

FIFA 11+ peer-reviewed publications

1. Comprehensive warm-up programme to prevent injuries in young female footballers: cluster randomised controlled trial.

Soligard T, Myklebust G, Steffen K, Holme I, Silvers H, Bizzini M, Junge A, Dvorak J, Bahr R, Andersen TE.

BMJ. 2008 Dec 9;337:a2469. doi: 10.1136/bmj.a2469.

2. Compliance with a comprehensive warm-up programme to prevent injuries in youth football.

Soligard T, Nilstad A, Steffen K, Myklebust G, Holme I, Dvorak J, Bahr R, Andersen TE.

Br J Sports Med. 2010 Sep;44(11):787-93. doi: 10.1136/bjism.2009.070672. Epub 2010 Jun 15.

3. Isokinetic strength effects of FIFA's "The 11+" injury prevention training programme.

Brito J, Figueiredo P, Fernandes L, et al. Isokinetics Exerc Sci 2010;18:211-15.

4. Performance enhancement effects of Federation Internationale de Football Association's "The 11+" Injury Prevention Training Program in Youth Futsal Players. Reis I, Rebelo A, Krstrup P, et al. Clin J Sport Med 2013.

5. The FIFA 11+ program is effective in preventing injuries in elite male basketball players: a cluster randomized controlled trial.

Longo UG, Loppini M, Berton A, Marinozzi A, Maffulli N, Denaro V.

Am J Sports Med. 2012 May;40(5):996-1005. doi: 10.1177/0363546512438761. Epub 2012 Mar 13.

6. The effects of injury preventive warm-up programs on knee strength ratio in young male professional soccer players.

Daneshjoo A, Mokhtar AH, Rahnama N, Yusof A.

PLoS One. 2012;7(12):e50979. doi: 10.1371/journal.pone.0050979. Epub 2012 Dec 3.

7. The effects of comprehensive warm-up programs on proprioception, static and dynamic balance on male soccer players.

Daneshjoo A, Mokhtar AH, Rahnama N, Yusof A.

PLoS One. 2012;7(12):e51568. doi: 10.1371/journal.pone.0051568. Epub 2012 Dec 12.

8. Effects of the 11+ and Harmoknee Warm-up Programs on Physical Performance Measures in Professional Soccer Players.

Daneshjoo A, Mokhtar AH, Rahnama N, Yusof A.

J Sports Sci Med. 2013 Sep 1;12(3):489-96. eCollection 2013.

9. The effects of injury prevention warm-up programmes on knee strength in male soccer players.

Daneshjoo A, Mokhtar A, Rahnama N, Yusof A.

Biol Sport. 2013 Dec;30(4):281-8. doi: 10.5604/20831862.1077554. Epub 2013 Nov 25.

10. Effectiveness of injury prevention programs on developing quadriceps and hamstrings strength of young male professional soccer players.

Daneshjoo A, Rahnama N, Mokhtar AH, Yusof A.

J Hum Kinet. 2013 Dec 31;39:115-25. doi: 10.2478/hukin-2013-0074. eCollection 2013 Dec 18.

11. Physiological and performance responses to the FIFA 11+ (part 2): a randomised controlled trial on the training effects.

Impellizzeri FM, Bizzini M, Dvorak J, Pellegrini B, Schena F, Junge A.

J Sports Sci. 2013;31(13):1491-502. doi: 10.1080/02640414.2013.802926. Epub 2013 Jul 16.

12. Physiological and performance responses to the "FIFA 11+" (part 1): is it an appropriate warm-up?

Bizzini M, Impellizzeri FM, Dvorak J, Bortolan L, Schena F, Modena R, Junge A.

J Sports Sci. 2013;31(13):1481-90. doi: 10.1080/02640414.2013.802922. Epub 2013 Jul 16.

13. Soccer-specific warm-up and lower extremity injury rates in collegiate male soccer players.

Grooms DR, Palmer T, Onate JA, Myer GD, Grindstaff T.

J Athl Train. 2013 Nov-Dec;48(6):782-9. doi: 10.4085/1062-6050-48.4.08. Epub 2013 Jul 12.

14. Evaluation of how different implementation strategies of an injury prevention programme (FIFA 11+) impact team adherence and injury risk in Canadian female youth football players: a cluster-randomised trial.

