



Football Against Diabetes



Training manual developed in collaboration between the University of the Faroe Islands, the University of Southern Denmark, the Faroes Diabetes Organisation and the International Diabetes Federation Europe

Colophon

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FOOTBALL AGAINST DIABETES

Introduction

Football Against Diabetes is a recreational football training programme for people living with type 2 diabetes. The concept builds on extensive scientific evidence demonstrating that regular football training is a safe, effective, and motivating form of physical activity with substantial benefits for metabolic and cardiovascular health. The programme has been developed to translate research findings into practical, community-based training that can be implemented in local football clubs.

Type 2 diabetes affects a growing proportion of the adult population and is associated with reduced quality of life, increased risk of cardiovascular disease, and a range of long-term complications. While pharmacological treatment plays an important role in disease management, lifestyle-related factors—particularly physical inactivity—are central to both the development and progression of the disease. Regular physical activity can prevent or delay type 2 diabetes in high-risk individuals and improve glycaemic control and functional capacity in those already diagnosed.

Recreational football offers major potential as a health-promoting activity for people with type 2 diabetes. Football training combines endurance exercise, high-intensity interval activity, and strength-loading movements within the same session, while the team-based nature of the game promotes enjoyment, motivation, and social interaction. Research has consistently shown that participants in team sports experience higher levels of enjoyment and adherence compared with more individualised forms of exercise.

Football Against Diabetes aims to create a safe, inclusive, and disease-free training environment where participants can focus on movement, enjoyment, and community rather than illness. The programme is designed for adults with type 2 diabetes regardless of prior football experience and can be adapted to accommodate differences in physical capacity, fitness level, and disease-related limitations.

This manual introduces the scientific background underpinning Football against Diabetes, key considerations when exercising with type 2 diabetes, and practical guidance for organising and delivering training sessions. In addition, the manual provides recommendations and exercise examples to support coaches in creating enjoyable and effective football training for this target group. The football-related content builds on established Football Fitness principles, and it is therefore assumed that readers are familiar with basic recreational football training concepts.

Target group

Football against Diabetes is aimed at adults diagnosed with type 2 diabetes, regardless of age, sex, or prior football experience. The programme is suitable for individuals with varying levels of physical fitness, body composition, and disease duration.

Participants may present with comorbidities such as overweight or obesity, hypertension, dyslipidaemia, reduced aerobic fitness, or early diabetes-related complications. Training must therefore be adaptable, progressive, and inclusive, ensuring that all participants can take part safely and successfully.

The programme can be initiated directly at football clubs or used as a continuation of structured rehabilitation or lifestyle interventions.



Scientific background

Football is Medicine for People with Type 2 Diabetes

Over the past decades, non-communicable diseases such as type 2 diabetes, cardiovascular disease, and cancer have increased markedly worldwide. A common feature of these conditions is that lifestyle-related factors—particularly physical inactivity and excess energy intake—play a decisive role in their development.

Globally, nearly 600 million adults live with diabetes, and this number is expected to rise substantially in the coming decades. Approximately 90% of cases are classified as type 2 diabetes. In Europe alone, around one in ten adults is affected. This growing prevalence places a major burden on individuals, healthcare systems, and society as a whole.

Type 2 diabetes is therefore not only a medical condition but also a lifestyle-related disease, where effective prevention and management depend strongly on long-term behavioural change. Physical activity plays a central role in this process.

Type 2 Diabetes – What Happens in the Body?

Type 2 diabetes is characterised by impaired insulin secretion from the pancreas combined with reduced insulin action in skeletal muscle, adipose tissue, and the liver. This condition, known as insulin resistance, leads to chronically elevated blood-glucose levels.

The development of type 2 diabetes reflects a complex interaction between genetic predisposition, ageing, and lifestyle factors. Physical inactivity and excess body fat—particularly abdominal fat—are among the most important modifiable risk factors.

In the early stages, type 2 diabetes often causes few or no symptoms. As a result, the disease is frequently diagnosed incidentally or when complications have already developed. Over time, poorly controlled diabetes increases the risk of cardiovascular disease, nerve damage, foot ulcers, eye disease, and kidney disease, all of which can substantially impair quality of life.

Effective management, therefore, requires good blood-glucose control, patient education, appropriate medication, and sustained lifestyle changes.

Glycaemic Control and Clinical Relevance

Long-term blood-glucose regulation is commonly assessed using glycated haemoglobin (HbA1c), which reflects average blood-glucose levels over the preceding two to three months.

From a clinical perspective, reductions in HbA1c are highly meaningful. The risk of microvascular complications is minimised at HbA1c levels below approximately 6.5%, while the risk of macrovascular complications is reduced below around 7%. Even small increases above these thresholds are associated with a marked elevation in risk, highlighting the importance of sustained glycaemic control.

Physical activity is one of the most effective non-pharmacological strategies for improving HbA1c and reducing the risk of diabetes-related complications.

Type 2 Diabetes and Physical Activity

Despite the well-documented benefits of physical activity, motivating and retaining people with type 2 diabetes in regular exercise remains challenging. One important barrier is the lack of structured, supervised, and socially engaging exercise programmes tailored to this population.

Scientific evidence clearly shows that physical activity functions as medicine in the prevention and treatment of chronic diseases. International guidelines therefore recommend a combination of aerobic exercise, strength training, and regular movement in daily life. While sport was traditionally viewed mainly as leisure, research now demonstrates that organised sport can make a substantial contribution to public health.

Football training represents a particularly effective and motivating form of physical activity for people with type 2 diabetes.

Football Fitness – A Versatile and Inclusive Training Concept

Recreational small-sided football, also known as Football Fitness, is characterised by intermittent high-intensity exercise with substantial aerobic and anaerobic demands. Training sessions combine endurance exercise, high-intensity interval training, and strength-loading activities within the same session.

Importantly, pitch size, game format, and rules can be adapted to participants' abilities, allowing inclusion of individuals with diabetes-related complications such as reduced fitness, impaired balance, or excess body weight. Many untrained participants report lower perceived exertion during football training than during traditional endurance exercise such as jogging, despite achieving high physiological training loads.

These characteristics make football training both effective and accessible for people with type 2 diabetes.

Effects on Cardiorespiratory Fitness and Body Composition

People with type 2 diabetes typically exhibit reduced cardiorespiratory fitness, which negatively affects cardiovascular health and functional capacity. Football training has consistently been shown to induce clinically meaningful improvements in aerobic fitness within relatively short intervention periods.

In addition to fitness gains, football training leads to favourable changes in body composition. Regular participation reduces total and abdominal fat mass while preserving or increasing lean body mass. These adaptations are particularly important in type 2 diabetes, where excess fat mass contributes to insulin resistance and progressive muscle loss reduces metabolic capacity.

Notably, dietary weight loss alone may impair skeletal muscle function, whereas combining dietary changes with football training preserves muscle oxidative capacity and metabolic health. Football training therefore provides a powerful strategy for improving body composition while maintaining functional capacity.

Bone Health and Musculoskeletal Function

People with type 2 diabetes have an increased risk of fractures, despite normal or even elevated bone mineral density in some cases. This paradox is likely explained by impaired bone quality and altered bone turnover.

Football training exposes the skeleton to multidirectional and high-impact loading through accelerations, decelerations, jumps, and rapid changes of direction. These loading patterns are highly effective in stimulating bone remodelling.

Evidence shows that football training improves bone mass at clinically relevant skeletal sites, while simultaneously enhancing muscle strength, balance, and neuromuscular coordination. Together, these adaptations reduce fall and fracture risk and support long-term musculoskeletal health.

Effects on Blood Glucose Regulation

Skeletal muscle plays a central role in glucose uptake and insulin sensitivity. In type 2 diabetes, impaired muscle insulin action is a key pathophysiological feature.

The high-intensity intermittent nature of football training induces marked adaptations in skeletal muscle, including enhanced glucose transport and oxidative capacity. These changes improve glucose uptake both during and after exercise, partly independent of insulin action.

At the whole-body level, football training improves blood-glucose regulation and reduces long-term glycaemic markers in people with type 2 diabetes and prediabetes. In individuals at high risk, football training has even been shown to normalise fasting glucose, suggesting a potential role in delaying or preventing disease progression.

Conclusion

A strong body of scientific evidence demonstrates that Football Fitness is an effective, enjoyable, and accessible exercise modality for people with type 2 diabetes and prediabetes. Regular participation leads to improvements in aerobic fitness, body composition, blood-glucose regulation, bone health, and cardiovascular risk factors.

These benefits are comparable to those achieved with traditional combined aerobic and resistance training, while the social and playful nature of football may enhance long-term adherence.

Football Fitness therefore represents a unique opportunity to translate exercise science into practical, sustainable lifestyle change. By promoting structured football training programmes, diabetes organisations and sports associations can help improve metabolic health, reduce complications, and enhance quality of life for people living with or at risk of type 2 diabetes.



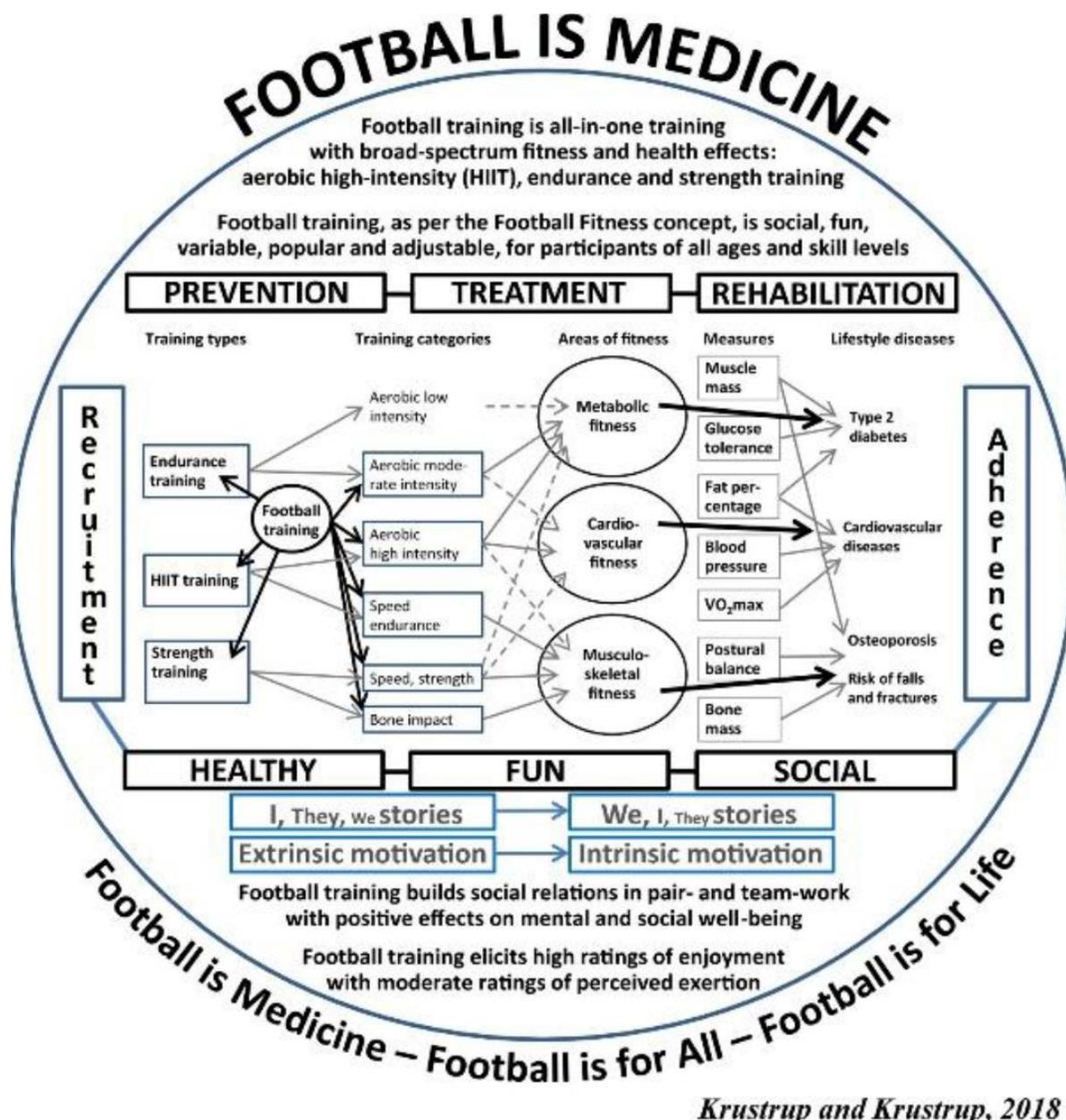


Figure 1. The Football is Medicine Model. A holistic model describing the physiological and psychosocial effects of Football Fitness. The model shows how training affects fitness and health variables, the relationship between Football Fitness training and cardiovascular, metabolic, and musculoskeletal health, and the acute and long-term psychosocial effects that influence the maintenance of a physically active lifestyle. Krustrup and Krustrup, 2018

Exercising with type 2 diabetes

Regular physical activity is a central component of the management of type 2 diabetes and is recommended for most individuals with the condition. Exercise improves blood-glucose regulation, insulin sensitivity, cardiovascular fitness, and overall physical function. For the majority of people with type 2 diabetes, participation in recreational football training is both safe and beneficial, provided that appropriate considerations are taken.

Before starting a Football against Diabetes programme, participants are advised to consult their doctor to clarify whether any individual precautions are needed during exercise. This is particularly relevant for individuals with long-standing diabetes, diabetes-related complications, or other chronic conditions such as cardiovascular disease or musculoskeletal disorders.

