



# Performance Training in Football Refereeing

## Weekly Training Plan

### WEEK 35 from Monday 28<sup>th</sup> of August to Sunday 3<sup>rd</sup> of September Macrocycle III, week 1 (Training week 13)

Mon. 28<sup>th</sup>: \* Act. Rec. - 50' recovery session in a fitness centre.  
Tr. 46

Tue. 29<sup>th</sup>: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km).  
Tr. 47

\* Warm up - 20' jogging, mobilisation and dynamic stretching.

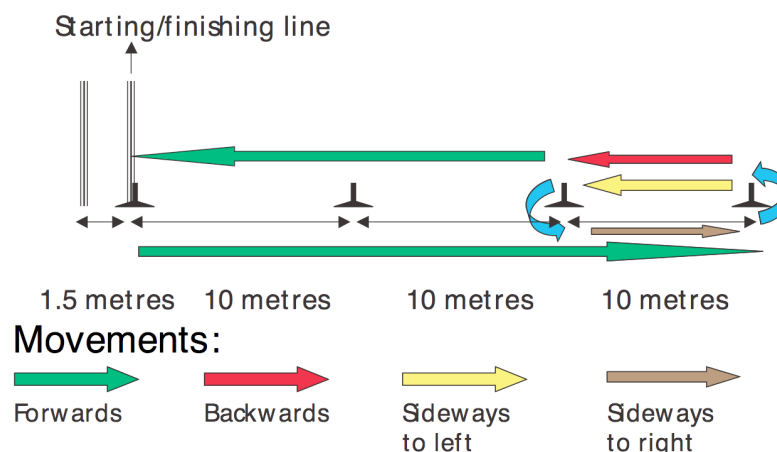
\* Functional Tr. - 3 sets of 4' each (1' rest between Sets)  
[https://www.youtube.com/watch?v=rk\\_PPAYX21w](https://www.youtube.com/watch?v=rk_PPAYX21w)

\* Agility - '80 m agility drill' for referees:

- Set 1: The 80 m should be done at a sprint pace, but with correct variation in movements; forward, sideways (2 x), backwards, forwards. 1' rest, 2 reps starting on the right side.

- 2' recovery, stretching and drinking break.

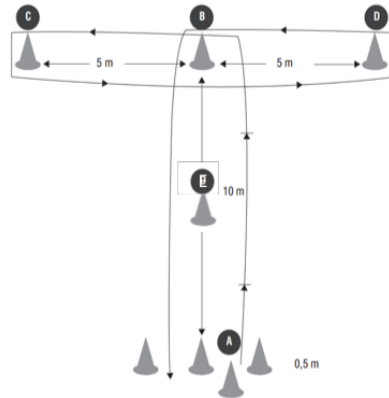
- Perform a 2<sup>nd</sup> set of this exercise (2 reps starting left side).



- '40 m T-drill' for assistant referees (ARs):

- Set 1: ARs sprint forwards as indicated in the figure: 10 m straight forwards from cone A to cone B, turn around cone B, continue sideways to cone C (facing start position), turn around cone C, continue sprinting forwards to cone D, turn around cone D, continue sideways to cone B (facing opposite side), turn around cone B, and continue sprinting through the finish. The reference time is 11.4" (11.2" int. ARs), with 2' recovery between each rep.

- 2' recovery, 2 reps.

