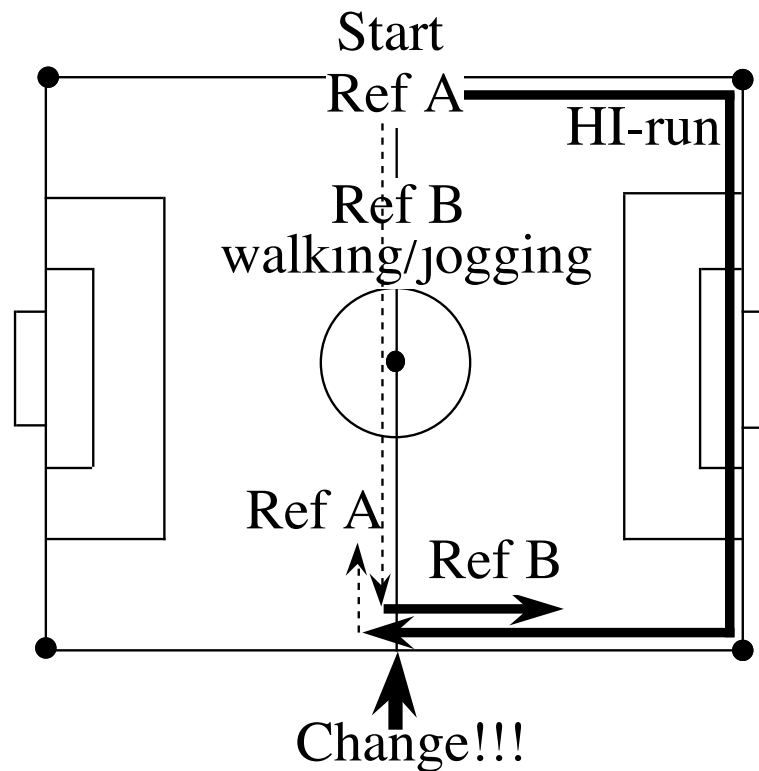






## Performance Training in Football Refereeing Weekly Training Plan



- In total, this exercise takes  $\pm 22'$   
(10' Set 1, 2' recovery, 10' Set 2).

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

Total duration: 72'

Wed. 28<sup>th</sup>:

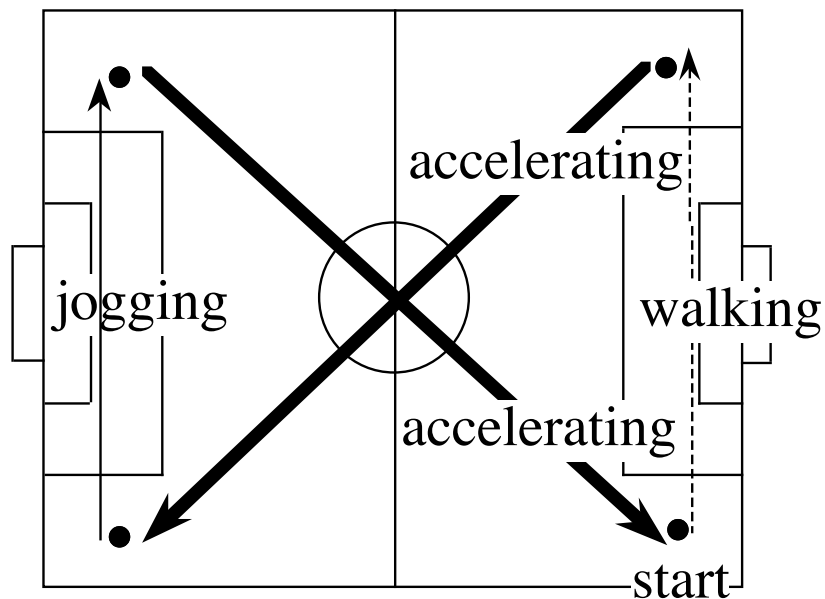
REST or PASSIVE RECOVERY

Thu. 29<sup>th</sup>:  
Tr. 163

- \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm 1$  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
- \* Speed End. - Set 1: Field exercise, 6 laps of  $\pm 90''$  each  
Referees start by walking to the other side of the penalty box, then accelerate along the diagonal line, and jog to the other side of the penalty box, and finally accelerate to the starting position.  
  