During exercise, it is normal to experience increased heart rate, breathing, and muscle fatigue. However, people with type 2 diabetes should be aware of symptoms that may indicate low blood glucose, such as dizziness, shaking, sweating, confusion, or unusual fatigue. Participants using insulin or glucose-lowering medication with a risk of hypoglycaemia should be especially attentive to these symptoms and may need to adjust food intake or medication in consultation with their healthcare provider.

Some individuals with type 2 diabetes may experience reduced sensation in the feet or impaired balance due to neuropathy. For this reason, appropriate footwear is important, and training should be adapted to minimise the risk of falls or foot injuries. Coaches should encourage participants to step out of exercises if discomfort or pain occurs and to report any concerns.

Football training involves frequent changes in intensity, including short bouts of high-intensity activity. These fluctuations are generally well tolerated and contribute to the positive training effects. Nevertheless, participants should be encouraged to regulate their effort, take breaks when needed, and gradually increase training intensity over time.

Football for Diabetes aims to create a safe and supportive training environment where individual differences are respected. The focus is on enjoyment, inclusion, and long-term participation rather than performance. By allowing participants to explore their physical limits at their own pace, football training can become a positive and empowering part of living with type 2 diabetes.

FACTS

Football Against Diabetes is an evidence-based concept based on 15 years of research into the health effects of football training.

Research shows that football training is a healthy, versatile, intensive and effective form of interval training that combines endurance training, high-intensity interval training (HIIT) and strength training.

The key research findings relevant to untrained adults with cardiovascular disease and metabolic syndrome can be found here:

- ✓ Playing football for one hour a week, twice a week for 12 to 16 weeks increases fitness by 3.5 ml/ min/kg, which is equivalent to an 11 per cent increase and a 40 to 50 per cent reduction in the risk of cardiovascular disease.
- ✓ Playing football for one hour a week, twice a week for 12 to 26 weeks lowers blood pressure by 11/7 mmHg in people aged 30 to 75 with mild to moderate high blood pressure, which is equivalent to successful pill treatment for high blood pressure.
- ✓ Playing football for one hour a week, twice a week for 12 to 26 weeks lowers fat mass by 1.7 kg and LDL cholesterol levels by 0.2 mmol/l, while muscle mass increases by 0.5 kg.
- ✓ Recreational football for one hour a week, twice a week increases heart function, including elasticity, in 3 to 4 months and creates positive effects on heart structure and dimensions in 6 to 12 months.
- ✓ Recreational football for one hour a week, twice or three times a week has positive effects – for women and men with prediabetes and type 2 diabetes patients – on heart rate, blood pressure, long-term blood sugar and bone density in the leg and hip region.
- ✓ The strongest evidence for the health benefits of sport is associated with football and running, particularly in relation to positive cardiovascular and metabolic effects.

Training the football against diabetes players

Football training offers a wide range of physical and psychosocial benefits for people with type 2 diabetes. As the condition is closely linked to age, lifestyle factors, and comorbidities, the target group for Football against Diabetes will often consist of middle-aged and older adults with varying levels of physical capacity, fitness, and movement experience.

Many participants may have limited experience with football or other ball games. Others may present with excess body weight, reduced muscle strength, impaired balance, or diabetes-related complications. For this reason, training must be adapted to ensure that all participants experience success, enjoyment, and a sense of belonging from the very first session.

Balance between skill and challenge

It is essential that players leave each training session with a feeling of achievement. This strengthens self-confidence and increases the likelihood that participants will continue

attending training. Exercises should therefore be designed to strike a balance between skill level and challenge, allowing players to succeed while still being gently challenged.

Coaches should alternate between pairing participants with different levels of experience and organising exercises where players work with others at a similar level. This creates opportunities for both learning and mastery and supports an inclusive training environment.



Learning and cognitive considerations

Some participants may find it challenging to process detailed instructions, particularly if they are new to football or have limited movement experience. Instructions should therefore be short, clear, and preferably supported by demonstrations. Coaches are encouraged to start exercises quickly and adjust them gradually rather than providing long explanations beforehand.

Repetition and recognisable exercises from session to session can help participants feel more confident and reduce cognitive load. Progression should be gradual, with sufficient time for participants to adapt to new movements and training demands.

Individual differences

As with any target group, there will be considerable individual variation among players in terms of physical capacity, coordination, balance, and motivation. Coaches should remain attentive to these differences and be prepared to modify exercises, pitch size, rules, or intensity accordingly.

Some players may need more frequent breaks, while others may wish to be challenged further. Allowing players to step out of exercises temporarily or take on less demanding

roles, such as goalkeeper, can help ensure continued participation without discomfort or fear.

Creating an inclusive training environment

Football against Diabetes aims to create a training environment where participants do not feel defined by their diagnosis. The focus should be on football, movement, and social interaction rather than illness. Coaches play a crucial role in fostering a positive atmosphere characterised by encouragement, recognition, and mutual support.

Positive feedback should emphasise effort, good passing, teamwork, and engagement—not only goals or technical ability. Participants should be encouraged to support one another, helping to build a sense of community that extends beyond the pitch.

By adopting a flexible, inclusive, and supportive coaching approach, Football against Diabetes can provide a safe and enjoyable setting in which people with type 2 diabetes improve their physical capacity, confidence, and quality of life through football.





Football Against Diabetes – a part of the “Football is Medicine” family

The Football Fitness concept has been developed over the decade, as modified recreational football training, that can be used for a variety of participant groups, across the lifespan, and with very different football skills, prior experience with football and different functional capacities. The Football Fitness concept is now a strong evidence-based football training approach that serves an alternative to elite football as well as grassroots football with regular competitive games. The Football Fitness training is formed around inclusive, motivating and effective training, with all players being equally important. A football type that can be used for all, and for life. As previously mentioned, this is a strong evidence-based concept that can be used as broad-spectrum prevention for the general population and that can be used as treatment and rehabilitation strategy for a broad range of patient groups, including prostate cancer patients.

Sessions are structured around 1-hour training sessions consisting of a thorough warm-up with various balance and strength exercises, followed by pair-based ball exercises and small-sided drills (2 vs 2 to 5 vs 5). To increase the enjoyment and safety of the participants, there is no tournament structure and no player selection ahead of matches—this is an important element that prioritises individual participation and social inclusion, as opposed to rigorous competition.

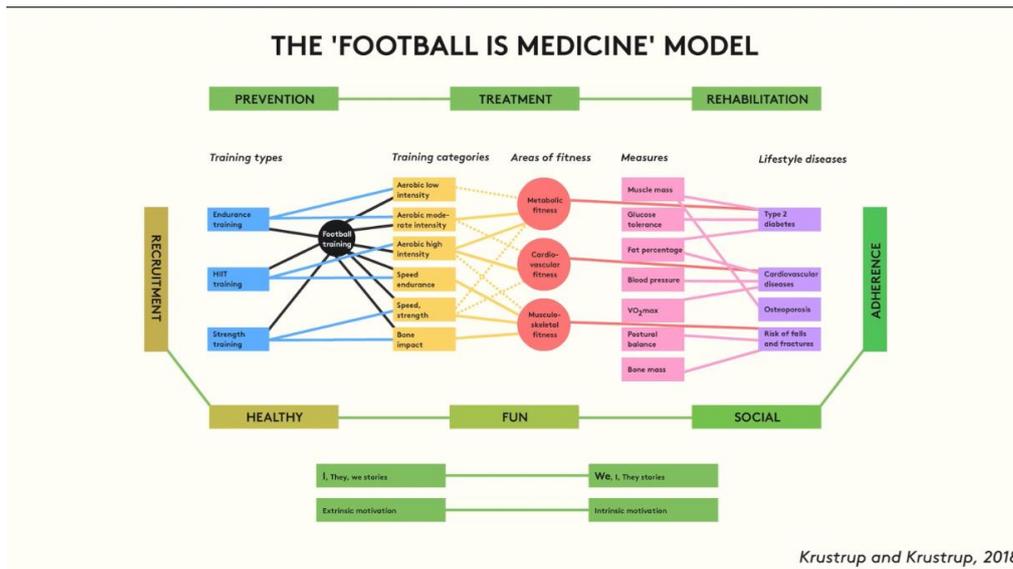


The simple and flexible structure of the Football Is Medicine concept makes it applicable across diverse social settings and adaptable across participant groups regardless of age, sex, socioeconomic background and skill level. By using Football as Medicine, the clinical setting normally associated with seeking medical help is replaced with football pitches, fresh air, and open skies. In these alternative non-clinical environments, new paths to discuss health issues can be facilitated.

With its combination of aerobic high-intensity interval training (HIIT), endurance training and strength training, only 60 minutes of football twice or thrice a week can induce wide-ranging health effects across a lifespan. Moreover, this kind of all-in-one training stimulates important physiological areas such as metabolic fitness, musculoskeletal fitness and cardiovascular fitness, providing myriad health benefits that can drastically reduce the prevalence of non-communicable diseases such as type 2 diabetes, hypertension, osteopenia and prostate cancer.

The evidence for “Football is Medicine” is based on more than 175 peer reviewed articles published across 35 international scientific journals, including five special issues, and several textbooks demonstrating that football is a social, joyful, popular and health-enhancing activity. Due to its combination of aerobic high-intensity interval training (HIIT), endurance training and strength training, only 60 min of football twice a week can induce broad-spectrum fitness and health effects in various populations across the lifespan. This comprehensive work has evolved into the recognition of football as broad-spectrum medicine against non-communicable diseases such as type 2 diabetes, hypertension, osteopenia, prostate cancer, and breast cancer, supporting the concept that “Football is Medicine – It is time for patients to play!” and “Football is for All, Football is for Life, Football is Medicine”.

“Football is Medicine” represents a joyful, group-based training type favouring long-term adherence to physical activity. It is highly effective for inducing broad spectrum health effects targeting risk factors for non-communicable diseases. The “Football is Medicine” concept consists of motivational and inclusive training sessions encompassing warm-up activities with injury-preventing strength and balance exercises, followed by pair-based technical drills and small-sided games that are adjusted to the physical capacity of the participants (for inspiration, see the concept manuals, described in the “Football Against Diabetes” manual, as well as in the concept manuals “Football Fitness”, “Football for the Heart” and “FC Prostate”).



This type of football training has been tested in prediabetics, type 2 diabetics, hypertensive people, elderly people, females across the lifespan and sedentary healthy individuals.

When organising football according to the “Football is Medicine” concept, the activity appears to be engaging for a hard-to-reach population, resulting in moderate-to-high exercise intensity with the potential for remarkable health effects. The core structure of “Football is Medicine” dictates pair-based drills and football in small groups, which increases the individual involvement and facilitates social interactions. A sense of community, enjoyment of exercise and fairness are also promoted. This structure supports networking among the participants, promotes general well-being and develops social capital (Milanović *et al.*, 2015).

See QR code for the tutorial

Football Is Medicine video:



General principles for recreational football

Simply playing the game with the ball is a key part of football training, and as a trainer you have many opportunities to influence how the game is played.

As described above, the game should be based on movement and play. The focus should be on the ball and its properties as a driving force for movement. Even though it's obviously not the ball that moves the players, the ball is what makes them start moving; not just to receive the ball, but also to get into position to receive it, or to defend an area.

To improve the players' health, everyone should move as much as they can, while the training session should also make them want to come back again and again.

Various technical and tactical considerations are important in this regard: however, these are not always the same as those used to win matches in competitive football. As a trainer, you need to be able to 'add' just the right ingredients to the pot to ensure there's as much movement as possible during the game.

This section will provide you with several tools to help you plan the game and mix the best 'soup', creating as much movement and play as possible in every training session. At the end, there's a brief description of things to think about regarding game elements that may be inappropriate and that you, in your capacity as a trainer, should therefore try to limit.



Game setup and customisation

Thinking about how the game is set up is important as a way of increasing training intensity or changing the purpose of the game. It may also be that the conditions you're working under suddenly change: perhaps the pitch is occupied, the balls are missing, or other unforeseen situations arise. As a trainer, you might find it useful to use the 'game wheel' when adjusting some of the following elements of the game:



The game wheel.

The number, shape and size of the goal or goals can be changed. The size, dimensions or shape of the pitch can be adjusted. It doesn't always have to be the classic rectangle. The ball hardness, number, size and material can be varied. Participants can be split into

multiple teams, or the number of players and/or substitutes can be varied. A joker can also be used, playing either with the team in possession or the team without the ball.

The rules of the game can be used to highlight certain qualities of the game. For instance, you can agree on conditions such as number of touches, direction of play, calling out the receiver's name when passing, or the number of players who have to touch the ball before a goal can be scored.

The above can be used to adjust the game and hence the demands placed on the players; technically, tactically and physically, but also mentally and socially.

Differentiation

Differentiation is an important tool for the trainer when it comes to adapting the difficulty of an exercise to individual players. There are various parameters that can be adjusted to make an exercise work better, or to tailor it to players' technical skills. Differentiation can be approached either at group level or individually.

Individual differentiation

The purpose and focus are directly aimed at the individual player, with training characterised by the skill levels of each player. This could, for example, involve providing one-on-one instruction on shooting technique, dribbling or similar skills. If your aim is to include as many players as possible in the training session, this form of differentiation is not ideal.

Group differentiation

Considering the group's overall skill level is essential when planning exercises for this target group. The focus might be on passing, for example. But if a player keeps making poor passes, it may not be their passing technique that needs correcting. Instead, you can ask the players to move closer together.

The instruction is not given to each individual, but is instead a balancing act between recognising the players' different skill levels and adjusting the difficulty of the exercise accordingly. In the same exercise, you can tell another partner pair to increase the distance between them in order to make the exercise more challenging. This kind of differentiation is ideal for training.

In some cases, it may also be appropriate to divide players into separate groups, for example women and men. Differences in physical strength can sometimes make it difficult to play together on equal terms, and separating the groups may help ensure that the training remains both safe and enjoyable for all participants.

