

WORLDWIDE PREVENTION PROGRAMME UPDATE (FIFA 11+)

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The FIFA Medical Assessment and Research Centre (F-MARC), founded in 1994, has been active in the development, scientific evaluation, and dissemination strategies of FIFA's injury prevention programmes (i.e. FIFA 11+) in amateur/recreational football (which includes ca. 99% of the 300 million players worldwide) (1, 2).

The F-MARC team has gained experience during the years of dissemination of the injury prevention programmes, especially through the countrywide campaigns in Switzerland, New Zealand and recently Germany.

In 2009 FIFA started the dissemination of FIFA 11+ in its 209 Member Associations (MAs). The implementation is conducted either in close cooperation with MAs or via FIFA Coaching Instructor courses. F-MARC supports the MAs in the preparation of the educational material in the local language, and the workshops for the first group of instructors to initiate the cascade training.

At MA level, it has to be acknowledged that highly motivated people are needed, in order to successfully plan, realise, and constantly monitor a countrywide implementation. The national Football Associations of Spain, Japan, Italy, Brazil and Germany integrated FIFA 11+ in their coaching curriculum and/or in their physical training/education curriculum, and other MAs (15) followed.

An excellent example for FIFA 11+ dissemination is the one with the German Football Association (DFB). The four time FIFA World Cup winner (and also the largest MA worldwide!) decided in 2011 to promote FIFA 11+ among its nearly 7 millions registered amateur players. After the first two Instructor's courses, targeting the DFB head regional coaches and the DFB head talent coordinators, in 2013 and 2014 more than 40 courses were conducted in the 21 regions of the DFB, for a total of more than 1000 educated coaches. Each of these instructors will then further teach the programme to 20-26 teams, thus allowing a reach out in the ca. 26.000 registered amateur clubs in Germany. In the span of 5 years (2009-2014), FIFA 11+ has been presented in more than 80 countries worldwide (all continents), and thousands of coaches have been instructed on how to implement the program, thus representing an important step for the worldwide dissemination of FIFA 11+ and the concept of injury prevention in football.

References

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2. Dvorak J. Give Hippocrates a Jersey. Promoting Health through Football/Sport. *Br J Sports Med* 2009; 43(5): 317-322