



**FOOTBALL
TASMANIA**



B Panel Referee Workout Program

**Any questions contact:
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Workout Blueprint:

This is a 6 week general workout program for the upcoming season. This program is general for everyone looking to be match fit for the season. I understand that every athlete is different, however, this is appropriate for everyone.

Everyone has weaknesses as athletes, it's just a part of life. This is the perfect time to try and improve these weaknesses. If you know that your weaknesses lie in running fitness, then now is the time to change it. Don't wait until preseason for the coaching staff to see this when you have an opportunity to rectify it now.

Over the next 6 weeks you will need to place your body under stress to see adaptations, this is known as **progressive overload**. The body cannot improve unless it is put under stress. In saying this though there is a fine line between overload and overtraining. We don't want to see athletes overtraining to the point where training is detrimental. So, the rule of thumb is **LISTEN TO YOUR BODY**, in this meaning don't be silly with your training. In saying this for progressive overload to be attained there must be stress, so keep this in mind.

There are standards that we expect our B panel refereeing to come in at. These standards are addressed below:

**Yoyo test score-15.3
40 yard sprint->6.6 seconds
Plank-3x 45 sec**

Running:

The running program is set out to be specifically for football running. The idea of the program is to have a mixture of aerobic training and anaerobic training. Aerobic training allows us to train for longer and higher periods as well as assist with recovery. The anaerobic component is for football specific, to put this as close as we can to emulate a officiating environment.

Strength work:

If you aren't sure about any exercise, either google it or message me.

The gym sessions are designed as a very general program. It is designed to be very basic exercises that targets all the muscle groups. All exercises are body weight movements that can be done with minimal equipment. My biggest rule for any exercise that is being performed is the technique. The form must be near perfect before any additional weight to be added. This is the simple fact that we are looking for the greatest benefits as well as lowering the risk of injury.

Injury Prevention:

Injury prevention is vital for athletes to strengthen joints of the body that are prone to injury. The most common injury for our level of athletes is torn anterior cruciate ligaments (ACL), and hamstring issues. I am of the strong belief that this boils down to lack of injury prevention exercises. It doesn't take long to perform these exercises and the benefits out way the latter injury.

The following videos all demonstrate some perfect exercises to prevent injuries. It focuses on the lower trunk of the body due to these being the major parts of the body that you are using when officiating. Take this serious, everything in this program is in here for a reason.

<https://www.youtube.com/channel/UCyPYQTT20IgzVw92LDvtClw>

<https://www.youtube.com/watch?v=7Lag8uNU6AQ>

<https://www.youtube.com/watch?v=znAZZJwYzcU>

Plyometric exercises

Plyometric is also known as "jump training" or "plyos", are exercises in which muscles exert maximum force in short intervals of time, with the goal of increasing power (speed-strength).

The simple reason why these are incorporated within this program is because football is an explosive sport. In terms of officials, we need to have the ability to produce maximal force when changing direction and running. Plyometric based exercises will assist with this.

These videos give a great insight into a variety of exercises that are perfect for athletes.

<https://www.youtube.com/watch?v=7mO2ybvKTzo>

<https://www.youtube.com/watch?v=dvggf9hPwtM>

Sprinting mechanics:

Sprinting mechanics are simple learning to run more efficiently. There are some great drills that will allow athletes to focus on sprinting mechanics. These are great to incorporate into sessions that will have a great impact on performance. Improving technique means that performance can be increased with small changes. The following links explore different drills for this exact purpose. Incorporate these into the running sessions as a warm up or a finisher.

<https://www.youtube.com/watch?v=RKmVZe45CJI>

<https://www.youtube.com/watch?v=8opcQdC-V-U>

<https://www.youtube.com/watch?v=A7r6yCpmSrA>

https://www.youtube.com/watch?v=Znfi-Uv_5Ls

<https://www.youtube.com/watch?v=Qt6q--Lx4KM>

Recovery:

With the amount of training increased recovery is vital. Adequate recovery allows our bodies to return back to normal quicker and in turn gets us ready for the next session/game. If this doesn't happen then athletes performance will diminish. Not only this athletes will feel flat and un motivated which is not the goal of this program. Adequate sleep, nutrition and water recovery are great tools that should be incorporated both in preseason and in season.