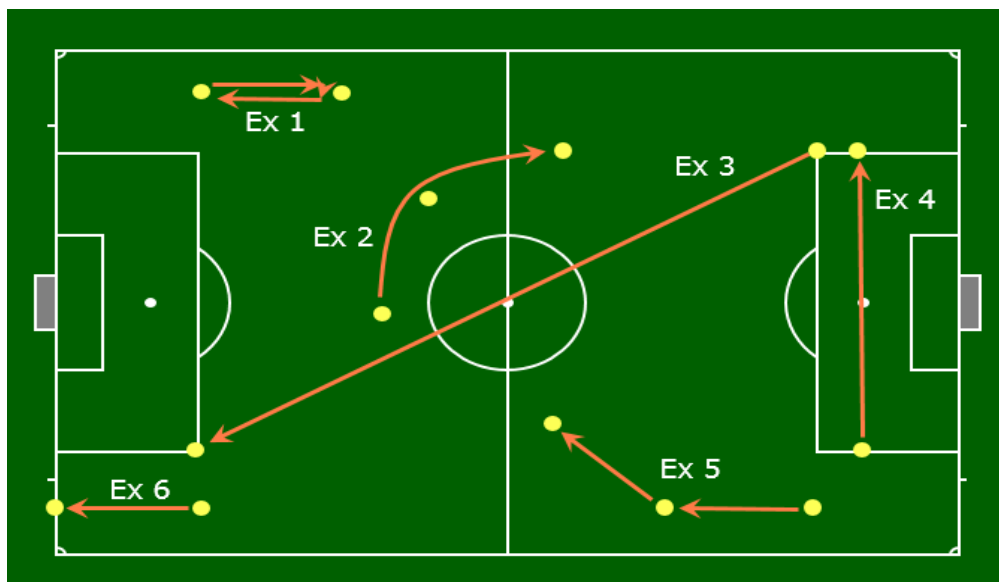


- **Set 2:** Again 2 reps with 2' recovery in between, but ARs now start on the left side and turn over the right shoulder.

\* Speed End.

- 6 exercises of 3' each, 1:2 recovery.
- Referees to work in groups of 3 (similar fitness levels).
- Referees 1 and 3 on the start cone and referee 2 on the finish cone.
- Going in sequence this gives a work:rest ratio of 1:2.
- 3' on each run with a 1-2' rest in between.
- Each group starts at a different point and rotates accordingly.

- Set 1 (15+15 m): 6-7" per run: 20" per group: x10 = 300 m (3'05")
- Set 2 (25 m): 5-6" per run: 18" per group: x12 = 300 m (3')
- Set 3 (75 m): 13-14" per run: 40" per group: x4.5 = 337.5 m (3')
- Set 4 (40 m): 7-8" per run: 24" per group: x7.5 = 300 m (3'20")
- Set 5 (10+10 m): 4-5" per run: 12" per group: x20 = 400 m (3'40")
- Set 6 (16.5 m): 3-4" per run: 9" per group: x20 = 330 m (3'25")



- 4' recovery.
- All together, this exercise takes (6 x 3' + 2' recovery) = ± 30'

\* Cool down

- 5' jogging and walking, followed by 10' static stretching.

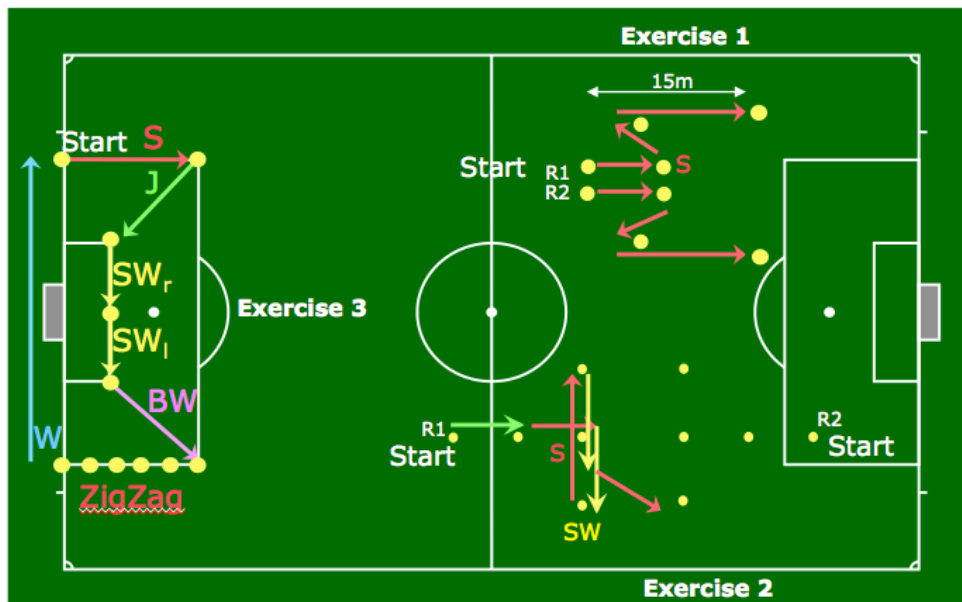
Total duration: 95'

Wed. 30<sup>th</sup>.