Specific ball control technique

Receiving and controlling the ball should be a key focus area. Beginners often stop the ball with the sole of the foot, which involves placing the foot on top of the ball. As several players may have reduced balance and be at risk of ankle and lower leg injuries, it's advisable to discourage this technique and instead teach players to control the ball with the inside of the foot. This technique can be a bit harder to learn, but it is the most suitable option for avoiding loss of balance.



Exercise catalogue

Building up training

A good training session starts off with a welcome. The training is then structured with three elements:

1. Warm-up exercises
2. Exercises in pairs and small groups,
e.g. technical exercises
3. Playing small-sided games

Training should always include a 15 to 20-minute warm-up session (see further details and suggestions later on) and playing. The duration of the warm-up, exercises and play can be varied to suit the group's wishes.

Heart rate and activity levels increase the most during games, making this the time when the health benefits are at their peak. So, do not be nervous about prioritising playing, this is what motivates your players. Aim to spend at least a third of your training time playing games.

Welcome

It is important for players to feel acknowledged right from the start of training. The coach should be attentive right from the start of the training session, and it is a good idea to welcome players to each training session. Remember that new players may join the team on a regular basis, and that this requires an extra introduction for both the new player and the existing players on the team.

Of course, it is important for the coach to get to know the players' names quickly, thereby creating a sense of security for the players.

Warming up

For this target group, a thorough warm-up is especially important to prepare the body for playing football. During the warm-up, heart rate and breathing gradually increase to adapt to the upcoming physical demands during the game. The warm-up also raises muscle temperature and "lubricates" joints, reducing the risk of injury during the quick and unexpected movements that occur in football games. A warm-up should last 15 to 20

minutes. A suggestion for a good warm-up programme is presented on the following pages. If you devise your own warm-up programme, bear in mind the following:

- Gradual progression – start slowly and increase intensity throughout the warm-up
- Focus on movements that involve the large muscle groups and central joints
- Work on mobility
- Include balance and strength
- Heart rate towards the end of the warm-up
- Short explanations – demonstrate actions/” follow me”
- Create a sense of community – include pair or group exercises



Categorisation of exercises

The exercises in this catalogue are divided into three intensity categories, allowing the coach to tailor the activities according to the target group’s capabilities and needs:

A Exercises suitable for everyone. The exercises require only walking, no running.

Light to moderate intensity.

B Exercises involving running, without or with light resistance. Collaborative team exercises or light competitive exercises without body contact.

C Moderate intensity.

Running activities with challenges and multiple opponents. High intensity.

Module 1 Warm-up Programmes

WU1 - Modified FIFA 11+

As the first part of training, it's important to warm up in order to prevent injury and get the body ready to perform.

FIFA11+ is a scientifically proven warm-up programme that can reduce injuries by 30–50 per cent (Thorborg et al., 2017).

This programme should be used at the start of every training session and takes 20 minutes. It's important to make sure that all exercises are performed as correctly as possible.

Structure

FIFA 11+ is made up of three parts with a total of 15 exercises. These exercises must be completed at every session in the order described. Technique is particularly important for these exercises. Focus should be on correct posture and appropriate body positioning. Correct leg alignment, knees over toes and soft landings are particularly important. The three parts are:

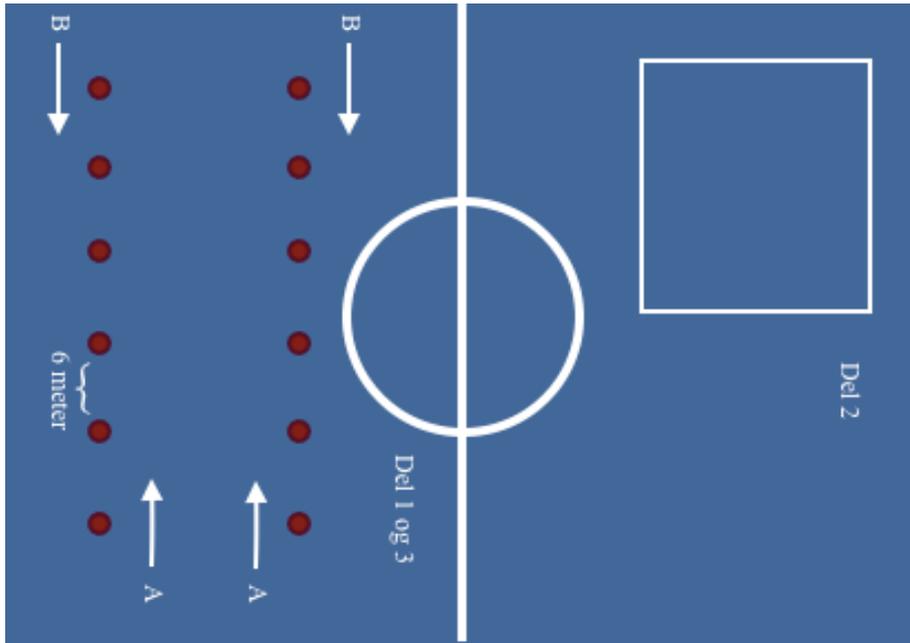
Part 1: Running exercises at a slow pace, combined with active stretching and controlled partner-contact exercises.

Part 2: Six exercises focusing on the core and leg muscles, as well as balance and jumping exercises. Of the six exercises, two are used in the warm-up.

Part 3: Running exercises at a moderate pace, with various movements along the way.

The pitch

Six pairs of cones are set up on the pitch with 5–6 metres between them, as illustrated below. Two players start at the same time from the first pair of cones and run at a slow pace along the inside (A) while also performing different exercises along the way. After passing the last cone, they run back along the outside (B). The speed can be increased gradually as the players warm up.



Running exercises

Exercise 1

2 sets – Jog to the last cone. Maintain an upright body position, with the hips, knees and feet aligned. The knees must not be allowed to collapse inwards.

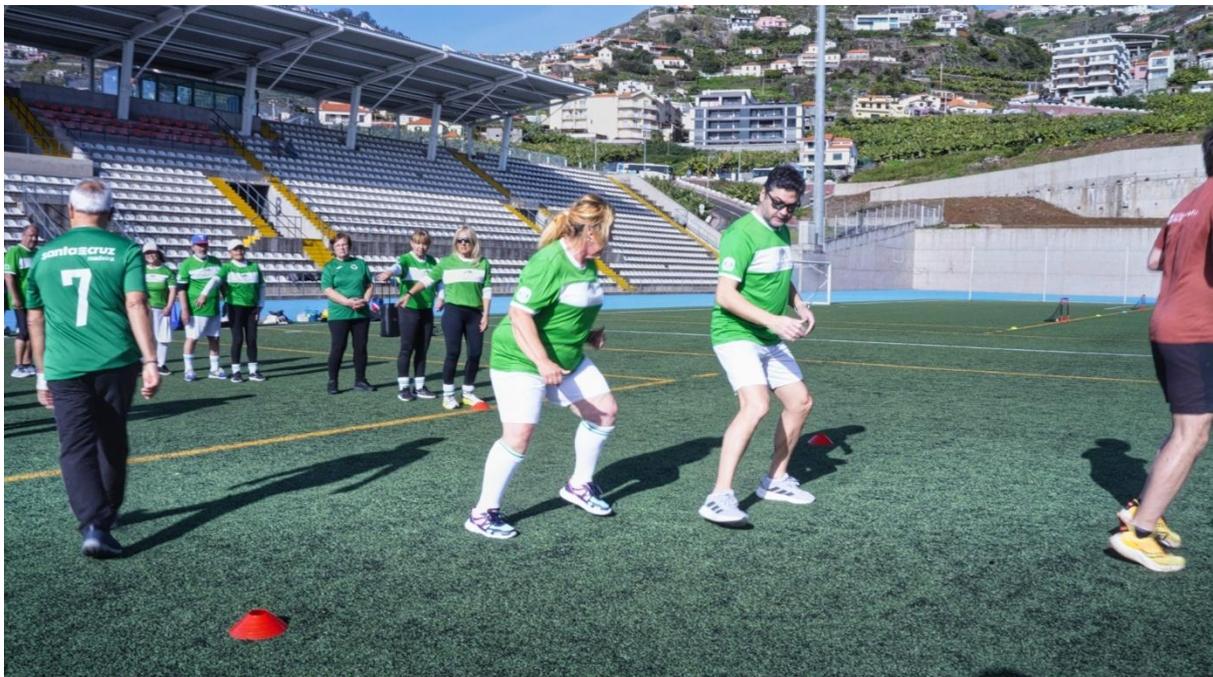


Exercise 2

2 sets – Jog to the first cone. Stop and lift the knee forwards, then bring the knee out to the side and place the foot down (external rotation). Repeat the exercise with the other leg at the next cone.

Important:

- 1) The pelvis should be horizontal and the trunk upright.
- 2) The hip, knee and ankle joints of the support leg must be vertically aligned.
- 3) The knee of the support leg must not be allowed to collapse inwards.



Exercise 3

2 sets – Jog to the first cone. Stop and lift the knee to the side, then bring the knee forwards and place the foot down (internal rotation). Repeat the exercise with the other leg at the next cone.

Important:

- 1) The pelvis should be horizontal and the trunk upright.
- 2) The hip, knee and ankle joints of the support leg must be vertically aligned.
- 3) The knee of the support leg must not be allowed to collapse inwards.

Exercise 4

2 sets – Jog to the first cone. Move sideways using side steps. Pass your partner in a circular movement (without changing direction), then move back to the first cone using side steps. Repeat at each cone.

Important:

- 1) Keep your hips and knees bent.
- 2) Keep your weight on the forefoot.
- 3) The knees must not be allowed to collapse inwards.

Exercise 5

2 sets – Jog to the first cone. Move sideways towards your partner. The two players coordinate their jump so that they achieve shoulder-to-shoulder contact. Then move back to the first cone using side steps. Repeat at each cone.

Important:

- 1) Land evenly on both legs, with the hips and knees bent.
- 2) The knees must not be allowed to collapse inwards when landing.

Exercise 6

2 sets – Run quickly to the second cone, then run backwards to the first cone. Continue by running two cones forward and one cone back. When the course is completed, jog back to the start.

Important:

- 1) Keep the upper body upright.
- 2) The knees must not be allowed to collapse inwards.

Strength, activation and balance exercises

These exercises should not be viewed as direct strength training, but as a thorough warm-up of the muscles and nervous system. Due to time constraints, at least two of the exercises should be included in each warm-up.

Exercise 7 – Dynamic hip lift

3 sets of 30 seconds – starting position: Lie on your back. Place your heels close to your buttocks. Let your arms lie alongside your body.

Perform the exercise by driving the hips up to form a straight line from the knees, through the hips, to the shoulders. Then lower the hips back to the starting position in a controlled manner.

Important:

- 1) Keep your lower back straight and don't arch or round it during the exercise.
- 2) The knees and ankles should be aligned with the hips and must not change position during the exercise.

Exercise 8 – Static bridge hold

3 sets of 30 seconds – starting position: lying on your back with the hips raised so that the feet and shoulder blades are in contact with the ground. This is a static exercise, which means that the body is held in the same position throughout.

Important:

- 1) Keep your body in a straight line without letting the hips drop or rise during the exercise.
- 2) The knees and ankles should be aligned with the hips and must not change position during the exercise.

Exercise 9 – Hamstring exercise – single-leg hip lift

3 sets of 30 seconds on each leg –

Starting position: Lying on your back. One foot is on the ground and the other is placed across the opposite knee. The shoulder blades are in contact with the ground, and the arms are out to the sides for balance. Drive the hips up so that a straight line is formed from the knee, through the hip, to the shoulder on the leg with the foot on the ground. Then slowly lower the hips back to the starting position.

Important:

- 1) Keep your lower back straight and don't arch or round it during the exercise.
- 2) The knee of the leg in contact with the ground should stay in line with the hip and mustn't collapse inwards or outwards.

Exercise 10 – Single-leg balance

2 sets of 30 seconds on each leg – starting position: Stand on one leg with the knee and hips slightly bent, while holding a ball or another object straight out in front of the body. Maintain that balance for 30 seconds. This exercise can be made harder by lifting the heel or moving the ball from side to side.

Important: Keep the hips level and avoid letting them drop to one side.

1) The knee of the standing leg must not be allowed to collapse inwards – the line between ankle and hip must be maintained.

Exercise 11 – Squat

2 sets of 30 seconds – Starting position: Stand with the feet and knees hip-width apart, with your hands on your hips. Perform the exercise by bending the hips, knees and ankles in a controlled manner until the knees are bent to about 90 degrees. Then return to the starting position.

Important:

- 1) Look straight ahead and keep the upper body upright.
- 2) The knees must not be allowed to collapse inwards.

Exercise 12 – Jumping

2 sets of 30 seconds – Starting position: Stand with the feet and knees hip-width apart, with your hands on your hips. Perform the exercise by bending the hips, knees and ankles in a controlled manner until the knees are bent to about 90 degrees. Hold for 1 second. Lean your upper body forwards and then jump as high as possible. Land with slightly bent knees and hips.

Important:

- 1) Jump with equal weight on both feet.
- 2) Land softly, and don't let the knees collapse inwards.

Final running exercises

Exercise 13 – Across the pitch

2 sets – Run approx. 30 metres at 75–80% of maximum speed. Then jog back.

Important:

- 1) Keep your upper body upright.
- 2) The knees must not be allowed to collapse inwards

Exercise 14 – High knee lift

2 sets – Run at a controlled pace in one direction while doing 6–8 high knee lifts. Use the arm swing to lift the knees as high as possible.

Then jog back.

Important:

- 1) Only start with high knee lifts when your balance is right.
- 2) When landing, the knee of the landing leg must not be allowed to collapse inwards.