Stretching

-Static stretching after training has been found to have many benefits. As the muscle are warm after the session a greater range of motion is achieved. This will allow a better maintenance of flexibility. Below are some common stretches that will benefit you. Perform 30 seconds minimum for each stretch.



| Static Stretches | | | |
|------------------|------------|--------|-------|
| Calves | Hamstrings | Quads | Back |
| | | | |
| Hip Flexors | Groins | Glutes | Shins |
| | | | |

Foam Rolling

-With the volume of training being placed on the body it will be common for athletes to have tightness formed within muscles. This is understandable especially in the pre season phase of training. It does need to be addressed though so that long term effects wont impact performance or create injury. The idea is to use the roller to find the tightness in said muscles and slowly roll over that point. Hold for a period of time when the pain/ tightness subsides, then reposition. This will allow the muscle fibres to release return to normal. If a roller is not available a golf ball/ baseball will have the same effect.




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Foam Roll Programme

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| Foam Rolling | |
|---|--|
| Calves | Hamstrings |
|  |  |
| Hip Flexors | Groins |
|  |  |
| Quads | Back |
|  |  |
| Glutes | Shins |
|  |  |

Program plan:

Week 1:

Monday

- 30 minute run
- Moderate pace (50% on max effort), don't stop

Tuesday

- Gym session 1

Wednesday

- Rest
- Stretching/foam rolling recommended
- Injury prevention

Thursday

- Gym session 2

Friday

- Rest
- Stretching/foam rolling recommended
- Injury prevention

Saturday

- Sparkler run
- Workout Details: Run 400m, rest 1min, run 300m, walk 100m, run 300m, rest 3min, run 400m rest 1min, run 200m, walk 100m, run 200m
- Workout Pacing: All 400m intervals should be at your 1-mile PR pace. As example, an athlete with a 1-mile PR of 6min should have a 400m target time of 90sec. Your 300m intervals should be faster than your 400m pace. Your 200m intervals should be faster than your 300m pace. Your 100m intervals should be faster than your 200m pace.

Sunday

- Rest
- Stretching/foam rolling recommended
- Injury prevention

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Week 2

Monday

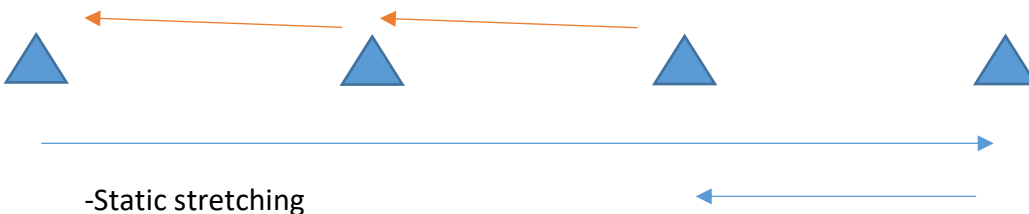
- 2km for time
- Send times to Tony

Tuesday

- Rest
- Stretching/foam rolling recommended
- Injury prevention

Wednesday

- Gold coast 6. Run from first cone to the fourth then back to third. Jog to the second and walk back to first. This is 1 rep. complete 2 sets of 3 reps. Each cone is 25 yards apart.



Thursday

- 45 minute walk, or cycle.
- Foam rolling if needed.

Friday

- Rest
- Stretch/foam roll
- Injury prevention

Saturday

- Gym session 2

Sunday

- Rest
- Stretch/foam roll
- Injury prevention

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Week 3

Monday

- 2x1.5 km runs for time (7 minute pace)
- 5 minute break between (active walking)

Tuesday

- Gym session 3

Wednesday

- Rest
- Stretching/foam rolling
- Injury prevention
- Active pool recovery session recommended

Thursday

- Stamina running (try to keep times consistent)
- 2x600 meter runs (3 minute rest)
- 2x300 meter runs (90second rest)

Friday

- Rest
- Stretching/foam rolling
- Injury prevention
- Active pool recovery session recommended

Saturday

- Gym session 5
- Sprinting mechanics

Sunday

- Rest
- Stretching/foam rolling
- Injury prevention
- Active pool recovery session recommended

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Week 4

Monday

- Gym session 4

Tuesday

- 1km for time (100% effort)
- 1km recovery (8 minute pace)

Wednesday

- 15 minute interval run
- 15 seconds run
- 45 second slow jog

Thursday

- Rest
- Stretching/ foam rolling
- Injury prevention

Friday

- 30 minutes on exercise bike
- Consistent pace for whole duration.

