

# FIFA 11+

## IMPLEMENTATION

Since 2009, the FIFA 11+ has been presented at numerous sports medicine congresses, and workshops for coaches, fitness trainers, physical therapists and doctors have been organised around the world. F-MARC cooperates closely with the FIFA Member Associations & Development Division, and the FIFA 11+ is part of the educational material of official FIFA coaching courses.

The FIFA 11+ is presented in an instructional manual, a DVD, a poster and on a website: [www.F-MARC.com/11plus](http://www.F-MARC.com/11plus).

### The benefits

- fewer injuries
- fewer costs
- better performance

## 11 steps to implement the FIFA 11+

