

Table 1. The stop-x prevention program’s exercise prescription: sets and focus

exercise	Training/weeks	1	2	3,4	5	6,7	8
Running	Easy warm up	5M	5M	5M	5M	5M	5M
	Running and external rotation hip	2*8 R	2*10 R	2*12R	2*14R	-	-
Balance	Lungs (L-R)	2*10R	2*10R	-	-	-	-
	Longs on a soft pad (L-R)			2*10R	2*10R	-	-
	Single leg Squat(L-R)	2*10R	2*12R			-	-
	Single leg Squat on a soft pad (L-R)	-	-	2*10R	2*12R	-	-
	Single leg Squat with medicine ball in hand(L-R)	-	-	2*10R	2*12R	-	--
	Single leg Squat on a soft pad with medicine ball in hand (L-R)	-	-	-	-	2*10R	2*12R
	Clockwise Lungs (L-R)	-	-	-	-	2R	3R
	Twosome exercise: Single leg standing on soft pad and Throwing the ball (L-R)	-	-	-	-	2*10R	2*12R
	Twosome exercise: single leg standing on balance board and Disrupting the balance of the opponent (L-R)	--	-	-	-	2*4R	2*6R
Strength	Band walks	2*10R	2*12R	-	-	-	-
	Squat with band	2*10R	2*12R	-	-	-	-
	Plank	3*30S	3*40S	-	-	-	-
	Dynamic plank	-	-	3*30S	3*45S	3*60S	3*60S
	Side plank (L-R)	2*10R	2*12R	-	-	-	-
	Side plank with abduction hip (L-R)	-	-	1-15R	1*20R	1*25R	1*30R
	Box squat	2*10R	2*12R	-	-	-	-
	Box deep squat	-	-	2*10R	2*12R	-	-
	Box single leg squat (L-R)	-	-	-	-	2*8R	2*10R
	Nordic hamstring with band	10R	12R	2*10R	2*12R	-	-
	Nordic hamstring	-	-	-	-	8R	10R
jumps	long jump	2*8R	2*10	3*8	3*10	-	-
	Running with Side jump	-	-	-	-	2*8R	2*10R
	Running with long jump	-	-	-	-	2*8R	2*10R
	Vertical jump	-	-	-	-	2*8R	2*10R
Rest between sets: 1/1; Rest end sets:1/2; R: Rest; S: Second; M: Minutes; L-R: Left-Right							

Table 2. The FIFA 11+ Kids injury prevention program's exercise prescription: sets and focus

Exercise	Level	Sets	Focus
(1) "Alertness" running game	Listen for the stop command	3 sets with 5 stop commands per set	Improving balance and coordination
	Watch for the stop command	3 sets with 5 stop commands per set	
	Ball in the hands and listen for the stop command	3 sets with 5 stop commands per set	
	Ball in the hands and watch for the stop command	3 sets with 5 stop commands per set	
	Dribble with the ball and listen for the stop command	3 sets with 5 stop commands per set	
(2) Skating jumps	Learning how to land	2 sets of 10 jumps (5 per leg)	Stability of foot and knee joints.
	Ball in both hands	2 sets of 10 jumps (5 per leg)	
	Balancing with the ball in 1 hand	2 sets of 10 jumps (5 per leg)	
	Dropping the ball onto the ground	2 sets of 10 jumps (5 per leg)	
	Dynamic balancing with ball	2 sets of 10 jumps (5 per leg)	
(3) Single-leg stance	Throwing the ball	1 set on each leg, 5 throws per player	Maintaining balance when given additional tasks
	Throwing the ball and moving it around the free leg	1 set on each leg, 5 throws per player	
	Passing game	1 set on each leg, 5 passes per player	
	Throwing the ball and passing back without touching the ground	1 set on each leg, 5 passes per player	
	Testing the partner's balance	1 set on each leg for 20 s each	
(4) Press-ups	Tunnel	2 sets, with each child rolling the ball once (maximum 8 players per group)	Strengthening the core and arm muscles
	Forearm support; shin resting on ball	3 sets of 15 s each	
	Rolling the ball around the hands	3 sets of 15 s each	
	Rolling the ball between hands and feet	3 sets of 15 s each	
	Hands on the ball	3 sets of 15 s each	

Exercise	Level	Sets	Focus
(5) Single-leg jumps	Forwards	2 sets of 5 jumps on each leg	Strengthening the leg muscles, improving balance and coordination
	Back and forth	2 sets of 5 jumps on each leg	
	Sideways	2 sets of 5 jumps on each leg	
	The coach indicates the direction	2 sets of 5 jumps on each leg	
	The coach indicates the direction, ball in both hands	2 sets of 5 jumps on each leg	
(6) Spiderman	Stroking the ball	3 sets of 15 s each	Strengthening the core muscles and the hamstrings
	A proper stretch	3 sets of 15 s each	
	The crab	3 sets (5-10 meters, depending on ability)	
	Dribbling	3 sets (5-10 meters, depending on ability)	
	Ball bearing	3 sets (3-7 meters, depending on ability)	
(7) Sideways roll	Squatting position	5 rolls per side	Learning how to fall and roll (to protect the head, neck and upper extremity)
	Slowly from a standing position	5 rolls per side	
	Dynamically from a standing position	5 rolls per side	
	From a slow walk	5 rolls per side	
	From a faster forward movement	5 rolls per side	