Exercise 15 – Changing direction

2 sets – Run calmly 4–5 steps straight ahead. Then shift your weight onto your right leg and turn your whole body to the left in order to change direction. After 1–2 steps in the new direction, accelerate into a sprint. Sprint for 5–7 steps (at 80–90% of maximum speed), then repeat the change of direction on the left foot and changing direction to the right.

Important:

- 1) Keep your upper body upright.
- 2) Don't start accelerating until your upper body, knee and toes are all pointing in the same direction.

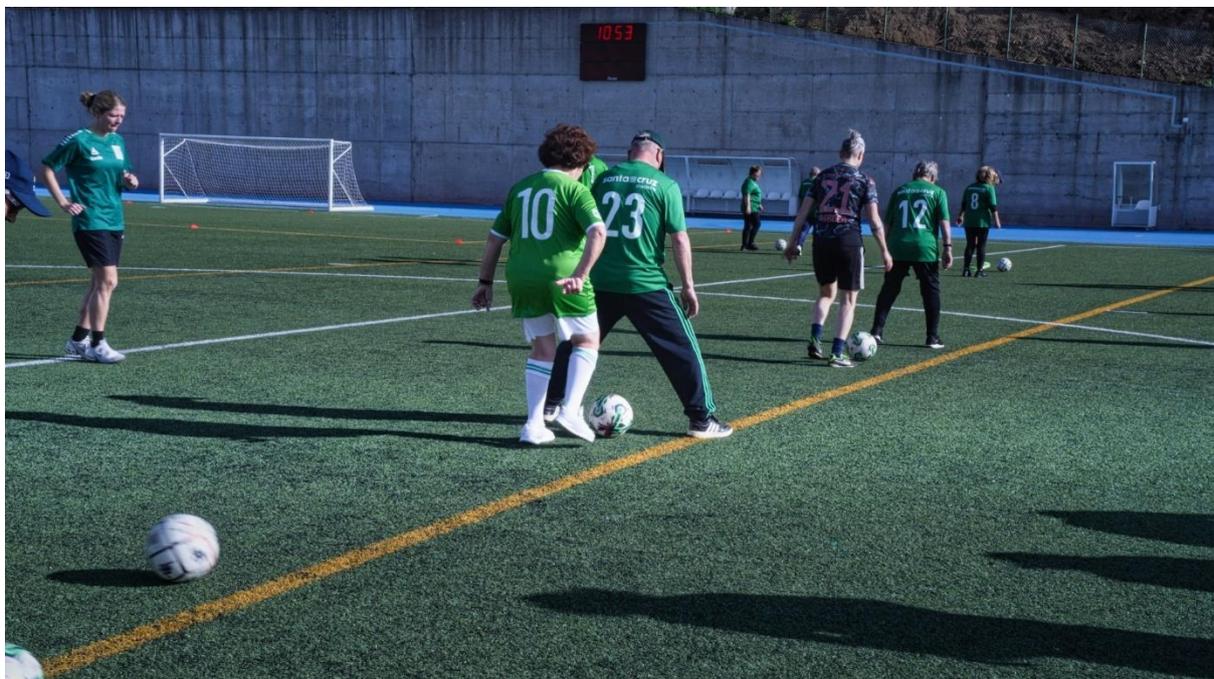
WU2 – The SDU (University of Southern Denmark) warm-up

Running and dribbling at a moderate pace (4 minutes)

Once across the pitch and back: Everyone jogs across the pitch, turns and jogs back.

Twice across the pitch and back: Gently dribble across the pitch and back. One player dribbles one way and the other dribbles back.

Once across the pitch and back: Skip gently across the pitch, turn around and run back with semi-high knee lifts, knees to a horizontal position.



Balance and fitness exercises (5 minutes)

Players stand two metres apart and throw a ball back and forth while balancing on one leg. Change legs after 30 seconds. Do the exercise twice on each leg.

The players stand on both legs while throwing the ball. Each time they have caught the ball, they go up on their toes twice or touch the ground once with the ball by bending their knees (the knees should point forward, not inward). The ball is thrown back to the partner, who also does the exercises.

Supplement with jumping exercise: First jump on the spot on both legs, then jump back and forth on both legs, then side to side on both legs.

Jump in a square facing forward, first one way then the other.

Running and dribbling at higher intensity (6 minutes)

Once across the pitch and back: Jog across the pitch, turn and jog back.

Once across the pitch and back: The players run 10 metres forwards and 5 metres backwards, 10 metres forwards and 5 metres backwards and so on. Repeat on the way back.

Once across the pitch and back: The players now run across with slightly longer strides. On the way back, run sideways and with side steps.

One player in the pair dribbles the ball, and the other follows 1-2 metres behind without a ball. Change at the side line. For a bit of fun, the person with the ball can choose to go in different directions, so the players end up running in and out and around each other. The dribbling is done at a moderate pace with many changes of direction. Swap over after approx. 45 seconds. Do the exercise twice each.

The warm-up ends with everyone running across the pitch together – all in line with the team-leader/coach. These laps are run at increasing speed, with the first run across the pitch at a moderate pace and the return run much faster. From the middle of the pitch raise your hands over your head and cheer when you cross the finishing line. YEEEEES!



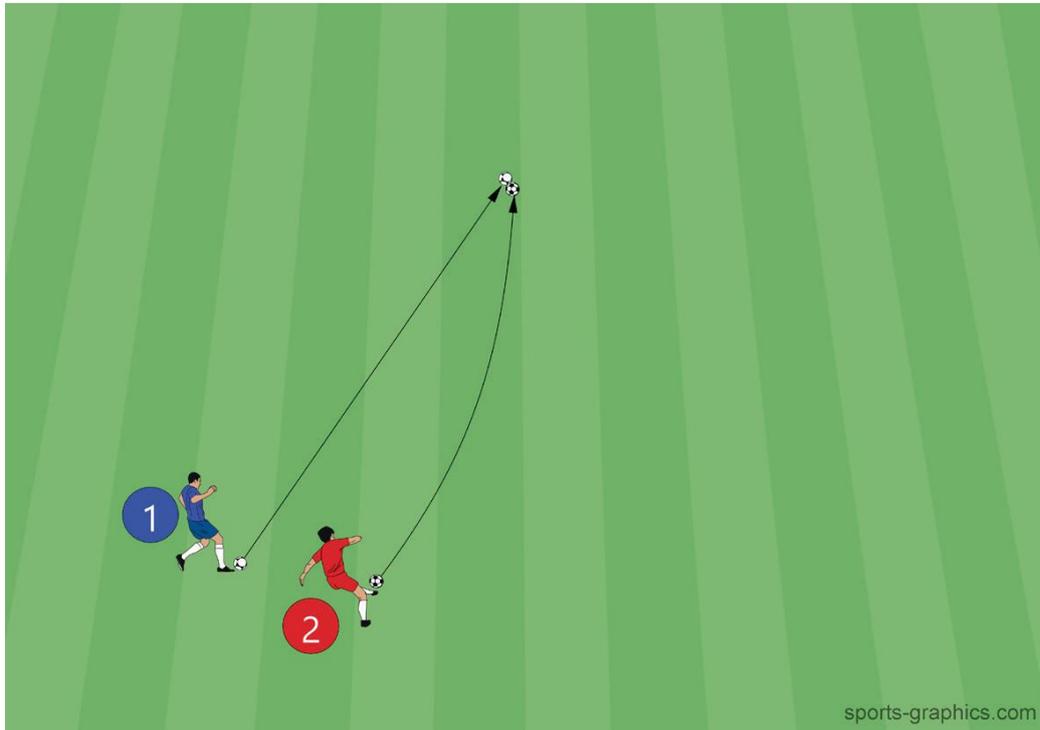
Module 2 – Technical exercises

Many players want to increase their skill level. Players can improve their ball skills and technical level by doing technical exercises. Classic football guides often provide detailed descriptions of how to move the body correctly in order to perform skills correctly. Knowing how a movement is performed can help coaches. However, you need to be aware of what the purpose of the exercise is and what the player wants to achieve. The most important thing is to create great experiences by devising exercises that are appropriately challenging yet achievable. That is why it is important for the difficulty of the exercises to suit the participants.



T1: Technical exercise 1, Category A

Clink



Purpose

To practise kicking skills and precision. Competition. Low-intensity movement.

Props

1 ball per player.

Description

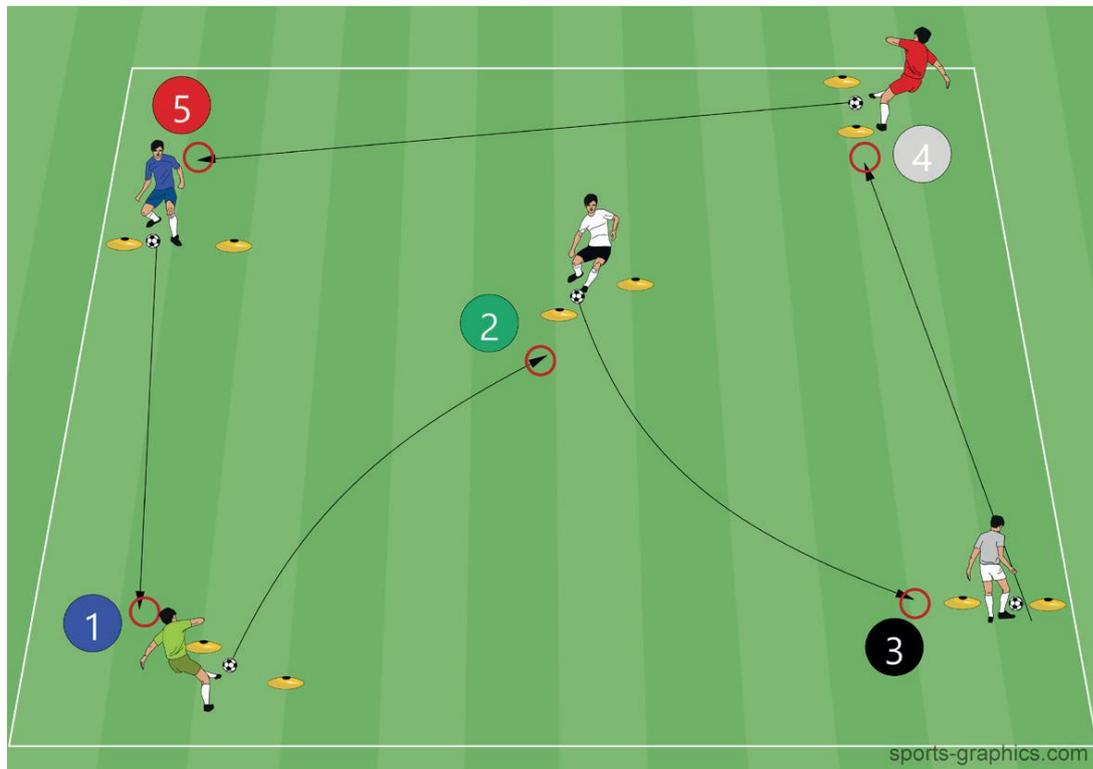
Pair up two players, each with their own ball. One of them kicks their ball first, followed by the other player. The goal is to hit the other person's ball with your ball. When the ball is hit, you start again and the players can agree to play for a set time or a specific number of points. Whoever scores a point starts in the next round.

Variation

- Players may be required to kick in a certain way, or to kick with both legs alternately, or only with the “bad” leg, etc.
- You can let each player take 2 kicks per turn.

T2: Technical exercise 2, Category A

Football golf



Purpose

To practise kicking skills and precision. Competition. Low-intensity movement.

Props

1 ball per player. Flat markers, or possibly hula hoops.

Description

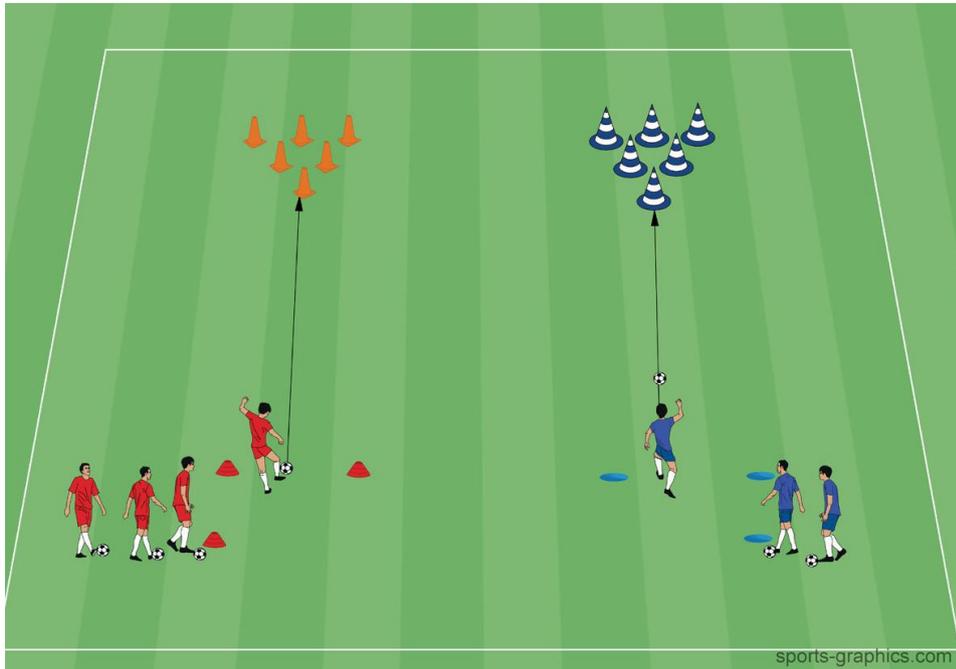
Pair up two (or more) players, each with their own ball. Starting from the tee mark, players aim to get their ball into the “hole” in the fewest strokes/kicks possible, similar to real golf. The “hole” can be marked out with hula hoops, or simply with a ring of flat markers or similar. A suitable number of holes are set up, and various obstacles can be incorporated if so desired.

