

INDIVIDUAL AND TEAM FITNESS

- 1) Prescription of training plans for group training sessions for elite referees and assistant referees
- 2) Distance monitoring & personalised daily training advice & monthly feedback
 - training quality
 - match analysis
 - nutrition & weight control
- 3) Prescription of training plans MD-1, MD-2, MD-3
- 4) Prescription of individual training plans (injury prevention, strength, speed,...)
- 5) Personalised daily training programmes for CL / EL finals
- 6) Referee & AR daily preparatory training programmes for tournaments (U21, EURO 2020)
- 7) Preparation and follow-up of summer and winter courses
 - fitness assessments such as weight, body fat%, sprints, interval test
 - training sessions
 - presentations
 - feedback individual & group
 - benchmark performance data for long term referee development
 - innovations in fitness training and testing using gps and heart rate technology
- 8) Updating of the fitness section on websites of the NAs

CLASSROOM SESSIONS

The following topics are very valuable for meetings with match officials and/or a network of national referee fitness coaches and/or for regional meetings with neighbour NAs

- 1) New trends in referee training and testing
- 2) Physical match demands and training principles
- 3) Nutrition and fluid intake
- 4) How to provide individual and group feedback?
- 5) What is the difference between a male and a female referee?
- 6) How can we keep ageing referees fit and injury free on the field of play for longer? Top tips!
- 7) What is the value of data to enhance performance decisions?
- 8) How to better deal with traveling? Top tips!
- 9) Use of gps-technology to make better coaches
- 10) How can we best care of women referees before, during, and after pregnancy?
- 11) How can we make the referee's brain smarter and faster?
- 12) Web-based perception and decision-making exercises for Referees, ARs, VARs

TRAINING GROUND: COACH THE COACHES

The following topics are very valuable for meetings with a network of national referee fitness coaches and/or for regional meetings with neighbour NAs

Training ground: Demonstration of up-to-date training objectives such as:

- 1) High intensity exercise with on-field review of video clips for referees
- 2) High intensity exercise with on-field review of video clips for assistant referees
- 3) Referee Single-Double-Single fitness assessment
- 4) Integration of concentration, communication and teamwork in physical training sessions
- 5) Demonstration of up-to-date use of technologies such as gps and heart rate recording

This can be organised in an interactive and interdependent way with discussions in small groups.

In principle, UEFA takes care of the traveling and daily allowances, while the NA should arrange hotel stay.