REST DAY

Thu. 31<sup>st</sup>.  
Tr. 48

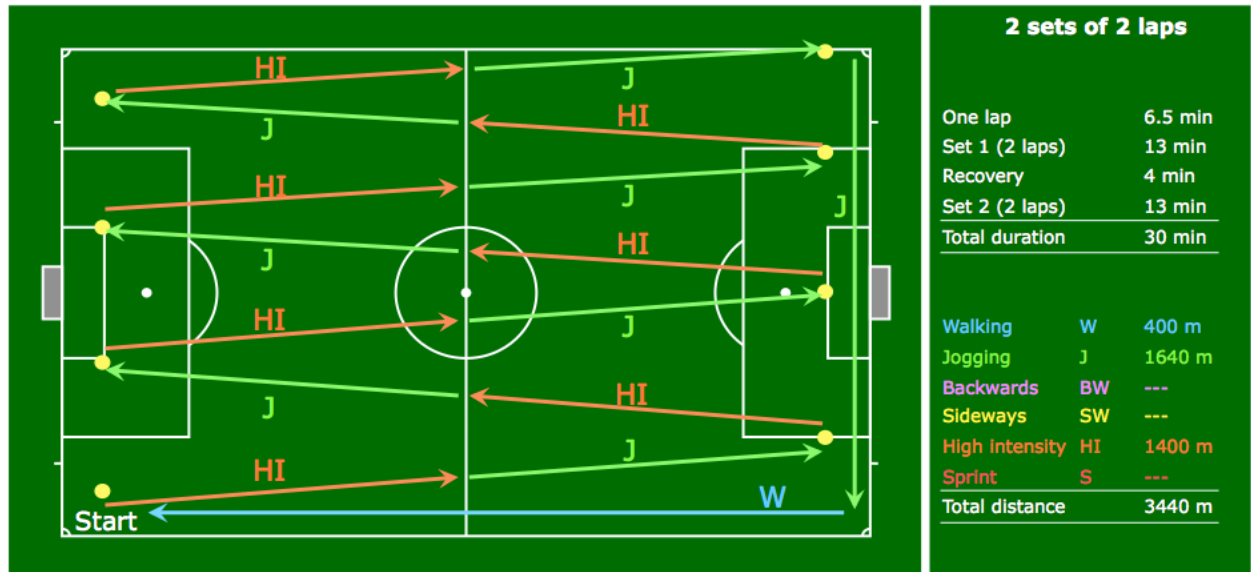
- \* Low Int. - 5' jogging slowly building up to 80% HR<sub>max</sub> ( $\pm$  1 km).
- \* Warm up - 20' jogging, mobilisation and dynamic stretching.
- \* Strength - 15' strength, core stability & injury prevention exercises.
- \* Speed/Agility - Exercise 1: Sprint forward 5 m, cut back diagonally L/R, then turn and accelerate forwards 12 m, 2 x left, 2 x right.  
  
- Exercise 2: 5 m jogging, 5 m forward sprint, sidestep left 5 m, sprint forwards 10m, sidestep right 5 m, sprint forward 10 m, 2 x L, 2 x R.  
  
- Exercise 3: Sprint and agility exercises in the penalty area, 4 laps.



- \* Speed End. - Field exercise Set 1, 2 laps:  
One lap consists of 7 maximal sprints followed by 7 recovery jogs. The maximum sprint should consist of 95% of maximal speed. The jogging should take 3 x longer than the duration of the sprint. After reaching the finish, referees jog all along the goal line until the next corner and then walk back to the start position. It takes  $\pm$  13' to do 2 full laps. Excellent exercise for ARs, too!  
  
- 4' recovery  
  
- Field exercise Set 2, again 2 laps of 7 maximal sprints each.  
  
- In total, the exercise takes  $\pm$  30'.  
(13' Set 1 + 4' recovery + 13' Set 2)



# Performance Training in Football Refereeing Weekly Training Plan



- \* Match - 10' of match play or 10' of medium-intensity jogging (80% HR<sub>max</sub>).
- \* Cool down - 5' jogging and walking, followed by 10' static stretching.