Saturday

- 15 Minute Fartlek 2:1 Ratio
- Run 60% for 2 minutes. For the third minute, run 85%.
- Repeat.

Sunday

- Rest
- Stretching/ foam rolling
- Injury prevention

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Week 5

Monday

- 2x 45 seconds planks (1 minute rest)
- 3x 20 seconds side planks (30 seconds rest)

Tuesday

- Gym session 5

Wednesday

- 5 x full field sprints under 1.30 minute
- 1 minute rest between
- 10 minute recovery run around the field. Low intensity (30% max effort).

Thursday

- Rest
- Stretching/ foam rolling
- Injury prevention

Friday

- 3x1km runs (5 minutes between each)
- Consistent times.
- We don't want to see massive gaps between times, this means that you were running too hard in the previous runs. This is to see your ability to recover quickly and perform again.

Saturday

- Rest
- Stretching/foam rolling
- Injury prevention

Sunday

- Pool session (30 minutes)
- This should be active recovery
- Your body is being put under a lot of stress, look after it
- Stretching recommended

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Week 6

Monday

- Sparkler run (Faster pace than week 1)
- Work out Details: Run 400m, rest 1min, run 300m, walk 100m, run 300m, rest 3min, run 400m rest 1min, run 200m, walk 100m, run 200m
- Workout Pacing: All 400m intervals should be at your 1-mile PR pace. As example, an athlete with a 1-mile PR of 6min should have a 400m target time of 90sec. Your 300m intervals should be faster than your 400m pace. Your 200m intervals should be faster than your 300m pace. Your 100m intervals should be faster than your 200m pace.

Tuesday

- Rest
- Stretching/ foam rolling
- Injury prevention

Wednesday

- Gym session 6

Thursday

- 6 full field runs
- 2 sets of 3 under 50 seconds.
- Run from one end of the field to the other. Rest for 1 minute and repeat.
- (2 minute break in between sets)

Friday

- 1 hour walk or cycle.

Saturday

- Rest
- Stretching/ foam rolling
- Injury prevention

Sunday

- 3km for time.

Gym session 1

Warm up:

5 minutes on jogging 50-60% of max HR
 Glute activation x20 reps
 Scapula pushups x15 reps

BW= Body Weight



Conditioning:

| Exercise | Intensity | Sets | Reps | Recovery | Tempo | Notes |
|-----------------------|-----------|------|------|----------|-------|--|
| Push ups | BW | 4 | 8-10 | 90 sec | 2-1-1 | Make sure hips and shoulders raise together. |
| Pull-ups | BW | 4 | 6-8 | 90 sec | 2-1-1 | Full extension |
| Squat | BW | 4 | 12 | 60 sec | 3-1-1 | Chest up. Heels remain on ground. |
| Bulgarian split squat | BW | 4 | 8 | 60 sec | 2-1-1 | |
| Hamstring bridges | BW | 3 | 15 | 60 sec | 1-2-1 | Push hips to roof. |
| Good mornings | BW | 4 | 20 | 60 sec | | Keep straight lower back. |

Cool down:

Glutes, Chest, Shoulders and lower back stretches

Gym session 2

Warm up:

5 minutes on jogging 50-60% of max HR
 Glute activation x20 reps
 Scapula pushups x15 reps

BW= Body Weight



Conditioning:

| Exercise | Intensity | Sets | Reps | Recovery | Tempo | Notes |
|---|-----------|------|--------|----------|-------|---|
| Pike push-ups | BW | 4 | 8 | 90 sec | 3-1-1 | |
| Rows | BW | 3 | 8 | 90 sec | 3-1-1 | Maintain neutral spine. Keep elbow tucked in. |
| Dips | BW | 4 | 8-10 | 90 sec | 3-1-1 | |
| Wall sits | BW | 3 | 30 sec | 60 sec | 3-1-1 | Go as deep as you can. |
| Single leg deadlift | BW | 3 | 8 | 60 sec | 2-1-1 | |
| Hamstring bridges | BW | 4 | 15 | 90 sec | 2-1-1 | |
| Cool down: | | | | | | |
| Chest, Glutes, Shoulders and lower back stretches | | | | | | |