Steffen K, Meeuwisse WH, Romiti M, Kang J, McKay C, Bizzini M, Dvorak J, Finch C, Myklebust G, Emery CA.

Br J Sports Med. 2013 May;47(8):480-7. doi: 10.1136/bjsports-2012-091887. Epub 2013 Mar 13.

15. High adherence to a neuromuscular injury prevention programme (FIFA 11+) improves functional balance and reduces injury risk in Canadian youth female football players: a cluster randomised trial.

Steffen K, Emery CA, Romiti M, Kang J, Bizzini M, Dvorak J, Finch CF, Meeuwisse WH.

Br J Sports Med. 2013 Aug;47(12):794-802. doi: 10.1136/bjsports-2012-091886. Epub 2013 Apr 4.

16. Implementation of the FIFA 11+ football warm up program: how to approach and convince the Football associations to invest in prevention.

Bizzini M, Junge A, Dvorak J.

Br J Sports Med. 2013 Aug;47(12):803-6. doi: 10.1136/bjsports-2012-092124. Epub 2013 Jun 27.

17. The effectiveness of preventive programs in decreasing the risk of soccer injuries in Belgium: national trends over a decade.
Bollars P, Claes S, Vanlommel L, Van Crombrugge K, Corten K, Bellemans J.
Am J Sports Med. 2014 Mar;42(3):577-82. doi: 10.1177/0363546513518533. Epub 2014 Jan 30.
18. Efficacy of the FIFA 11+ Warm-Up Programme in Male Youth Football: A Cluster Randomised Controlled Trial.
Owoeye OB, Akinbo SR, Tella BA, Olawale OA.
J Sports Sci Med. 2014 May 1;13(2):321-8. eCollection 2014 May.
19. Whole body muscle activity during the FIFA 11+ program evaluated by positron emission tomography.
Nakase J, Inaki A, Mochizuki T, Toratani T, Kosaka M, Ohashi Y, Taki J, Yahata T, Kinuya S, Tsuchiya H.
PLoS One. 2013 Sep 16;8(9):e73898. doi: 10.1371/journal.pone.0073898. eCollection 2013.
20. Structured neuromuscular warm-up for injury prevention in young elite football players.
Mayo M, Seijas R, Alvarez P.
Rev Esp Cir Ortop Traumatol. 2014 November - December;58(6):336-342. doi: 10.1016/j.recot.2014.05.008. Epub 2014 Jul 19. English, Spanish.
21. The effect of coach and player injury knowledge, attitudes and beliefs on adherence to the FIFA 11+ programme in female youth soccer.
McKay CD, Steffen K, Romiti M, Finch CF, Emery CA.
Br J Sports Med. 2014 Sep;48(17):1281-6. doi: 10.1136/bjsports-2014-093543. Epub 2014 Jun 13.
22. The impact of the FIFA 11+ training program on injury prevention in football players: a systematic review.
Barengo NC, Meneses-Echávez JF, Ramírez-Vélez R, Cohen DD, Tovar G, Bautista JE.
Int J Environ Res Public Health. 2014 Nov 19;11(11):11986-2000. doi: 10.3390/ijerph111111986.
23. Injury prevention in male veteran football players - a randomised controlled trial using "FIFA 11+"
Hammes D, Aus der Fünten K, Kaiser S, Frisen E, Bizzini M, Meyer T.
J Sports Sci. 2014 Nov 5:1-9. [Epub ahead of print]
24. Impact of the FIFA 11+ on the structure of selected muscle in adolescent female soccer players.
Whittacker JL, Emery CA. Phys Ther in Sport –in publication- (Nov 2014)

25. The efficacy of the FIFA 11+ program in the Collegiate Male Soccer Players (USA)
Holly Silvers, Bert Mandelbaum, Ola Adeniji, Stephanie Insler, Mario Bizzini, Jiri Dvorak
(2015 ; AJSM in press)

26. FIFA 11+: an effective programme to prevent football injuries in various player groups
worldwide-a narrative review. Bizzini M, Dvorak J. Br J Sports Med. 2015 May;49(9):577-9. doi:
10.1136/bjsports-2015-094765.