex and extend each leg 15 times.



7

Figure-eight's in Single-leg Stance

As exercise 5. Before throwing back, swing the ball in a figure-8 through and around both legs: first around the supporting leg with the upper body bent forward, and then around the other leg standing as upright as possible. Always keep knees slightly bent and don't let it buckle inwards. Each leg 10 times.



8

Jump 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. Side to side 10 times, forward backwards 10 times.



6

Forward-bend in Single-leg Stance

As exercise 5. Before throwing back, touch the ball to the ground with out putting weight on it. Always keep knee slightly bent and don't let it buckle inwards. Each leg 10 times.



9

Zigzag Shuffle

Bend knees and hips so the upper body leans as laterally forward. Count to 10 and always points in the direction of movement. Shuffle sideways through the Zigzag cones as fast as possible. Always take-off and land on the balls of the feet. Do not let knees buckle inwards. Complete once twice.



11

Pair Play

Knowing that a substantial amount of football injuries are caused by foul play, the observance of the laws of the game and especially Fair Play are essential to the prevention of football injuries. Play Fair!

10

Bounding

Bring the knee of the trailing leg up as high as possible and the opposite knee bent in front of the body when bounding. Land softly on the balls of the feet with a slightly bent knee. Do not let knees buckle inwards during take-off and landing. Cover 50 metres twice.



5

Short-passing in Single-leg Stance

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



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