Total duration: 105'

Fri. 1<sup>st</sup>.

REST DAY

Sat. 2<sup>nd</sup>.  
Tr. 49

- \* Warm up - 20' jogging, mobilisation and dynamic stretching.
- \* Speed
  - Variations on the 60 m distance as follows:
  - 20 m sprint up, 20 m walk down, 6 x or 120 m sprint in total
  - 2' recovery and stretching
  
  - 40 m sprint up, 40 m walk down, 4 x or 160 m sprint in total (2 x with a change in direction to the left, 2 x to the right)
  - 3' recovery and stretching
  
  - 60 m sprint up, 60 m walk down, 2 x or 120 m sprint in total (1 x with a change in direction to the left, 1 x to the right)



## Performance Training in Football Refereeing Weekly Training Plan

2 sets of 10 sprints		
Set 1 (9 sprints)		5 min
Recovery		5 min
Set 2 (9 sprints)		5 min
Total duration		15 min

Walking	W	300 m
Jogging	J	--- m
Backwards	BW	--- m
Sideways	SW	--- m
High intensity	HI	--- m
Sprint	S	360 m
Total distance		660 m

- The total exercise time is 15'.

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

Total duration: 50'

Sun. 3<sup>rd</sup>:

If you don't have a match appointment for the domestic league, use your free time for additional recovery, or to work on any fitness weaknesses you might have (e.g., aerobic endurance, strength, injury prevention,...). On UEFA Ref Network, there are also 3 different match simulation exercises to compensate for not-refereeing as VAR or 4<sup>th</sup> Official.

You may also consider alternative intermittent activities such as playing badminton, football, squash, or tennis.



# Performance Training in Football Refereeing Weekly Training Plan

## WEEK 36 from Monday 4<sup>th</sup> to Sunday 10<sup>th</sup> of September Macrocycle III, week 2 (Training week 14)

Mon. 4<sup>th</sup>: \* Act. Rec. - 50' recovery session in a fitness centre.  
Tr. 50

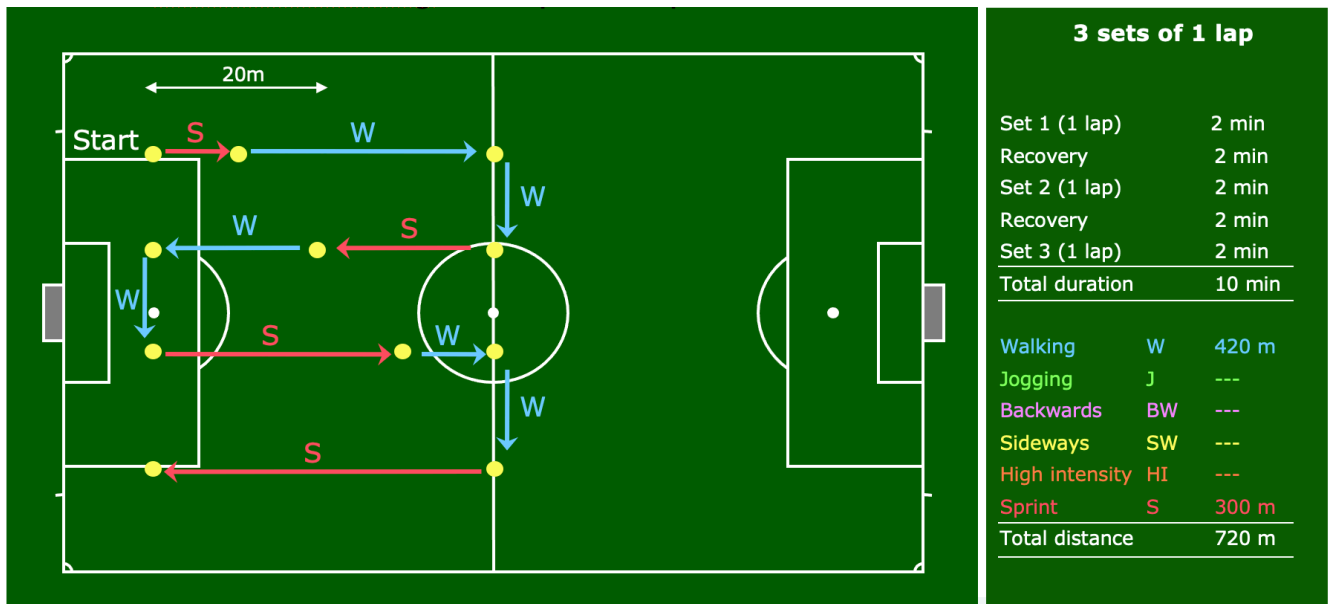
Tue. 5<sup>th</sup>: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> (± 1 km).  
Tr. 51

