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COLLOQIUM PROCEEDINGS

EXTENDED ABSTRACT

Effect of FIFA11+ Level 3 on Balance and Agility of Young Adult Football Players

Daniel Haqim Kamal[1], Raja Nurul Jannat Raja Hussain[1], Muhamad Noor Mohamed[1], Maisarah Shari[2], & Noor Azila Azreen Md Radzi[1]*

[1]*Faculty of Sports Science and Recreation, Universiti Teknologi MARA, Negeri Sembilan Branch, Seremban Campus, Negeri Sembilan, MALAYSIA*

[2]*Faculty of Sports Science and Recreation, Universiti Teknologi MARA, Shah Alam Campus, Selangor, MALAYSIA*

**Corresponding author: azila_azreen7172@uitm.edu.my*

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I. Introduction

The intervention's effects on FIFA 11+ is a well-established injury prevention program; however, the benefits of its Level 3 protocol on neuromuscular performance remain underexplored [1]. This study evaluates the effectiveness of FIFA 11+ Level 3 on balance and agility in youth football players, offering comparative insights against traditional warm-up routines [2]. Understanding these effects could inform training strategies for enhancing postural control and movement efficiency in young athletes [3].

II. Methods

20 young adult footballers were assigned to two groups: the FIFA 11+ Level 3 group and the traditional warm-up group. Balance was assessed using the Y balance test, while agility was evaluated using the Illinois Agility Test; both were assessed immediately before and after the warm-up. The data were analyzed using paired sample t-tests to assess within-group changes and independent sample t-tests to compare between-group differences.

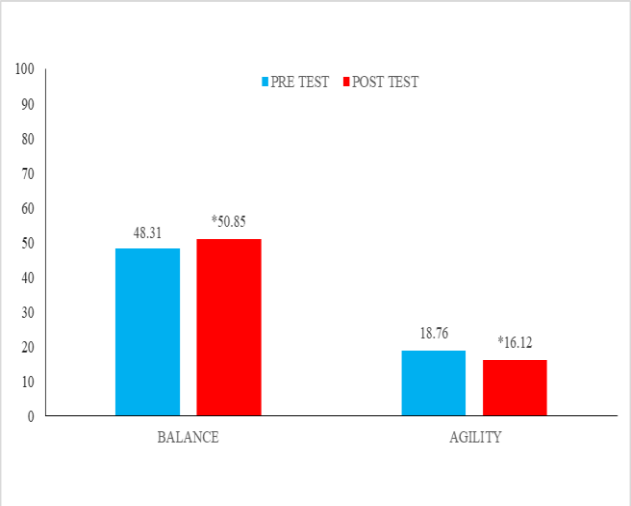
III. Results and Discussion

A. Effect Of FIFA 11+ Level 3 and Traditional Warm-Up on Balance and Agility

Participants in the FIFA 11+ Level 3 group exhibited notable enhancements in both stability and movement performance. Their balance scores increased significantly, while their agility improved, as shown by a reduction in the time taken to complete a standard movement course ($p < 0.05$). These outcomes indicate that the FIFA 11+ Level 3 routine may effectively enhance motor control and functional movement among young adult footballers. The traditional warm-up group also recorded significant progress, with measurable gains in balance and agility ($p < 0.05$). This suggests that both warm-up approaches contribute positively to physical preparedness and overall movement quality.

** p < 0.05*

Fig. 1 Effect of FIFA11+ Level 3 on balance and agility



** p < 0.05*

Fig. 2 Effect of Traditional warm-up on balance and agility.

B. Comparison Between FIFA 11+ Level 3 and Traditional Warm-Up

Results from the Independent t-test indicated statistically significant differences between the FIFA 11+ Level 3 group and the traditional warm-up group in both balance and agility, with $p < 0.05$. However, descriptive analysis suggests that the FIFA 11+ Level 3 group exhibited greater improvements in both variables compared to the Traditional warm-up group.

TABLE I
COMPARISON BETWEEN FIFA 11+ AND TRADITIONAL WARM-UP IN BALANCE AND AGILITY

Variables	Group	Mean (SD)	t	df	Sign (2-tailed)
Balance	FIFA 11+	2.48±0.72	-.148	18	0.844
	TRADITIONAL WARM UP	2.53±0.94	-.148	16.90	0.844
Agility	FIFA 11+	-1.65±0.80	2.136	18	0.47
	TRADITIONAL WARM UP	-2.64±1.22	2.136	15.47	0.49

*$p < 0.05$

IV. CONCLUSIONS

The findings of this study revealed that the FIFA 11+ Level 3 warm-up led to improvements in balance and agility among young adult football players. However, these improvements are greater than those observed in the traditional warm-up group. This suggests that FIFA 11+ Level 3 warm-up has performance-enhancing potential; it is more effective than traditional warm-up methods in eliciting measurable gains in reaction-based outcomes. One possible explanation for this limited effectiveness is the nature of FIFA 11+ as a warm-up protocol, rather than a long-term or intensive neuromuscular training program. The FIFA 11+ program is effective in enhancing both balance and agility in football players. The meta-analysis confirms significant improvements in dynamic balance and agility across various populations, while the controlled trial specifically highlights improvements in static and dynamic balance among youth players.[4].

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