

Analysing The Effect of Fifa 11+ Program for Improving Agility and Explosive Strength among Football Players

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Abstract

Introduction: Football is a dynamic game that involves more injury. FIFA developed the FIFA 11+ program to improve elite athletes' performance and prevent injuries. This study analyses how this specific protocol influences injury prevention. It includes two groups and analyses the indirect correlation of agility and explosive strength on injury prevention.

Methods: 30 subjects were included in the study and divided into GROUP A and GROUP B. The FIFA 11+ program was given to GROUP A, and the regular training was given to GROUP B. Pre- and post-test evaluations were done on the variables of agility and explosive strength, using an agility T-test and vertical jump test.

Results: This study assesses how the protocol influences the variables, and we can see the significant difference between GROUP A and GROUP B in both variables. Group A shows better clinical significance than group B ($P < 0.05$).

Conclusion: The FIFA 11+ program helped prevent injuries and improve performance among collegiate football players.