

# 34<sup>th</sup> Global Conference on Sports Medicine

December 12-13, 2024

Rome, Italy

Zelal Kabak, J Sports Med Doping Stud 2024, Volume 14

## Stakeholders' perspectives on the utility, efficiency and efficacy of FIFA11+ injury prevention

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**Statement of the Problem:** The FIFA11+ program is a well-regarded injury prevention initiative designed specifically for football, encompassing core skills, movements, and techniques tailored to meet the physical demands of the sport. Acknowledged for its effectiveness in reducing injury risks, the program's utilization across various football settings—ranging from grassroots to professional—is still unclear, particularly in terms of how it is implemented in real-life contexts. This study seeks to establish a transparent understanding of its implementation and explore strategies for its continued improvement in enhancing player wellbeing and ensuring quality injury prevention practices. Participants were selected through purposive sampling, and a total of six stakeholders from various football clubs participated in semi-structured interviews, lasting between 15 and 30 minutes. These interviews were digitally recorded, transcribed verbatim, and analysed using an inductive thematic framework, grounded in an Interpretative Phenomenological perspective. The analysis revealed six key themes: Understanding and Awareness of FIFA11+, Effectiveness, Challenges and Limitations, Modifications, Frequency of Implementation, and Outcomes and Feedback. All participants agreed that the FIFA11+ program was effective in reducing injury risks. However, a notable finding was the program's frequent modification during implementation, often due to time constraints and the absence of certain exercises. While the program was seen as beneficial for injury prevention, its impact on performance enhancement was viewed as limited. Participants also emphasized that the FIFA11+ program's applicability was particularly relevant to amateur and youth footballers. In conclusion, the FIFA11+ program, while demonstrating clear benefits in injury prevention, faces challenges that hinder its full potential. Addressing these challenges and enhancing its integration into various football settings could lead to improved outcomes for players across all levels.

### Biography

Zelal Kabak is a skilled and dedicated physiotherapist with a strong focus on sports and exercise medicine. She is currently pursuing her Master's degree in Sport and Exercise Medicine at the University of Nottingham, a program she began in 2023. Her academic foundation was built at Medipol University in Turkey, where she earned a Bachelor's degree in Physiotherapy and Rehabilitation (2017-2021). To broaden her global perspective, she further enhanced her communication and cultural skills through a program at EC English Language Centres Alumni in 2021-2022. Zelal is an active physiotherapist with British Universities & Colleges Sport (BUCS), where she works closely with athletes to provide specialized care. Her expertise includes Kinesio Taping, Athletic Taping, Sports Massage, Therapeutic Massage, Injury Prevention, and First Aid. She is passionate about helping athletes recover from injuries, prevent future complications, and optimize their performance through personalized rehabilitation strategies. Combining advanced academic knowledge and hands-on experience, Zelal excels in delivering comprehensive care tailored to individual needs. As she continues to grow professionally, she aims to contribute significantly to the field of sports medicine, improving athlete health and performance through innovative therapeutic approaches and evidence-based practices.

**Received:** August 1, 2024 ; **Accepted:** August 3, 2024 ; **Published:** December 13, 2024