Gym session 3

Warm up:

5 minutes on jogging 50-60% of max HR
 Glute activation x20 reps
 Scapula pushups x15 reps

BW= Body Weight



Conditioning:

| Exercise | Intensity | Sets | Reps | Recovery | Tempo | Notes |
|--------------------------------|-----------|------|------|----------|-------|--|
| Box jumps | BW | 4 | 5 | 90 sec | 1-0-0 | 100% max effort each rep. |
| Box step ups | BW | 3 | 20 | 90 sec | 3-1-1 | Maintain neutral spine. Push shoulder blades to hips to engage lats. |
| Bulgarian split squat | BW | 3 | 12 | 60 sec | 3-1-1 | Hold DB in each hand for this. |
| Squat jumps | BW | 4 | 10 | 60 sec | 2-1-1 | |
| Hamstring bridges (single leg) | BW | 3 | 8 | 90 sec | 1-2-1 | 8 each leg |

Cool down:

Glutes, Hamstring, Shoulders and lower back stretches

Gym session 4

Warm up:

5 minutes on jogging 50-60% of max HR
 Glute activation x20 reps
 Scapula pushups x15 reps

BW= Body Weight



Conditioning:

| Exercise | Intensity | Sets | Reps | Recovery | Tempo | Notes |
|------------|-----------|------|-----------|----------|-------|---|
| Push ups | BW | 4 | 12 | 90 sec | 3-1-1 | Use a dumbbells. Perform one arm at a time. Knee on the ground opposite arm pressing. |
| Bench dips | BW | 4 | 12 | 90 sec | 3-1-1 | |
| Pull-ups | BW | 4 | 10 | 60 sec | 3-1-1 | |
| Rows | BW | 4 | 10 | 60 sec | 3-1-1 | |
| Planks | BW | 4 | 30-45 sec | 60 sec | 2-1-1 | Perform 8 each side. |

Cool down:

Chest, Shoulders and lower back stretches

Gym session 5

Warm up:

5 minutes on jogging 50-60% of max HR

Glute activation x20 reps

Scapula pushups x15 reps

BW= Body Weight



Conditioning:

| Exercise | Intensity | Sets | Reps | Recovery | Tempo | Notes |
|-----------------------------|-----------|------|--------|----------|-------|--|
| Box jumps | BW | 4 | 5 | 90 sec | Max | |
| Single leg squats | BW | 3 | 4-6 | 90 sec | 3-1-1 | Go down as far as you can. |
| Good mornings | BW | 3 | 8-10 | 90 sec | 1-5-1 | Keen neutral spine. Squeeze glutes when standing up. |
| Single leg hamstring bridge | BW | 3 | 15 sec | 60 sec | 3-1-1 | 15 sec each leg. |
| Nordic curls | BW | 3 | 3 | 60 sec | 2-1-1 | Go down as far as you can. |

Cool down:

Glutes, Hamstring, and lower back stretches

Gym session 6

Warm up:

5 minutes on jogging 50-60% of max HR

Glute activation x20 reps

Scapula pushups x15 reps

BW= Body Weight



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| Conditioning: | | | | | | |
|---|-----------|------|---------|----------|-------|-----------------------|
| Exercise | Intensity | Sets | Reps | Recovery | Tempo | Notes |
| Wide grip pull-ups | BW | 5 | failure | 90 sec | 2-1-1 | Go to full extension. |
| Tricep dips | BW | 4 | 15 | 90 sec | 3-1-1 | |
| Wal sits | BW | 4 | 30 sec | 90 sec | Holds | |
| Nordic curls | BW | 3 | 4 | 60 sec | 3-1-1 | |
| Side lunges | BW | 3 | 12 | 60 sec | 2-1-1 | |
| Ab roller | BW | 5 | 8-10 | 90 sec | 1-2-1 | |
| Cool down: | | | | | | |
| Glutes, Hamstring, Shoulders and lower back stretches | | | | | | |