\* Warm up - 20' jogging, mobilisation and dynamic stretching.

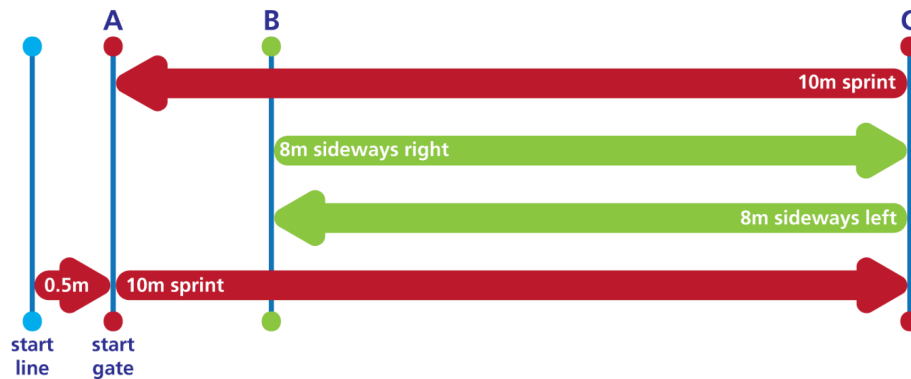
\* Functional Tr. - 3 sets of 4' each (1' rest between Sets)  
<https://www.youtube.com/watch?v=h-FP6WNWzIU>

\* Speed/Agility - 'Repeated sprint'- drill for referees:

- Set 1: (1) Sprint for 10m, then walk for 30m. (2) Sprint for 20m, then walk for 20m. (3) Sprint for 30m, then walk for 10m. (4) Sprint for 40m.
- 2' recovery
- Set 2: Now start first with 40m and then work down to 10m.
- 2' recovery
- Set 3: Repeat Set 1



- Assistant Referees: 4 to 6 reps of the CODA agility drill:
- Sprint 10 m (one foot lined up 0.5 m in front of cone A) from cone A to B, then sideways left 8 m from cone B to C, the sideways right 8 m from cone C to D, sprint back to the finish line.
- The reference time is < 9.6": 4 reps in total **with flag!**



\* Speed End.

- Set 1: Referees perform 5 laps (10')
- From the start, run at the correct intensity around the diagonal line.
- The ARs follow the movements of the referee until the midline. When the referee starts running backwards, the ARs continue their coordination exercise and then sprint to the penalty area to assist the referee in taking a technical decision.
- For the technical decision, match incidents can be shown around the penalty area on a TV screen or laptop to allow the Referee and ARs to take a team decision. On P4P, there are specific Sets available for this type of integrated exercise combining perception and decision-making with high-intensity running.
- Alternatively, the coach can bounce a ball. This position indicates a foul for the attacking team (foul in or outside the penalty area). Alternatively, the coach can also bounce the ball in front of or ahead of the goal line (goal or no goal).



# Performance Training in Football Refereeing

## Weekly Training Plan

One lap	2 min
Set 1 (5 laps)	10 min
Recovery	4 min
Set 2 (5 laps)	10 min
Total duration	24 min

Walking	W	---	m
Jogging	J	1000	m
Backwards	BW	200	m
Sideways	SW	---	m
High intensity	HI	800	m
Sprint	S	---	m
Total distance		2300	m

- 4' recovery

- Set 2: Referees perform 5 laps (10')

- All together this exercise takes  $\pm$  24'.

