

# The Prevention Programme «The 11».

**1**

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



**2**

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



**3**

**Hemstring**  
Ankle is pinned firmly to the ground by a partner. Both legs are lowered 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 hemstrings as long as possible, then use both hands to control the fall. 5 times.



**4**

**Cross-country lifting**  
Flex and extend the knee of the supporting leg and swing the arms in opposite directions. It's a same rhythm. On extension, never look the knees, and don't let it be side inwards. Keep pelvis and upper body stable and facing forwards. Keep pelvic horizontal and do not let it tilt to the side. Flex and extend each leg 15 times.



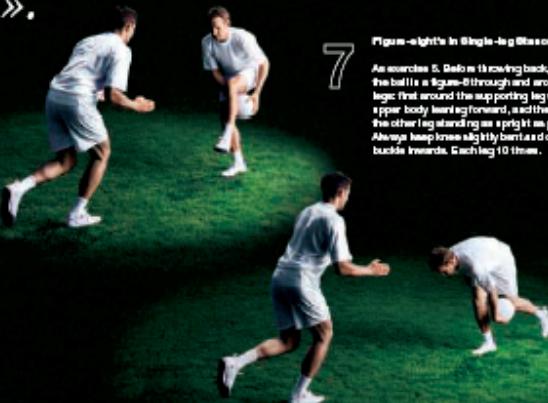
**6**

**Forward-and-to Single-leg stance**  
As exercise 5. Before throwing back, touch the ball to the ground without putting weight on it. Always keep knee slightly bent and don't let it buckle inwards. Each leg 10 times.



**7**

**Figure-eight 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 sup porting leg with the upper body leaning forward, and then round the other leg standing as a pivot as possible. Always keep knee slightly bent and don't let it buckle inwards. Each leg 10 times.



**8**

**Jumps over a Line**  
Jump with both feet sideways over a line and back as quickly as possible. Land softly on the ball of both feet with slightly bent knees. Don't let knees buckle inwards. Side to side, 10 times; forwards backwards 10 times.



**9**

**Side-gang shuffle**  
Bend knees and hips so the upper body leans as horizontally forward. Choose a wider stride point in the direction of movement, shuffle sideways through the zigzag cones as fast as possible. Always take off and land on the ball of the heel. Do not let knees buckle inwards. Crimp between heel.



**11**

**Fair 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 for the prevention of football injuries. Play Fair!



**10**

**bounding**  
Bring the knee of the trailing leg up as high as possible and the opposite arm bent in front of the body when bounding. Land softly on the ball of the foot with a slightly bent knee. Do not let knee buckle inwards during take-off and landing. Cover 20 metres twice.



**5**

**Chair-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 start, hip, knee and foot off 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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