Variation

Players may be required to kick in a certain way, or to kick with both legs alternately, or only with the “bad” leg, etc.

T3: Technical exercise 3, Category A

Football bowling



Purpose

To practise kicking skills and precision. Competition. Low-intensity movement.

Props

Balls. Cones. Flat markers.

Description

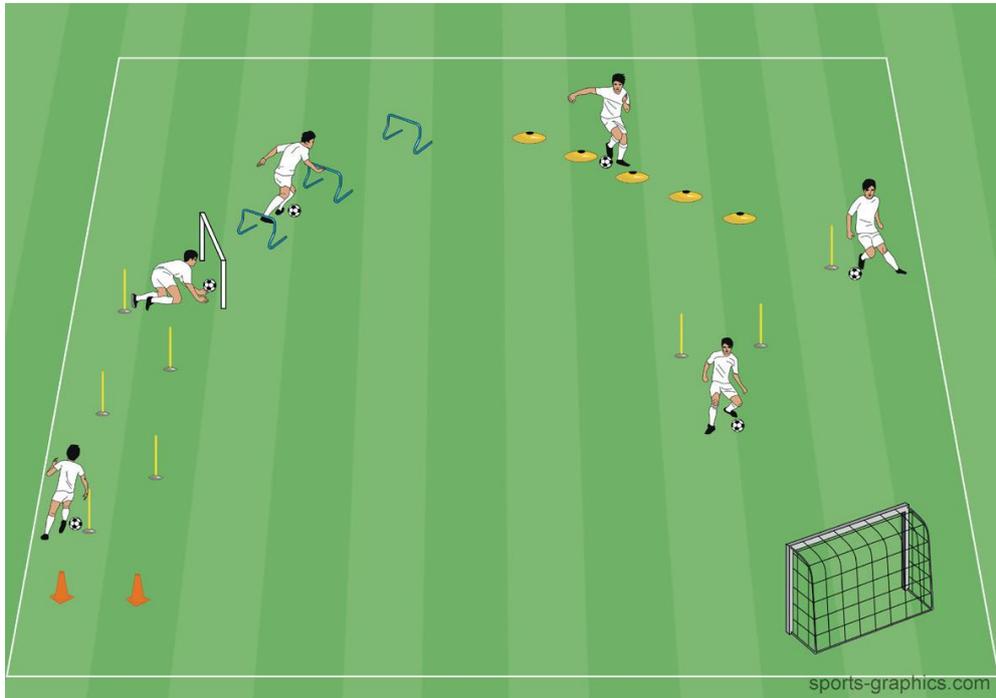
Set up cones in a formation similar to bowling pins and mark a kicking spot at an appropriate distance. Players take turns kicking. Each player makes two attempts to knock over all the cones. Points are tallied over a set number of rounds, e.g. 10 rounds.

Variation

- Players may be required to kick in a certain way, or to kick with both legs alternately, or only with the “bad” leg, etc.
- You can let each player take 2 kicks per turn.
- The intensity can easily be increased by setting up a cone that players have to move/run around, for example, before they can take another kick. For groups with varying physical abilities, adjust the activity by having fitter players run around cones while others remain stationary or run shorter distances.

T4: Technical exercise 4, Category B

Dribbling course



Purpose

Versatile movement, ball control.

Props

1 ball per player. Cones, poles, flags, hurdles, goals, etc.

Description

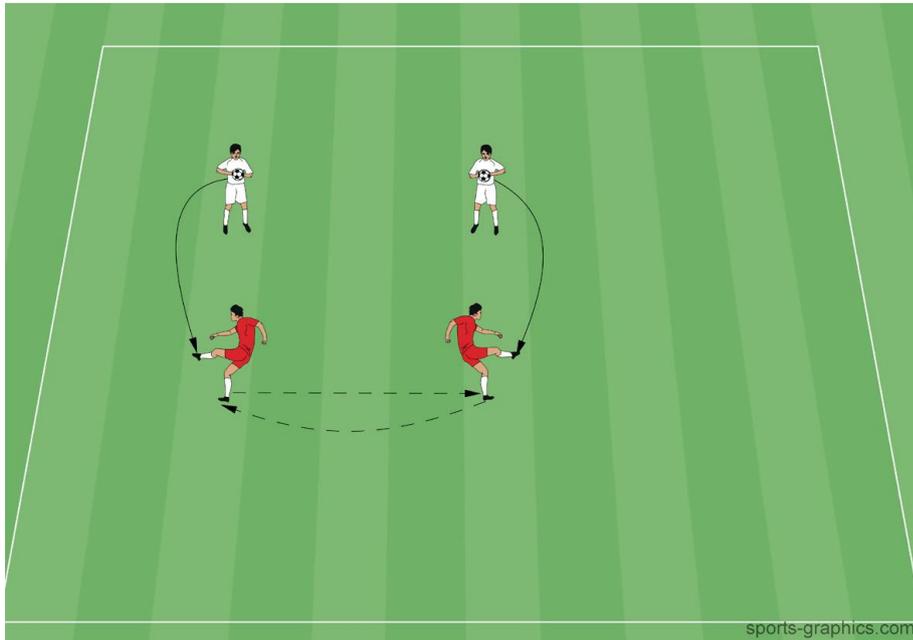
A dribbling course is set up using various obstacles – the sky's the limit. Players now have to take turns trying to complete the course. Start players at appropriate intervals to avoid congestion or collisions.

Variation

- Incorporate specific dribbling requirements, such as using a particular foot or a specific part of the foot in different sections of the course.
- Set up two identical courses and let players compete against each other.

T5: Technical exercise 4, Category B

Technical training in pairs, Intensity Category B



Purpose

To practise better ball control. Movement with moderate intensity.

Props

1 ball for every 2 players.

Description

Players form pairs, with one ball per pair. Two pairs group together. Each pair stands 2 to 3 metres apart, and the partner pair stands 3 to 4 metres to the side. In each group now has 2 players who each have a ball, and 2 without. The two players who have a ball throw the ball to the two without, who return it using techniques like an inside-foot pass, for example, after which they swap places and receive the next throw from the opposite “server”.

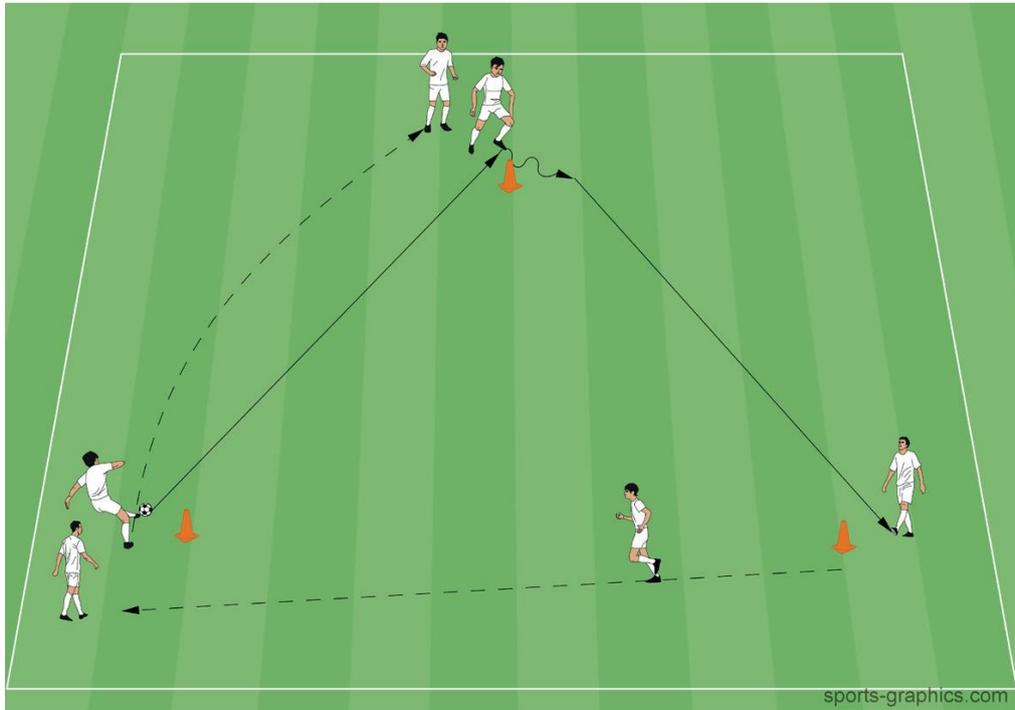
They continue for 30 to 45 seconds until switching roles. Players can alternate between throws and ground passes, and all kinds of techniques for returning the ball. Players can return the ball on the first touch, striking the ball with the inside of the foot, instep, outside, knee/thigh, chest, shoulder or head. Players can return the ball on the second touch after a first touch, striking the ball with the inside of the foot, instep, outside, knee/ thigh, chest, shoulder or head.

Variation

The tasks and the length of work periods can be adjusted as needed.

T6: Technical exercise 5, Category B

The Ajax triangle passing drill



Purpose

To practise accuracy in passing and ball control in receiving. Movement with moderate intensity.

Props

1 ball. 3 cones/flat markers.

Description

Create a triangle with sides about 10 to 12 metres long. Place 1 to 3 players behind each cone. The ball starts at the cone with the most players. The front player now passes to the front player at the next cone and runs with the direction of the ball to the back of the queue at the next cone. The receiver makes a first touch before then passing to the player at the next cone and running with the direction of the ball.

Variation

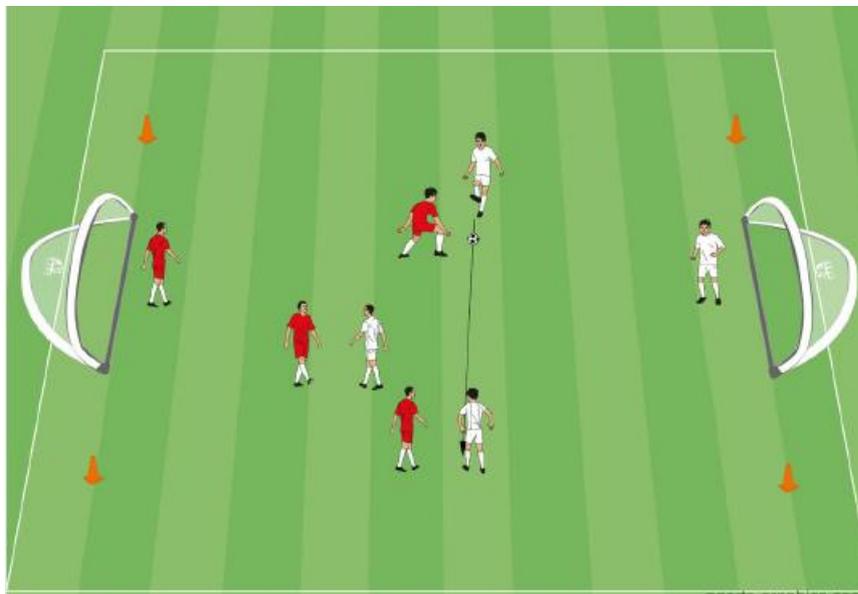
- Incorporate requirements for both receiving and delivering the ball, such as deciding which leg or which part of the foot should be used.
- The direction can be changed, and you can try playing with first-time passes.



Module 3 – Small-sided games

S1: Small-sided game 1, Category B

Walking Football



Purpose: Playing. Competition. Overview. Low to moderate-intensity movement.

Props:

- 2 goals per pitch (or 4 cones).
- At least 1 ball – preferably a futsal ball that does not bounce too much.
- Training bibs.
- Delineation of the pitch, where necessary – lines or flat markers.
-

Description:

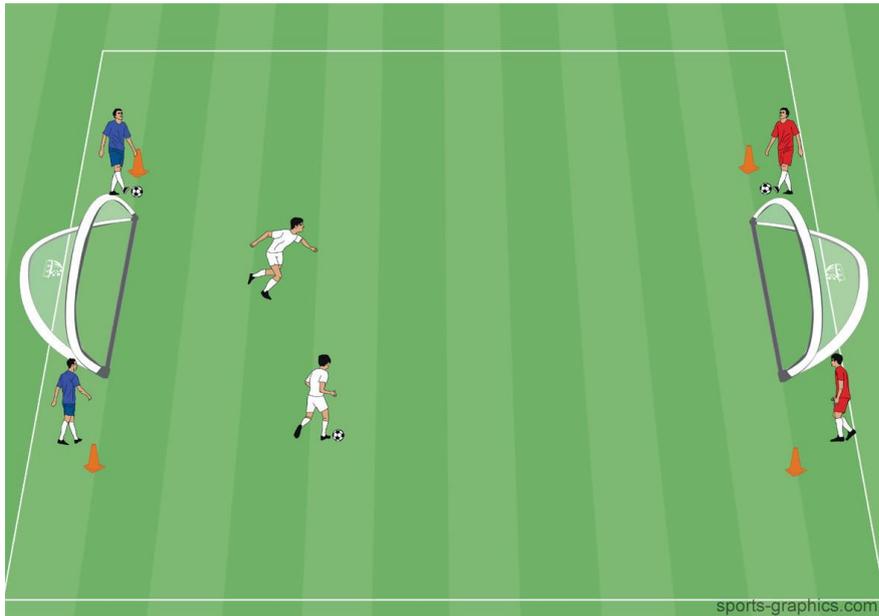
Walking football can be used for participants who, for various reasons, cannot take part in regular football. Running is not permitted, which slows down the pace of the game. Additionally, players are not allowed to kick or pass the ball above hip or head height. That is why playing with a futsal ball is recommended, as it is slightly smaller and does not bounce as much as a regular football. Hard tackles are also prohibited. Since goals cannot be scored above hip height, the goals should be wide and low. Regular 5-a-side or 8-a-side goals can be used, or else you can play with cone goals. When playing within a marked area, throw-ins are replaced by kick-ins.