\* Cool down

- 5' jogging and walking, followed by 10' static stretching.

Total duration: 84'

Wed. 6<sup>th</sup>:

REST DAY

Thu. 7<sup>th</sup>  
Tr. 52

\* Low Int.

- 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km).

\* Warm up

- 20' jogging, mobilisation and dynamic stretching.

\* Strength

- 15' strength, core stability & injury prevention exercises.

\* High Int.

- Each run to be performed at high speed / intensity (>88%HR<sub>max</sub>)

- 3 sets of 6' each:

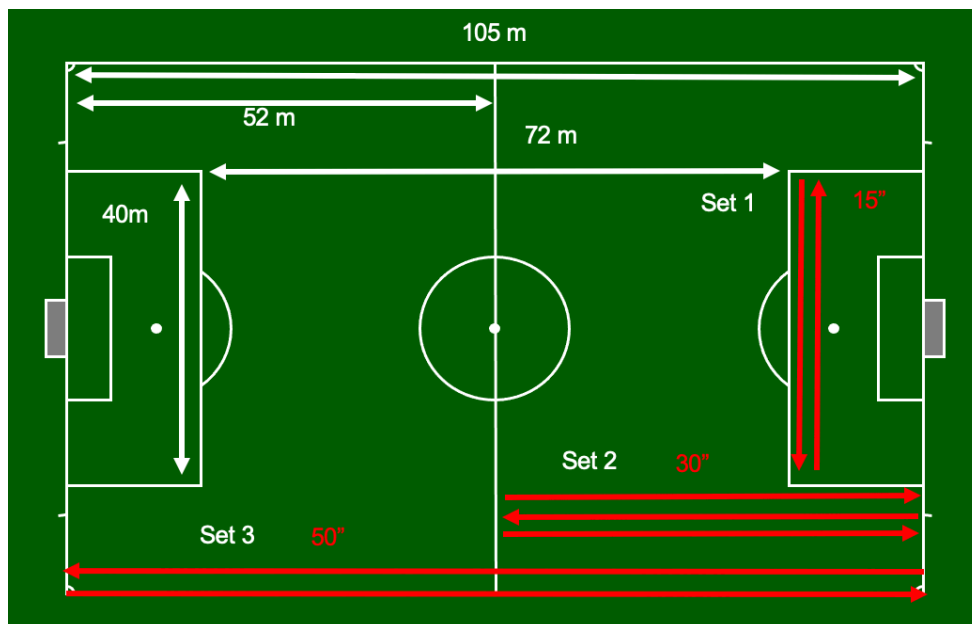
- Set 1: 12 x (2 x 40 m) in 15"-17", 15"-17" rest

- Set 2: 6 x (3 x 52 m) in 30"-33" max, 30"-33" rest

- Set 3: 4 x (2 x 105 m) in 42"-45", 42"-45" rest

- 2' recovery after each set





- Total distance:  $960 + 936 + 840 = 2.736$  m high-speed running
- The total exercise time is 24'

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

Total duration: 85'

Fri. 8<sup>th</sup>: REST DAY

Sat. 9<sup>th</sup>: \* Warm up - 20' jogging, mobilisation and dynamic stretching.

Tr. 53 \* Speed - Set 1: 5 reps of the following centre-circle exercise:

**2 sets of 5 laps**

One lap	1 min
Set 1 (5 laps)	5 min
Recovery	5 min
Set 2 (5 laps)	5 min
<b>Total duration</b>	<b>15 min</b>

Walking	W	200 m
Jogging	J	200 m
Backwards	BW	100 m
Sideways	SW	100 m
High intensity	HI	300 m
Sprint	S	300 m
<b>Total distance</b>		<b>1200 m</b>

- 5' recovery and stretching break after Set 1.



## Performance Training in Football Refereeing Weekly Training Plan

---

- Set 2: again 5 reps of the centre-circle exercise.

- The total exercise time is 15'.

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

Total duration: 50'

Sun. 10<sup>th</sup>: If you don't have a match appointment for the domestic league, use your free time for additional recovery, or to work on any fitness weaknesses you might have (e.g., aerobic endurance, strength, injury prevention,...). On UEFA Ref Network, there are also 3 different match simulation exercises to compensate for not-refereeing as VAR or 4<sup>th</sup> Official.

