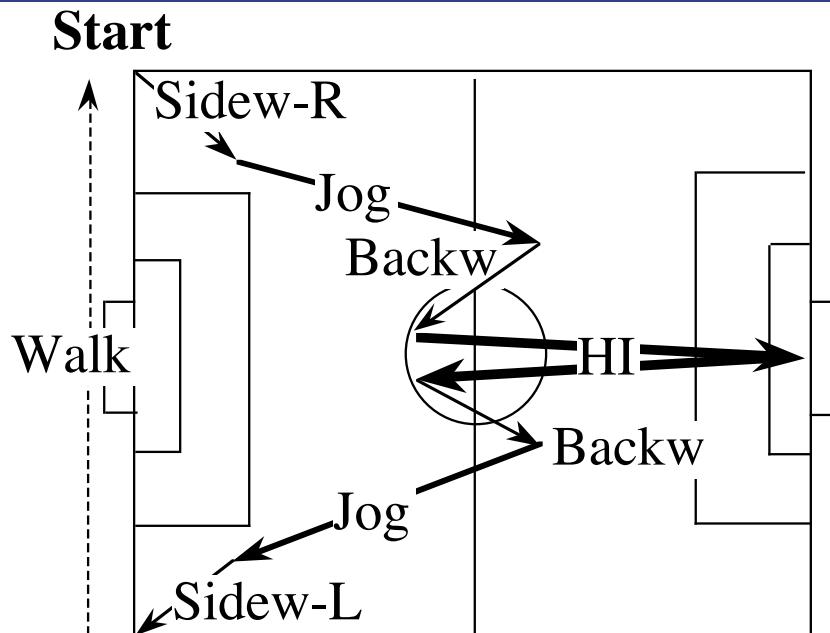




Performance Training in Football Refereeing Weekly Training Plan



* Cool down - 5' jogging and walking, followed by 10' extensive stretching

Total duration: 78'

Wed. 28th.:

REST or PASSIVE RECOVERY

Thu. 1st.
Tr. 147

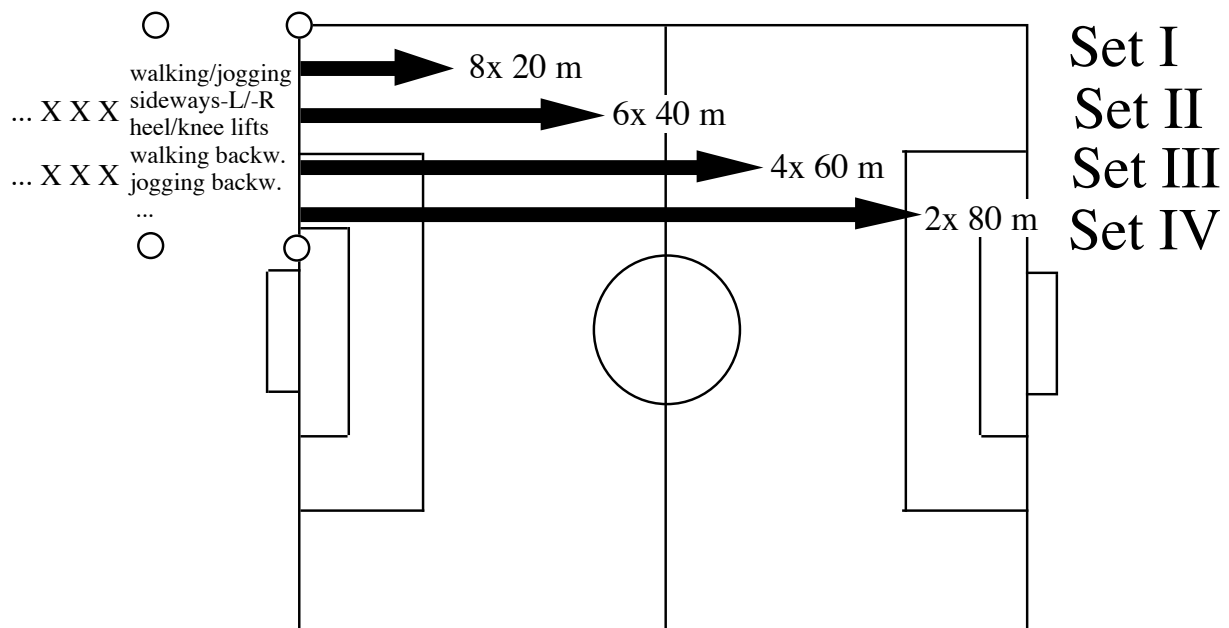
- * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km)
- * Warm up - 20' extensive warm up, mobilisation and stretching
- * Strength - 6 x 30 sit-ups, separated by 6 x 10 push-ups, in addition to the regular set of strength and injury prevention exercises
- * Ext. Speed
 - Set 1:
 - > 8 sprints of 20 m (\pm 3")
 - with 20" active recovery in between each and every sprint
 - > Jogging 1 lap of the pitch (\pm 2'30")
 - > Duration Set 1: \pm 6'
 - Set 2:
 - > 6 sprints of 40 m (\pm 6")
 - with 40" active recovery in between each and every sprint
 - > Jogging 1 lap of the pitch (\pm 2'30")
 - > Duration Set 2: \pm 7'
 - Set 3:
 - > 4 sprints of 60 m (\pm 9")
 - with 60" active recovery in between each and every sprint
 - > Jogging 1 lap of the pitch (\pm 2'30")
 - > Duration Set 3: \pm 9'



Performance Training in Football Refereeing Weekly Training Plan

- Set 4:
 - > 2 sprints of 80 m to the opposite penalty box ($\pm 12''$)
 - with 80'' active recovery in between each and every sprint
 - > Duration Set 4: $\pm 3'$

- The total duration of this extended speed session is $\pm 25'$



- * Match play
 - If referees have a group training session then a 10' regular football match can be played with the restriction that the ball can only be touched twice ('control & pass').
 - Alternatively, if it is not possible to play a match, referees may perform a 10' medium intensity jogging (80% HR_{max}).
- * Cool down
 - 5' jogging and walking, followed by 10' extensive stretching

Total duration: 85'

Fri. 2nd:

REST or PASSIVE RECOVERY

Sat. 3rd:

Tr. 148

- * Warm up
 - 20' extensive warming up, mobilisation and stretching
- * Speed
 - short sprints from a dynamic position (heel lifts, knee lifts,...):
 - 2 x from 5, 10, 15, 20 to 25 m (change in direction to the L)

