

FIFA 11+

PART 1 RUNNING EXERCISES - 8 MINUTES



1 **WARM-UP**
SHUTTLE RUN
10 x 10 METERS



2 **WARM-UP**
SHUTTLE RUN
10 x 20 METERS



3 **WARM-UP**
SHUTTLE RUN
10 x 30 METERS



4 **WARM-UP**
SHUTTLE RUN
10 x 40 METERS



5 **WARM-UP**
SHUTTLE RUN
10 x 50 METERS



6 **WARM-UP**
SHUTTLE RUN
10 x 60 METERS

PART 2 STRENGTH, FLEXIBILITY, BALANCE - 9 MINUTES



1 **WARM-UP**
SHUTTLE RUN
10 x 10 METERS



2 **WARM-UP**
SHUTTLE RUN
10 x 20 METERS



3 **WARM-UP**
SHUTTLE RUN
10 x 30 METERS



4 **WARM-UP**
SHUTTLE RUN
10 x 40 METERS



5 **WARM-UP**
SHUTTLE RUN
10 x 50 METERS



6 **WARM-UP**
SHUTTLE RUN
10 x 60 METERS



7 **WARM-UP**
SHUTTLE RUN
10 x 70 METERS



8 **WARM-UP**
SHUTTLE RUN
10 x 80 METERS



9 **WARM-UP**
SHUTTLE RUN
10 x 90 METERS



10 **WARM-UP**
SHUTTLE RUN
10 x 100 METERS



11 **WARM-UP**
SHUTTLE RUN
10 x 110 METERS



12 **WARM-UP**
SHUTTLE RUN
10 x 120 METERS



13 **WARM-UP**
SHUTTLE RUN
10 x 130 METERS



14 **WARM-UP**
SHUTTLE RUN
10 x 140 METERS



15 **WARM-UP**
SHUTTLE RUN
10 x 150 METERS



16 **WARM-UP**
SHUTTLE RUN
10 x 160 METERS



17 **WARM-UP**
SHUTTLE RUN
10 x 170 METERS



18 **WARM-UP**
SHUTTLE RUN
10 x 180 METERS

PART 3 RUNNING EXERCISES - 2 MINUTES



1 **WARM-UP**
SHUTTLE RUN
10 x 10 METERS



2 **WARM-UP**
SHUTTLE RUN
10 x 20 METERS



3 **WARM-UP**
SHUTTLE RUN
10 x 30 METERS