Variation:

Most other games can be played as walking football. The games are played as stated, with the added restriction that running is not allowed.

S2: Small-sided game 2, Category B

2 vs. 0



Purpose

To score lots of goals. Interaction. To control the ball while moving at different speeds.

Props

2 goals per pitch. 1 ball per pair. Flat markers for marking the pitch.

Description

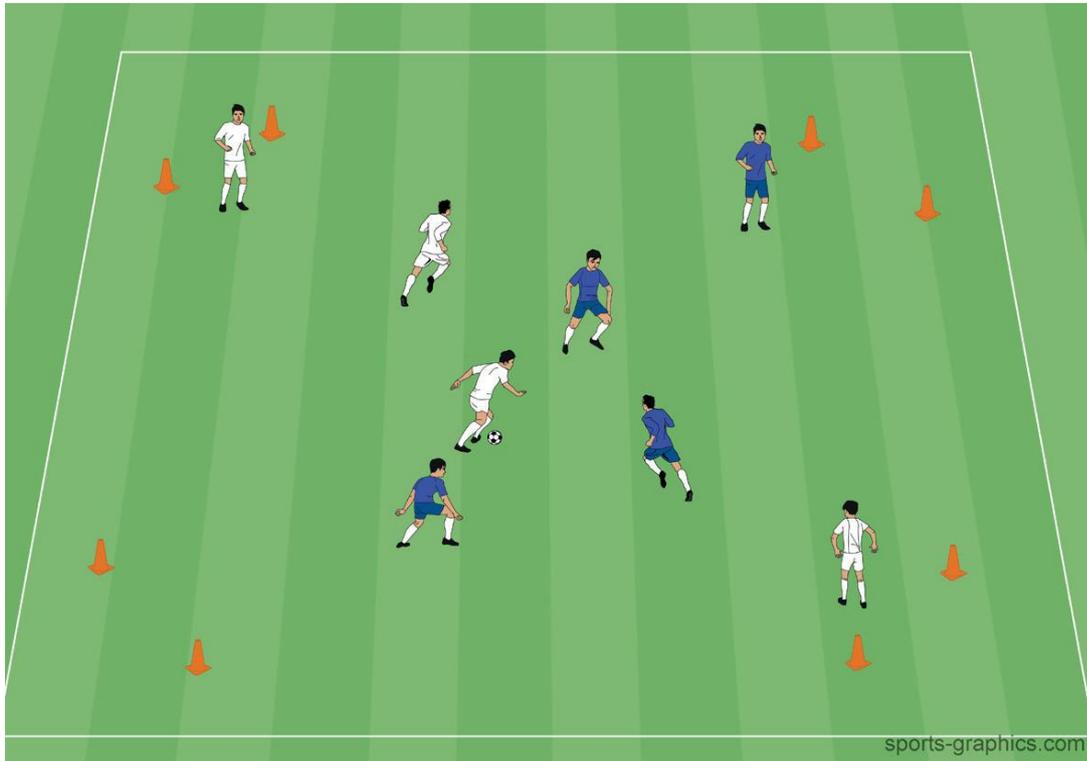
Set up 2 goals at either end of a pitch. Use a 3-a-side pitch if necessary. Players are paired up, with one ball per pair. 2 pairs stand near the goal but off the pitch at one end, and 1 pair stands up at the other end. At the end with two pairs, one pair starts by passing the ball to each other as they move towards the opposite goal and take a shot at the goal. When the shot is taken, the team standing beside the goal where the shot has just been taken starts to move. The exercise continues along the same lines.

Variation

- You can start off by requiring 5 passes before taking a shot. If a pair score, you can reduce the number of passes they are required to make for the next turn. If they fail to score, you can add a pass.
- If there are fewer or more players, all pairs on the pitch can attack in the same direction. They then attack in the opposite direction. Ensure that breaks between attacks are tailored to maintain an elevated heart rate but avoid long rest periods that lower the heart rate. But also avoid overly short breaks that make the exercise too physically demanding to sustain over the scheduled time.

S3: Small-sided game 3, Category C

4-a-side with diagonal goals



Purpose

Playing. Competition. Overview. Movement with relatively high intensity.

Props

1 ball. 4 small goals or 8 large cones for goals. 4 bibs. Flat markers for marking the pitch.

Description

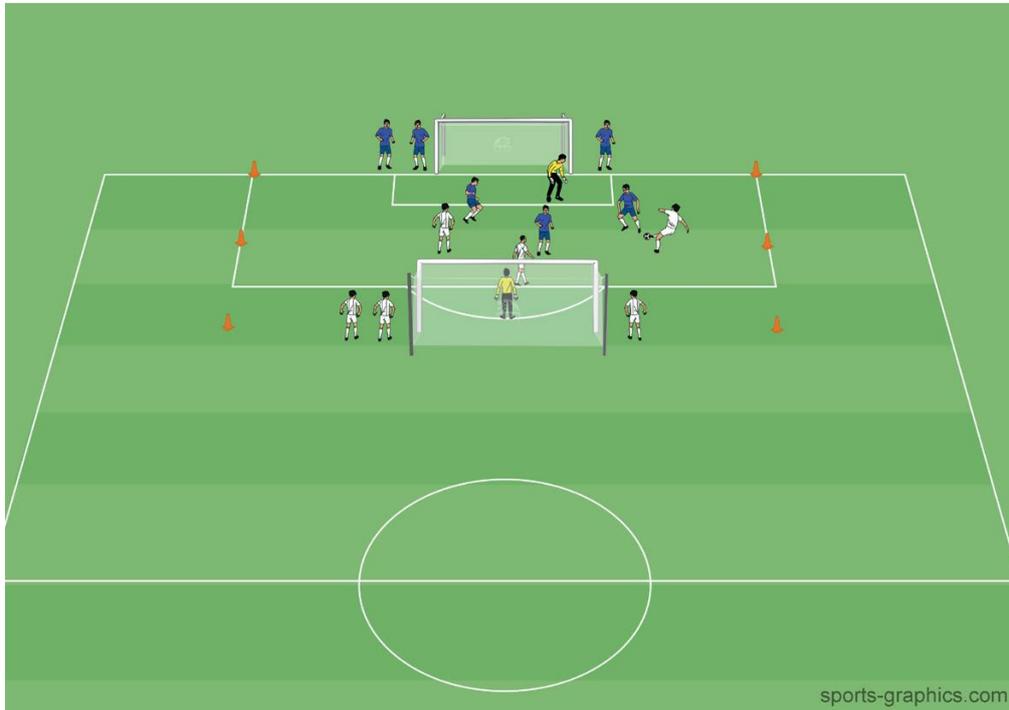
A pitch is marked out, with goals in each corner facing the centre of the pitch. One team defends the two goals diagonally opposite, while the other team defends the other two goals. Players can score in two opposite corners of the pitch while defending the other two corners, which requires plenty of overview and cooperation.

Variation

Set a limit on the number of touches each player is allowed. The pitch can be made bigger/smaller.

S4: Small-sided game 4, Category C

Interval games



Purpose:

Battle. Competition. High-intensity movement.

Props

2 goals. Bibs for half of the players. Lots of balls. Flat markers for marking the pitch.

Description

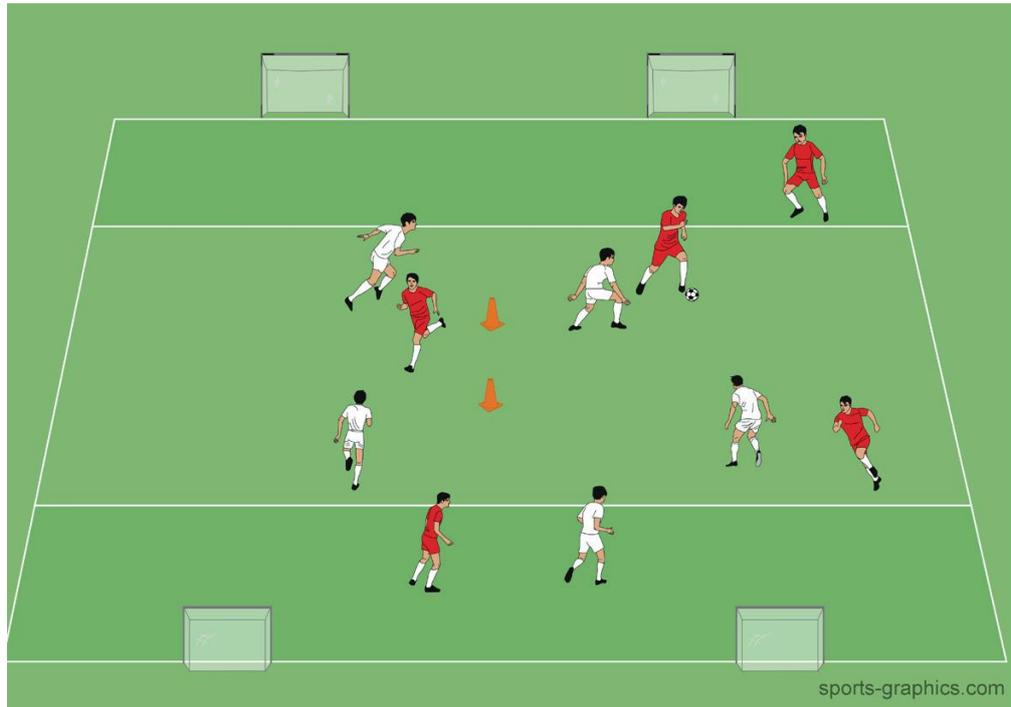
A relatively small pitch is set up with 2 large goals. The players are divided into 2 teams, each divided into 2 equal groups. One group plays on the pitch, while the other group has a break. When a goal is scored, the scoring team starts with a new ball. The players swap places after 1 to 11 minutes and play for 2 x 3 periods for each group, for example.

Variation

The periods can be varied, as can the pitch size.

S5: Small-sided game 5, Category C

5-a-side with 5 small goals



Purpose

Playing. Competition. Movement with relatively high intensity.

Props

1 ball. Cones/flat markers to mark the pitch. 5 bibs. 4 small goals and 2 large cones (or 10 large cones) for goals.

Description

Set up a pitch with 2 small goals at either end and a cone goal across the middle of the pitch. Each team

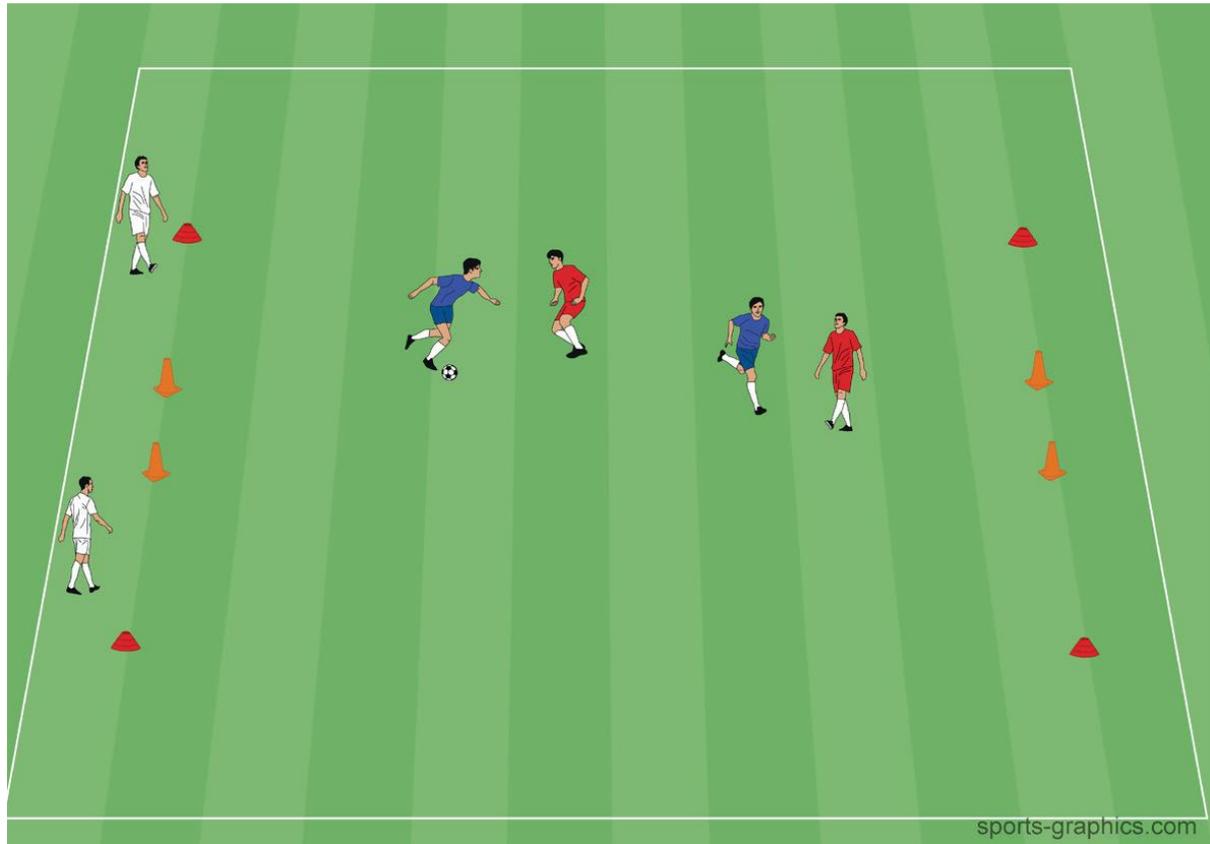
defends the 2 goals at their own end, while the centre goal is shared.

