



# 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 side  
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 rotation.



**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.



**2A Internal rotation**  
Initial position: standing with the elbow flexed at 90° to the side  
Exercise: Rotate the arm from neutral to external rotation.



**2B Internal rotation**  
Initial position: standing with the elbow flexed at 90° and 45° abducted  
Exercise: Rotate the arm from neutral to internal rotation.



**2C Internal rotation**  
Initial position: standing with the elbow flexed at 90° and 90° abducted  
Exercise: Rotate the arm from neutral to internal rotation.



**3A Scaption**  
Rise the arm with external rotation in the scapular plane (30° in the frontal plane) to shoulder height. Hold a weight.



**3B 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.**



**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.**



**4A Push-up-plus**  
In the prone position. The hands should be placed at a distance corresponding to the width of the shoulders.  
Exercise: Rise the body and then lower the body



**4B Push-up-plus**  
In the same position. Place an ankle of 5 kg on your back.  
Exercise: Rise the body and then lower the body



**4C Push-up-plus**  
In the same position but on one foot.  
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.



**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.**  
Exercise: Bend your elbows, turning the palms upward.



**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.





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