

## Blessure preventie schouder



## FIFA 11+S

## Part I - Warm-up exercises\*

1 Run Relaxed walking or running. the speed can be progressively increased. 5 min



2 Throw the ball in the chest line
Ask for help from a partner.
With both hands in front of the body, throw and catch the ball, first with your elbows flexed and then with your arms over your head. 1 min



3 Spinning movements with the hands Interlace the fingers and make spinning movements with the hands. 1 min



Part II – strength and balance of the shoulder, elbow, wrist, and finger muscles\*\*

1A External rotation Initial position: Standing with the elbow flexed at 90° to the

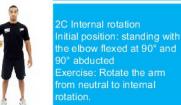
Exercise: Rotate the arm from neutral to external rotation



1B External rotation
Initial position: standing with
the elbow flexed at 90° and
45° abducted
Exercise: Rotate the arm
from the neutral to external



1C External rotation Initial position: standing with the elbow flexed at 90° and 90° abducted Exercise: Rotate the arm from the neutral to external rotation.





Exercise: Rotate the arm from neutral to external rotation.

Initial position: standing with

the elbow flexed at 90° to the



the elbow flexed at 90° and 45° abducted
Exercise: Rotate the arm from neutral to internal rotation.

Rise the arm with external

rotation in the scapular plane (30° in the frontal plane) to

shoulder height. Hold heavier

3B Scaption

Initial position: standing with



3C Scaption
Rise the arm with external rotation in the scapular plane (30° in the frontal plane) to shoulder height. Hold heavier weight than the previous level.



Rise the arm with external rotation in the scapular plane (30° in the frontal plane) to shoulder height. Hold a weight

4A Push-up-plus



weight than the previous level.

4B Push-up-plus
In the same position. Place an

hen lower the body



4C Push-up-plus In the same position but on one foot. Place an anklet of more than 5 kg on your back Exercise: Rise the body and then lower the body



5A Inferior and mid trapezius In the prone position, arms in 90° abduction. After changing the arms to 120° of abduction. Exercise: Hold a weight and bring the arm back slightly.

Exercise: Rise the body and then lower the body



5B Inferior and mid trapezius In the prone position, arms In 90° abduction. After changing the arms to 120° of abduction. Exercise: Hold heavier weight than the previous level and bring the arm back slightly.



5C Inferior and mid trapezius In the prone position, arms in 90° abduction. After changing the arms to 120° of abduction. Exercise: Hold heavier weight than the previous level and bring the arm back slightly.



6A Biceps
Position: Arms at your sides,
palms facing inwards. Hold a
weight.
Everying: Road your allows



6B Biceps
Position: Arms at your sides, palms facing inwards. Hold heavier weight than the previous level.
Exercise: Bend your elbows,

turning the palms upward.



6C Biceps
Position: Arms at your sides, palms facing inwards. Hold heavier weight than the previous level.
Exercise: Bend your elbows, turning the palms upward.





## Blessure preventie schouder