- 4' passive recovery (until bpm < 65% HR<sub>max</sub>)

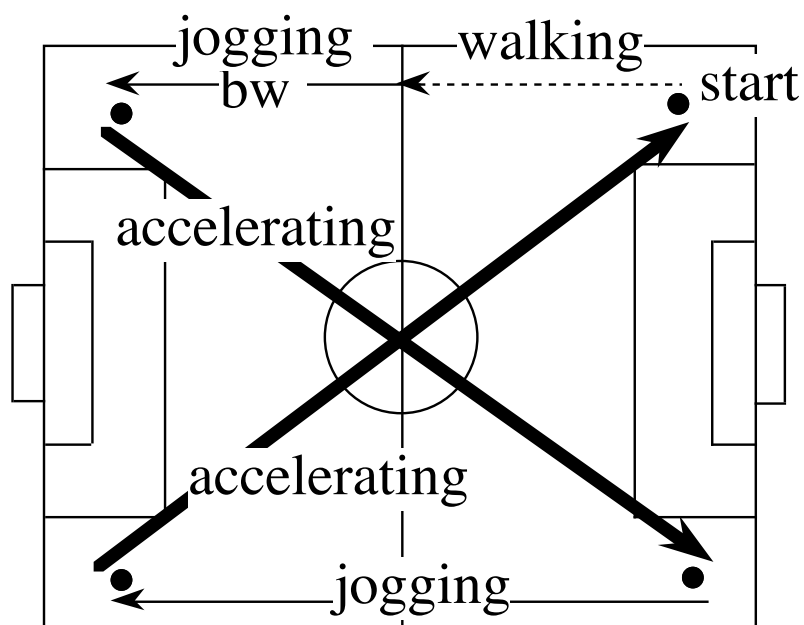


## Performance Training in Football Refereeing Weekly Training Plan



- Set 2: Field exercise, again 6 laps of  $\pm 2'$  each

Referees now start walking to the midline, then they jog to the other end, accelerate along the diagonal line, jog the length of the pitch and finally accelerate along the diagonal to the starting position.



- In total, this exercise takes  $\pm 25'$   
(9' Set 1, 4' recovery, 12' Set 2)



## Performance Training in Football Refereeing Weekly Training Plan

---

- \* 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<sub>max</sub>).
- \* Cool down
  - 5' jogging and walking, followed by 10' extensive stretching

Total duration: 85'

Fri. 30<sup>th</sup>:

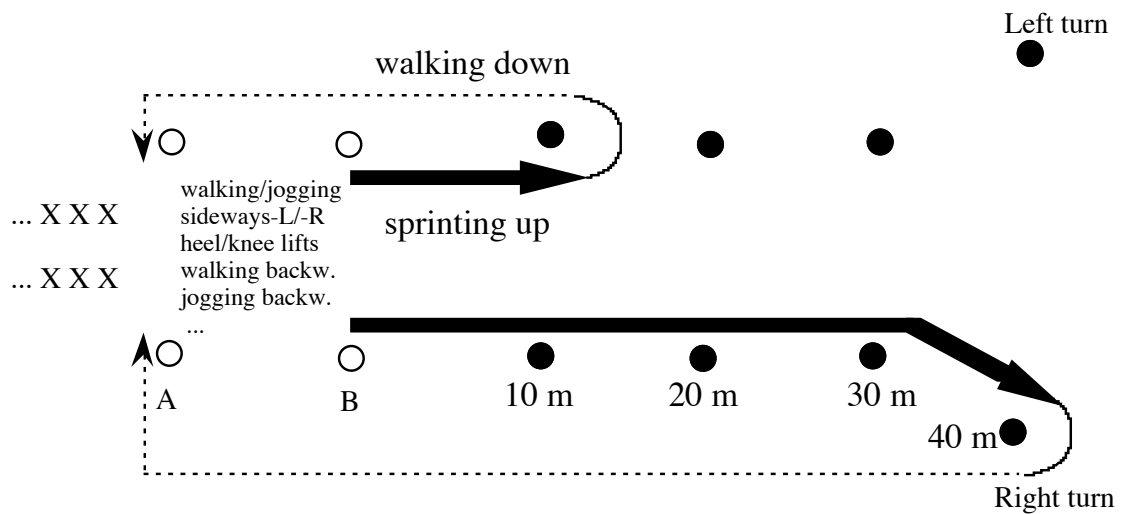
REST or PASSIVE RECOVERY

Sat. 31<sup>st</sup>:  
Tr. 164

- \* Warm up
  - 20' extensive warming up, mobilisation and stretching
- \* Speed
  - Variations on the 40 m distance:
    - 10 m sprint up, 10 m walk down, 8x or 80 m in total
    - 2' recovery and stretching
    - 20 m sprint up, 20 m walk down, 6 x or 120 m in total
    - 2' recovery and stretching
    - 30 m sprint up, 30 m walk down, 4 x or 120 m in total
    - 2' recovery and stretching
    - 40 m sprint up, 40 m walk down, 2 x or 80 m in total  
(1 x with a change in direction to the left, 1 x to the right)
  - As always, these sprints always have to be done from a dynamic start position
  - The total exercise time is  $\pm$  15'.



## Performance Training in Football Refereeing Weekly Training Plan



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

Total duration: 50'

Sun. 1<sup>st</sup>. Those referees who don't have a game to officiate in the weekend, may do some intermittent activities such as playing badminton, football, squash, or tennis.