



**FOOTBALL
TASMANIA**



C Panel Referee Workout Program

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Workout Blueprint:

This is a general fitness workout program for referees. This program is general for everyone looking to be match fit for a game. 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 program aims to cover all basis for fitness and in turn improve these weaknesses. If you know that your weaknesses lie in running fitness, then training will be the time to change it. Don't wait until it's too late to realise that there are areas for improvement.

If looking to progress to a higher level of refereeing there are fitness standards that need to be achieved to be successful at the level.

There are standards tests that we expect use to test higher referees. These standards include;

-Yoyo test score.

-40 yard sprint.

-Push ups.

-Plank.

Running:

The running drills are set out to be specifically for football running. Game specific running allows us to put training as close as we can to emulate an officiating environment. The benefits of running are huge. Not only will you have the ability to keep up with play and run more during matches. It will also allow you to make clearer decisions as the game goes on.

Strength work:

Strength work is vital for referees in their training. There are a vast number of benefits of strength training. It will allow you to produce more power for when running, reduce the chance on injury, increase stability of joints and increase muscle strength just to name a few. This program will ease some strength work into your training. This will not be a shock when moving to a higher level and strength work is mandatory.

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:

When the demand of training is high the recovery process becomes so important. When training requires a quick turn around the athlete needs to return to 100% as fast as possible. There are some simple ways that we can help this. 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 our programs. 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:

Below are some exercises to increase fitness level. These will give you a good base of fitness moving forward in your referee journey.

Running exercise 1:

-Sparkler run

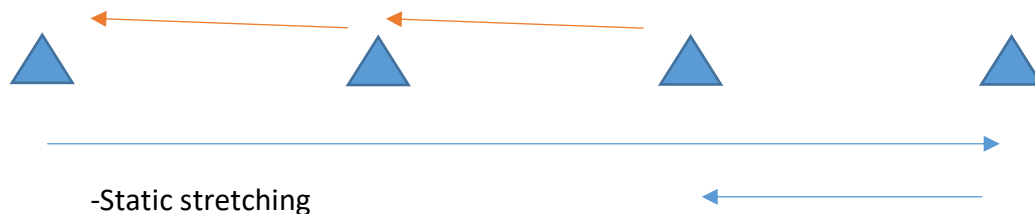
-Workout Details: Run 400m, rest 1min, run 300m, walk 100m, run 300m, rest 3min, run 400m rest 1min, run 200m, walk 100m, run 200m

- 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.

Running exercise 2:

-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.



Running exercise 3:

-15 minute interval run

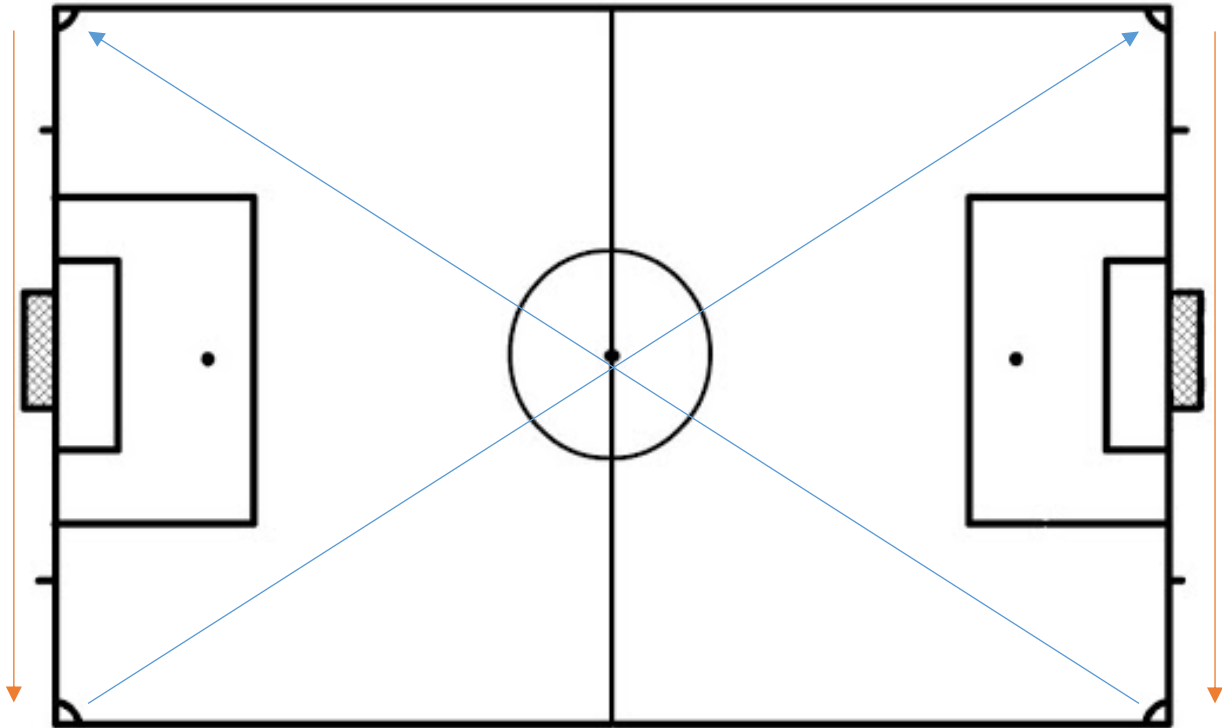
-15 seconds run

-45 second slow jog

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Running exercise 4:

-Strides, run from corner flag to the opposite diagonal corner flag. The recovery is a slow jog across the baseline. Then repeat opposite flags. See diagram. Complete 5 full laps (10 runs total).



Gym session 1

Warm up:

5 minutes on jogging 50-60% of max HR
Shoulder rotations 20 each arm.

BW= Body Weight



Conditioning:

Exercise	Intensity	Sets	Reps	Recovery	Tempo	Notes
Push ups	BW	3	8	90 sec	2-1-1	Make sure hips and shoulders raise together.
Pull-ups	BW	3	6-8	90 sec	2-1-1	Full extension
Squat	BW	3	12	60 sec	3-1-1	Chest up. Heels remain on ground.
Bulgarian split squat	BW	3	6	60 sec	2-1-1	
Hamstring bridges	BW	2	15	60 sec	1-2-1	Push hips to roof.
Planks	BW	2	30 sec	60 sec	Holds	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
Shoulder rotations 20 each arm.

BW= Body Weight



Conditioning:

Exercise	Intensity	Sets	Reps	Recovery	Tempo	Notes
Tricep dips	BW	3	10	90 sec	3-1-1	

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Rows	BW	3	8	90 sec	3-1-1	Maintain neutral spine. Keep elbow tucked in.
Wall sits	BW	3	30 sec	60 sec	3-1-1	Go as deep as you can.
Single leg deadlift	BW	2	8	60 sec	2-1-1	
Hamstring bridges	BW	3	15	90 sec	2-1-1	
Side planks	BW	3	20 sec	60 sec	Hold	20 sec each side.
Cool down:						
Chest, Glutes, Shoulders and lower back stretches						