



Performance Training in Football Refereeing Functional training at home

This document provides valuable information about websites that offer various types of workouts. Over the last week, I screened many of these sites and just kept the high-quality ones that I know and appreciate myself or via my fellow colleagues. You will see various training objectives, such as:

- Perception and decision-making training
- Brain training
- Strength training
- High intensity interval training
- Functional training at home with little or no equipment
- Mental & mindfulness training

The idea is to offer valuable, complementary exercises you can do on your own at home and in line with your individual needs, considering the Covid-19 context. Therefore, I also included some yoga and pilates sources.

Perception and decision-making training for match officials

'Perception for Perfection' online training tool in cooperation with UEFA:

- Referees: Foul / no foul incidents
- VARs: Foul / no foul incidents to check, to VAR-only, to recommend a review
- ARs: offside / no offside incidents & goal / no goal incidents

If you wish to go immediately to the online app, you have to go to: app.perception4perfection.eu

Last week, our IT staff has been working on various improvements. From now on, we have a public website with some background information, where no log-in is needed for: www.perception4perfection.eu If you click onto the blue button 'Log-in', you are redirected to the online app.

If you have no access yet on behalf of UEFA, please first contact your National admin in charge of this tool.

Brain training

Lumosity: attention, flexibility, language, math, problem solving, speed, working memory

Benchmarking according to age and level

Basic version free on App store

<https://www.lumosity.com>

Peak – Brain Training: focus, language, memory, mental agility, problem solving

Benchmarking according to age and level

Basic version free on App store

<https://www.peak.net>



Strength training: Musculoskeletal training objectives

Functional Glute and Leg Exercises

<https://www.youtube.com/watch?v=S491YIgRU2Y>

Functional Core Exercises

<https://www.youtube.com/watch?v=aI3sOADFwq8>

20 Plank Exercise Variations

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

4 minutes Tabata

<https://www.youtube.com/watch?v=Z4ziWoCuf5g>

0:23: Narrow stance squat 0:53: Plank to push up 1:23: Butt kickers 1:53: Bicycle crunches 2:23: Side lunges 2:53: Toe touches 3:23: Hip extension 3:53: Russian twist.

4 min Adominals challenge

<https://youtu.be/eeiQHxCo7Eo>

10 min Bodyweight challenge

<https://youtu.be/5D3XjctYD9s>

Kayla Itsines: Stay strong & connected with BBG at home

A training guide my daughters are using. You can also find it on the next web page:

<https://www.kaylaitsines.com>

High Intensity Interval Training: Cardiovascular training objectives

Cardio workout: the five-minute cardio blast workout

<https://www.youtube.com/watch?v=BR0jT6JxH-o>

Interval HI circuit 20" x 10" x 8

<https://www.youtube.com/watch?v=-PWAjz2h63w&feature=youtu.be>



Functional training at home with little or no equipment

Fitify: available on the app store: Full Body Workout including various themes such as:

- Strength (abs & core, back, upper limbs, lower limbs)
- HIIT & Cardio
- Plyometrics
- Yoga & Stretching
- Extra's (Warm up, Cool down, foam rolling, balance and coordination)

- Exercises with and without material
- Clips are shown of the exercises as well as the timing
- Free version available that already offers a lot of options

<https://gofitify.com>

Functional training

<https://www.youtube.com/watch?v=-Vk468DL3po&feature=youtu.be>

<https://www.youtube.com/watch?v=IMi486jc13A>

Circuit Training

<https://www.youtube.com/watch?v=kTJ5b0RkKX8> <https://www.youtube.com/watch?v=i-YrWf5RDRg>

Metabolic Exercises with little to no Equipment

<https://www.youtube.com/watch?v=l8TcAJ0y8uY>

K-Forte is a webpage where you can design different workouts such as circuit trainings and HIIT sessions. There are about 1300 exercises with different objectives and you can select the number of sets, repetitions or time of each exercise.

It is not free, only one week. There is also a mobile app, but you can only see the exercises in the webpage. You can change from Spanish to English at the bottom of the home page.

<https://www.k-forte.com/>

Mental & Mindfulness training

Yoga

<https://www.omflow.yoga>

BASI Pilates Teachers MAT Class: to experience the joy of movement, and, as a result, to bring more joy and ease into your life.

<https://www.youtube.com/watch?v=RuW5s1OiXII>