Variation

Set a limit on the number of touches each player is allowed. The pitch can be made bigger/smaller.

S6: Small-sided game 6, Category C

2 vs 2 vs 2



Purpose

Playing. Competition. Overview. Movement with relatively high intensity.

Props

1 ball. 4 large cones for goals. 2 x 2 bibs. Flat markers for marking the pitch.

Description

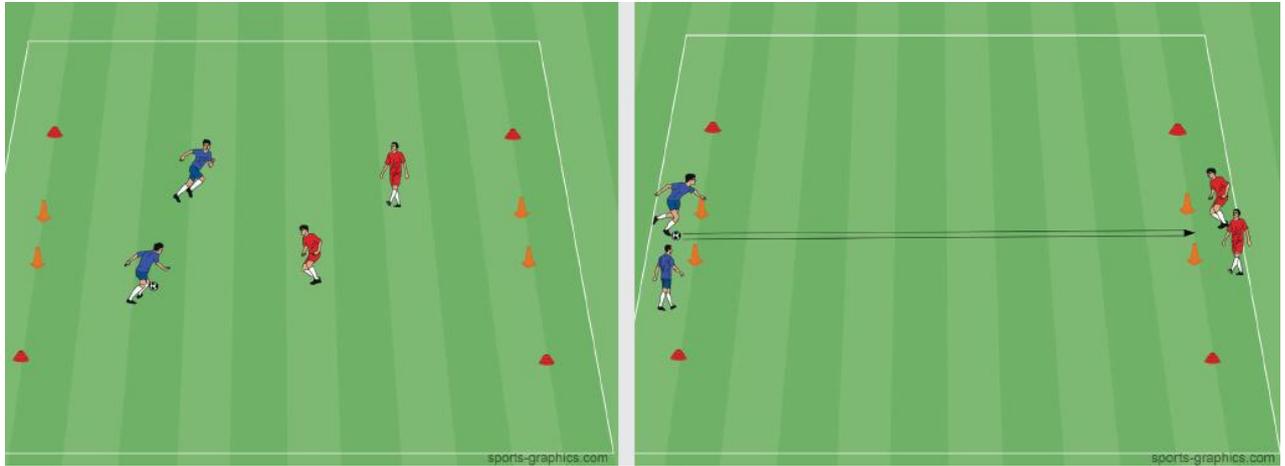
A pitch 15 metres long and 10 metres wide is set up, with cones 1.5 metres apart at the ends. Two pairs play on the pitch at a time, while the third pair wait off the pitch. Goals can only be scored below knee height. When a team concedes a goal, they leave the pitch and are replaced by the waiting team. If the same team remains on the pitch for three consecutive battles, a 1–2 minute break is taken before the other two teams start the next round.

Variation

Instead of the conceding team leaving the pitch, the scoring team can leave and allow the waiting team to take over.

S7: Small-sided game 7, Category C

2-a-side – playing and precision kicking



Purpose

Playing. Competition. Overview. Movement with relatively high intensity.

Props

1 ball. 4 large cones for goals. 2 training bibs. Flat markers for marking the pitch. Multiple pitches can be set up next to each other.

Description

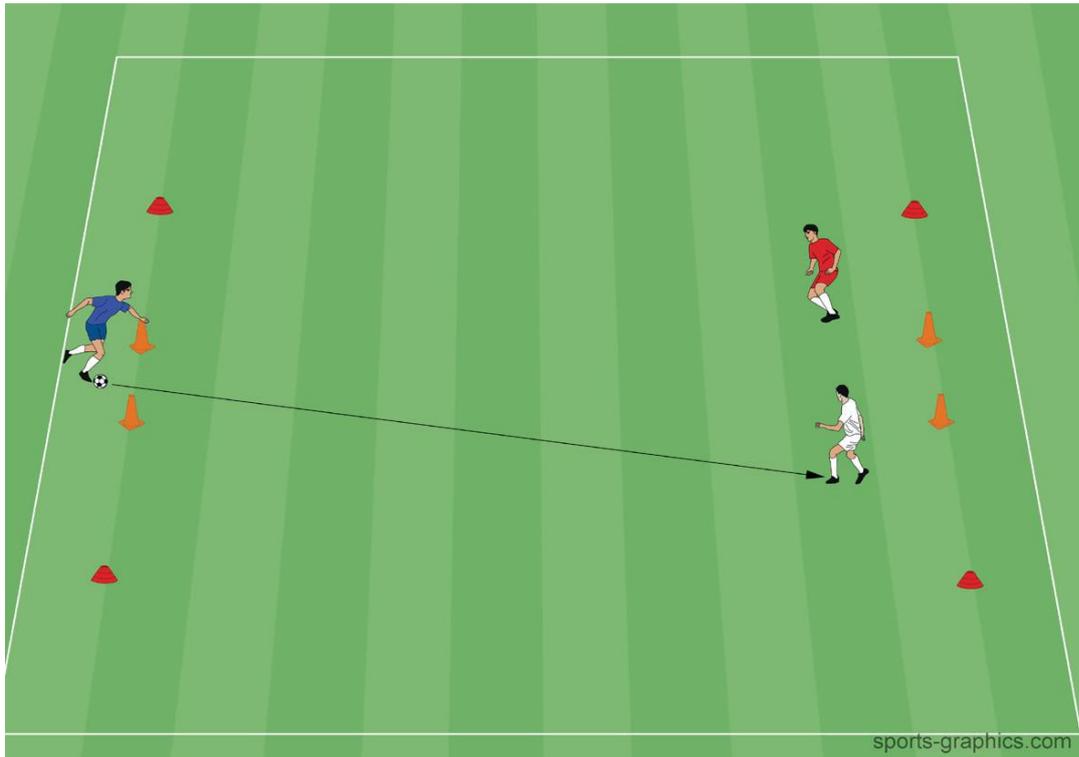
As with 2 vs 2 vs 2, a pitch 15 metres long and 10 metres wide is set up, with cones 1.5 metres apart at the ends. Two pairs play against each other on the pitch. Goals can only be scored below knee height. The game is played 2 vs 2 for 1 minute, after which the players practise precision kicking for 1 minute. Precision kicks are taken from the player's own goal line, with the objective of kicking the ball into the opponent's goal. All players are off the pitch, so no one can defend the goals. Resume 2 vs 2 play after 1 minute of precision kicks. Alternate between gameplay and precision kicks for an appropriate number of rounds.

Variation

Specific requirements can be established for how precision kicks are executed.

S8: Small-sided game 8, Category C

2 vs 1



Purpose

Interaction. Competition. Overview. Movement with relatively high intensity.

Props

1 ball. 4 large cones for goals. Flat markers for marking the pitch.

Description

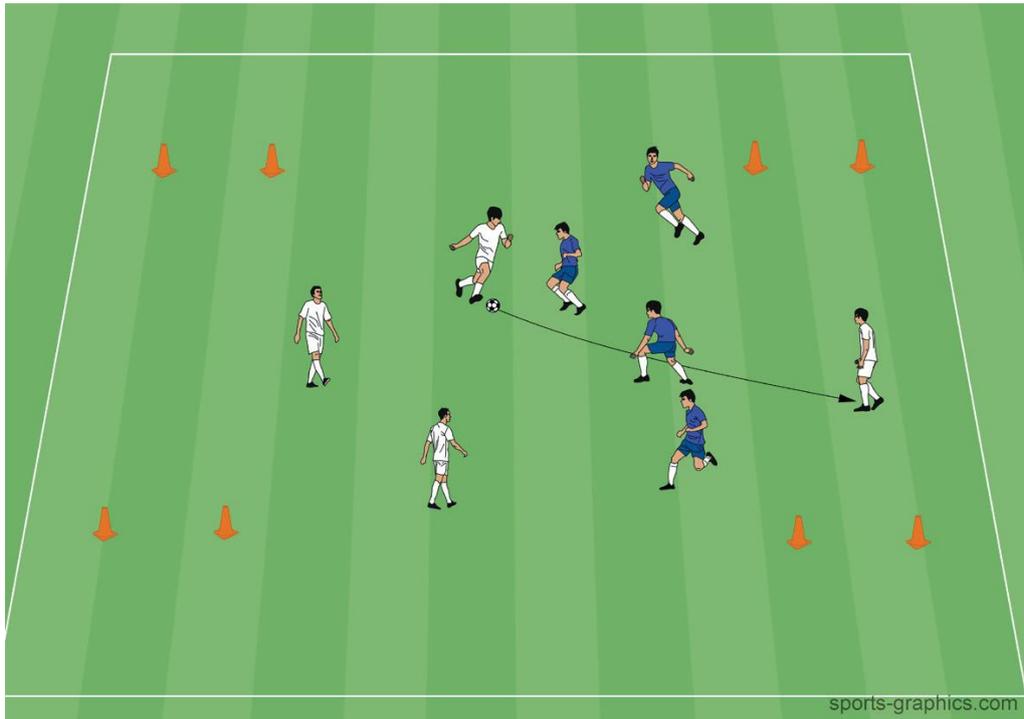
An order is agreed: first, player 1 plays against players 2 and 3. Then 2 plays against 3 and 1, and finally 3 plays against 2 and 1 before a new round begins. Player 1 stands behind their own goal line and passes the ball over to their opponents (players 2 and 3), who get a chance to score. Player 2 then runs out and retrieves the ball, while players 1 and 3 run to the opposite end. Player 2 then passes the ball to players 1 and 3, who try to score against player 2; and the game then continues with player 3 against players 1 and 2, and so on.

Variation

Specific requirements can be established for the number of passes the two players have to make before taking a shot.

S9: Small-sided game 9, Category C

Scoring on the goal line



Purpose

Playing. Competition. Overview. Movement with relatively high intensity.

Props

1 ball. 4 training bibs. 8 flat markers for marking the pitch.

Description

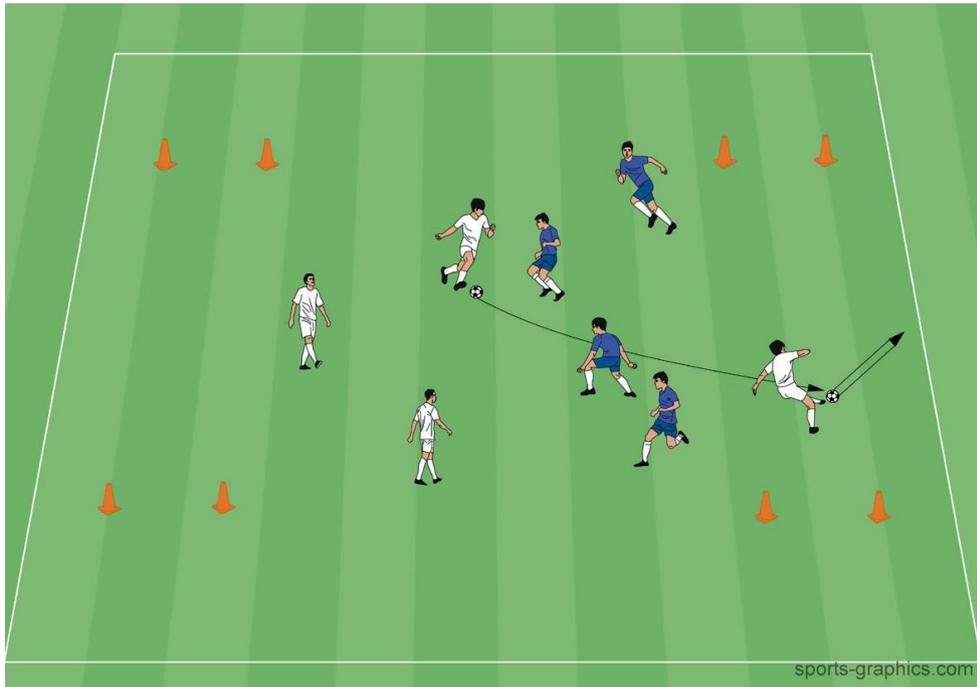
The game is played 4 vs 4 on a pitch 30 x 20 metres in size. At each end, an end zone is created about 5 metres inside the pitch, so the pitch consists of a total of 5 metres of end zone, 20 metres of centre area and another 5 metres of end zone. Players score by passing the ball to a teammate in an end zone. Everyone can move into the end zones.

Variation

- You can make things a bit easier by only allowing attacking teams to run into the end zone.
- You can define a time limit for how long an attacker can remain in the end zone before having to return to the centre area.
- One variation could involve requiring the ball to be passed back to a teammate in the centre area from the end zone before the goal is counted.

S10: Small-sided game 10, Category C

End zone with goal line



Purpose

Playing. Competition. Overview. Movement with relatively high intensity.

Props

1 ball. 4 training bibs. 8 flat markers for marking the pitch.

Description

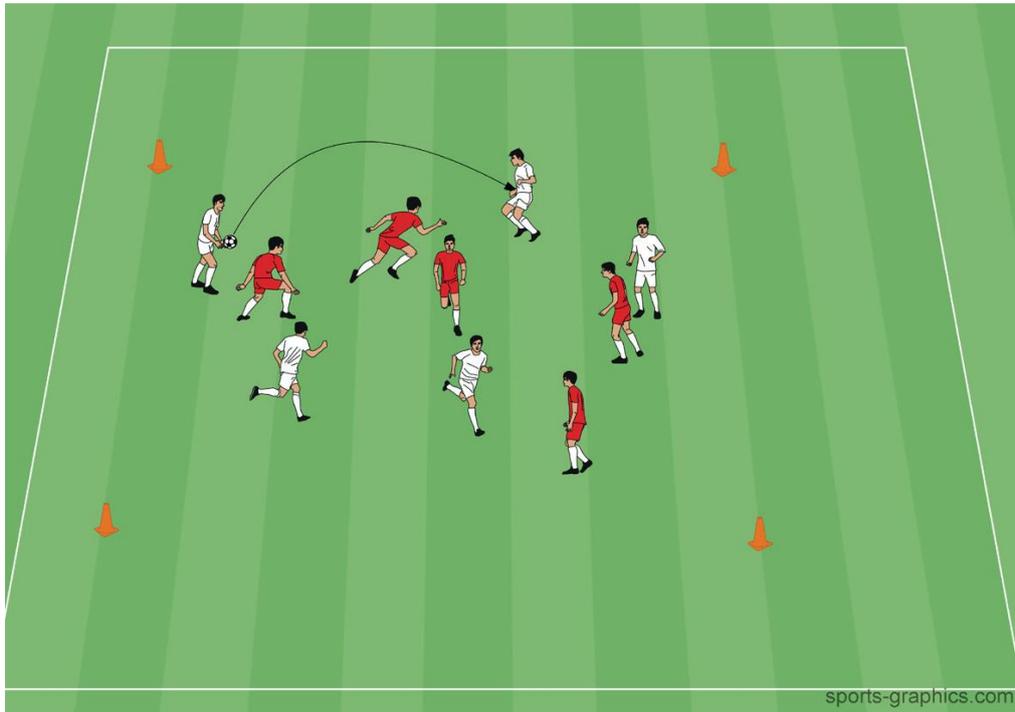
The game is played 4 vs 4 on a pitch 30 x 20 metres in size, or 3 vs 3 on a pitch 25 x 15 metres in size. At each end, an end zone is created about 5 metres inside the pitch, so the pitch consists of a total of 5 metres of end zone, 20 metres of playing area (15 metres for 3 vs 3) and another 5 metres of end zone. Goals are scored by playing the ball over the goal line. Goals can only be scored from the end zone, ensuring that goals are taken from a short distance. All players have to move around the pitch. Goals are scored with the ball kept on the ground, e.g. below knee height.

Variation

- You can make this harder by limiting the number of touches per player.
- You can also add a rule stating that players can only score over the goal line if they receive the ball in the end zone from a pass from the centre area.

S11: Small-sided game 11, Category C

Partyball



Purpose

Playing. Competition. Overview. Movement with relatively high intensity.

Props

1 ball. Training bibs for one team. 4 flat markers for marking the pitch.

Description

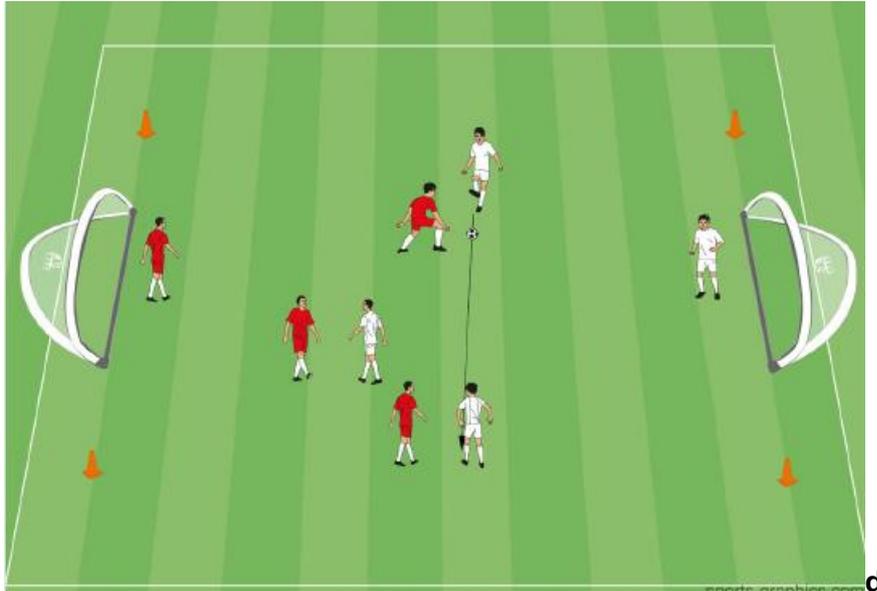
A pitch is set up to suit the number of participants. The ball is passed between players on the same team, with the objective of preventing the opposing team from gaining possession. Players are limited to one step while holding the ball, and dribbling is not allowed. Body contact is not allowed.

Variation

- You can count the number of passes and award 1 point every time a team reaches 10 or 20 consecutive passes. After scoring, the ball can be passed to the other team.
- Rules can be introduced stating that passes must remain below head height, or that they have to be bounce passes (where the ball is thrown to the ground before the other player has to take it). You can also allow players to play with their feet, which is slightly harder.

S12: Small-sided game 12, Category C

4-a-side, 5-a-side or 6-a-side playing



Purpose: Playing. Game-format. High-intensity movement.

Props:

- 2 medium sized goals per pitch (or 4 cones).
- At least 1 ball.
- Training bibs.

Description:

Normal recreational football rules. Hard tackles are prohibited.

Pitch size 20x30 m to 30x40 m.

Suggested intervals:

1x10 minutes, 2x9 minutes (2 minutes rest), 3x8 minutes (3 minutes rest), 4x8 minutes (2 minutes rest), 4x12 minutes (2 minutes rest).

Variation:

Time periods and pitch size.



12-week Football Against Diabetes Training Programme

On the following pages, you will find a suggested 12-week Football against Diabetes Training programme.

The programme is ready to use and may be repeated as needed. Additional exercises and small-sided games can be found in the Football for the Heart exercise manual.

Please ensure that the progression of drills and training intensity (Categories A, B, and C) is followed throughout the programme.

The exercises vary considerably; however, repeating selected activities is both appropriate and recommended. Participants often experience greater enjoyment and confidence when they are familiar with an activity and have practiced it several times. Repeating exercises also reduces the need for detailed instruction and explanation.

The training programme consists of two 60-minute sessions per week.

Please note that new participants may join the programme at any time. Instructors should therefore be prepared to adapt exercises when necessary, ensuring that newcomers can participate safely and without excessive fatigue.

Detailed descriptions of all exercises can be found in the exercise manual.

We wish you an enjoyable and rewarding training experience.



Week 1	Session 1
20 min	WU1 - Modified FIFA 11+ warm-up
10 min	T1 - Inside passing, Intensity Category A
10 min	T2 – Controlling/receiving, Intensity Category A
10 min	S1 – Walking football (3:3-6:6, possibly several pitches), Intensity Category B
10 min	S3 – Cooperation, (2:2, 3:3 possibly several pitches), Intensity Category C

Week 1	Session 2
20 min	WU2 - The SDU warm-up
20 min	S1 – Walking football (3:3-6:6, possibly several pitches), Intensity Category B
20 min	S4 – Cooperation, (2:2, 3:3 possibly several pitches), Intensity Category C

Week 1	Session 3
20 min	WU2 - The SDU warm-up
20 min	S1 – Walking football (3:3-6:6, possibly several pitches), Intensity Category B
20 min	S12 – Small-sided games, (4:4, 6:6, 2x9 min with 2 min rest, possibly several pitches), Intensity Category C

Week 2	Session 1
20 min	WU1 - Modified FIFA 11+ warm-up
10 min	T3 – football bowling, Intensity Category A
10 min	T5 – Controlling, Intensity Category B
10 min	S1 – Walking football (3:3-6:6, possibly several pitches), Intensity Category B
10 min	S3 – Small-sided games, (4:4, 6:6, 1x10 min, possibly several pitches), Intensity Category C

Week 2	Session 2
20 min	WU2 - The SDU warm-up
20 min	S1 – Walking football (3:3-6:6, possibly several pitches), Intensity Category B
20 min	S4 – Competition, (3:3 possibly several pitches), Intensity Category C

Week 2	Session 3
20 min	WU2 - The SDU warm-up
20 min	S1 – Walking football (3:3-6:6, possibly several pitches), Intensity Category B
20 min	S12 – Small-sided games, (4:4, 6:6, 2x9 min with 2 min break) possibly several pitches), Intensity Category C

Week 3	Session 1
20 min	WU1 - Modified FIFA 11+ warm-up
10 min	T4 – Dribbling course, Intensity Category B
10 min	T6 – passing, Intensity Category B
10 min	S1 – Walking football (3:3-6:6, possibly several pitches), Intensity Category B
10 min	S3 – Small-sided games, (4:4, 6:6, 1x10 min, possibly several pitches), Intensity Category C

Week 3	Session 2
20 min	WU2 - The SDU warm-up
20 min	S1 – Walking football (3:3-6:6, possibly several pitches), Intensity Category B
20 min	S12 – Small-sided games, (4:4, 6:6, 2x9 min with 2 min break) possibly several pitches), Intensity Category C

Week 3	Session 3
20 min	WU2 - The SDU warm-up
10 min	S1 – Walking football (3:3-6:6, possibly several pitches), Intensity Category B
30 min	S12 – Small-sided games, (4:4, 6:6, 3x8 min with 2 min break) possibly several pitches), Intensity Category C

Week 4	Session 1
20 min	WU1 - Modified FIFA 11+ warm-up
10 min	T4 – Dribbling course, Intensity Category B
10 min	T6 – passing, Intensity Category B
10 min	S1 – Walking football (3:3-6:6, possibly several pitches), Intensity Category B
10 min	S3 – Small-sided games, (4:4, 6:6, 1x10 min, possibly several pitches), Intensity Category C

Week 4	Session 2
20 min	WU2 - The SDU warm-up
10 min	S1 – Walking football (3:3-6:6, possibly several pitches), Intensity Category B
30 min	S12 – Small-sided games, (4:4, 6:6, 3x8 min with 2 min break) possibly several pitches), Intensity Category C

Week 4	Session 3
20 min	WU2 - The SDU warm-up
10 min	S1 – Walking football (3:3-6:6, possibly several pitches), Intensity Category C
30 min	S5 – Small-sided games, (4:4, 6:6, 3x8 min with 2 min break) possibly several pitches), Intensity Category C

Week 5	Session 1
20 min	WU2 - The SDU warm-up
10 min	S2 – 2:0 (possibly several pitches), Intensity Category B
30 min	S12 – Small-sided games, (4:4, 6:6, 3x8 min with 2 min break) possibly several pitches), Intensity Category C.

Week 5	Session 2
20 min	WU2 - The SDU warm-up
10 min	S3 – 4-a-side with diagonal goals (4:4, possibly several pitches), Intensity Category C
30 min	S12 – Small-sided games, (4:4, 6:6, 3x8 min with 2 min break) possibly several pitches), Intensity Category C

Week 5	Session 3
20 min	WU2 - The SDU warm-up
10 min	S8 – 2v2v2 (possibly several pitches), Intensity Category C
30 min	S12 – Small-sided games, (4:4, 6:6, 3x8 min with 2 min break) possibly several pitches), Intensity Category C

Week 6	Session 1
20 min	WU2 - The SDU warm-up
10 min	S3 – 4-a-side with diagonal goals (4:4, possibly several pitches), Intensity Category C
30 min	S12 – Small-sided games, (4:4, 6:6, 3x8 min with 2 min break) possibly several pitches), Intensity Category C

Week 6	Session 2
20 min	WU2 - The SDU warm-up
10 min	S7 – 2-a-side (2:2, possibly several pitches), Intensity Category B
30 min	S12 – Small-sided games, (4:4, 6:6, 3x8 min with 2 min break) possibly several pitches), Intensity Category C

Week 6	Session 3
20 min	WU2 - The SDU warm-up
10 min	S9 – 4v4 (4:4, possibly several pitches), Intensity Category C
30 min	S12 – Small-sided games, (4:4, 6:6, 3x8 min with 2 min break) possibly several pitches), Intensity Category C

Week 7	Session 1
20 min	WU2 - The SDU warm-up
10 min	S10 – 4v4 (4:4, possibly several pitches), Intensity Category C
30 min	S12 – Small-sided games, (4:4, 6:6, 3x8 min with 2 min break) possibly several pitches), Intensity Category C

Week 7	Session 2
20 min	WU2 - The SDU warm-up
40 min	S12 – Small-sided games, (4:4, 6:6, 4x9 min with 2 min break) possibly several pitches), Intensity Category C

Week 7	Session 3
20 min	WU2 - The SDU warm-up
40 min	S12 – Small-sided games, (4:4, 6:6, 4x9 min with 2 min break) possibly several pitches), Intensity Category C

Week 8-10	Session 1-3
20 min	WU2 - The SDU warm-up
40 min	S12 – Small-sided games, (4:4, 6:6, 4x9 min with 2 min break) possibly several pitches), Intensity Category C

Week 11-12	Session 1-3
10 min	WU1 – Modified FIFA 11+
50 min	S12 – Small-sided games, (4:4, 6:6, 4x12 min with 3 min break) possibly several pitches), Intensity Category C



Structure of the coaching course

Football Against Diabetes – 6 hours

09.45 - 10.00	Arrival and coffee/tea
10.00 – 10.15	Welcome and introduction
10.15 – 10.30	Scientific background
10.30 – 12.00	Cardiometabolic and musculoskeletal effects of football for women and men with prediabetes and Type2 diabetes.
12.00 – 12.30	Group work: Football training adjusted to the target group – cases
12.30 – 13.15	Lunch and exchange of experiences
13.15 – 13.35	Recruitment
13.35 – 14.15	Group work: Planning of training with Football Against Diabetes players
14.15 – 15.30	Training with Football Against Diabetes players
15.30 – 16.00	Training follow-up, evaluation and diplomas
16.00	Thanks for today

This course content can also be split in two 3-hour courses.

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