You may also consider alternative intermittent activities such as playing badminton, football, squash, or tennis.



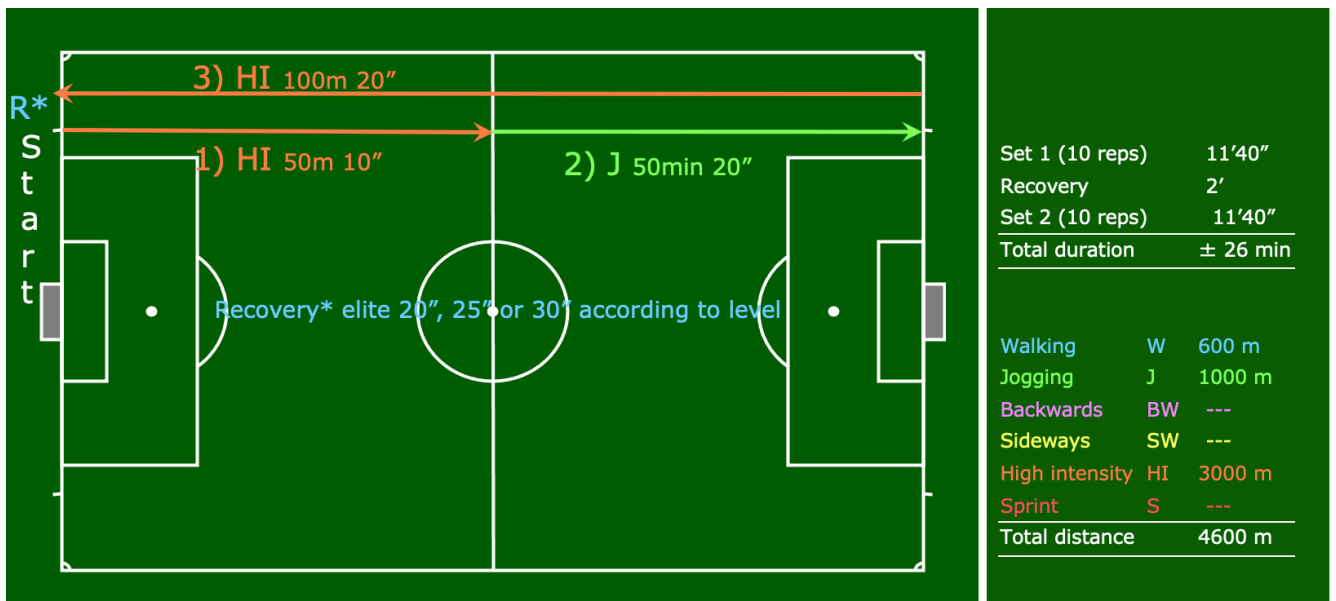
# Performance Training in Football Refereeing

## Weekly Training Plan

### WEEK 37 from Monday 11<sup>th</sup> to Sunday 17<sup>th</sup> of September

#### Macrocycle III, week 3 (Training week 15)

- Mon. 11<sup>th</sup>: \* Act. Rec. - 50' recovery session in a fitness centre.  
Tr. 54
- Tue. 12<sup>th</sup>: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> (± 1 km).  
Tr. 55
- \* Warm up - 20' jogging, mobilisation and dynamic stretching.
- \* Functional Tr. - 3 sets of 4' each (1' rest between Sets)  
<https://www.youtube.com/watch?v=gavgdS6HUq8>
- \* High Int. - Each run to be performed at high speed / intensity (>88%HR<sub>max</sub>)
- Set 1: Run from goal line to midline at high intensity in 10". Then, jog to the other goal line in 20". Continue from goal line to the opposite goal line in 20". Recovery time of 20", 10 reps.
  - 2' recovery
  - Set 2: Again 10 reps.
  - Total distance is 4.600 m of which 3.000 m high-speed running



- All together, this HI exercise takes 26'

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

Total duration: 74'

Wed. 13<sup>th</sup>: REST DAY

Thu. 14<sup>th</sup>: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> (± 1 km).  
Tr. 56



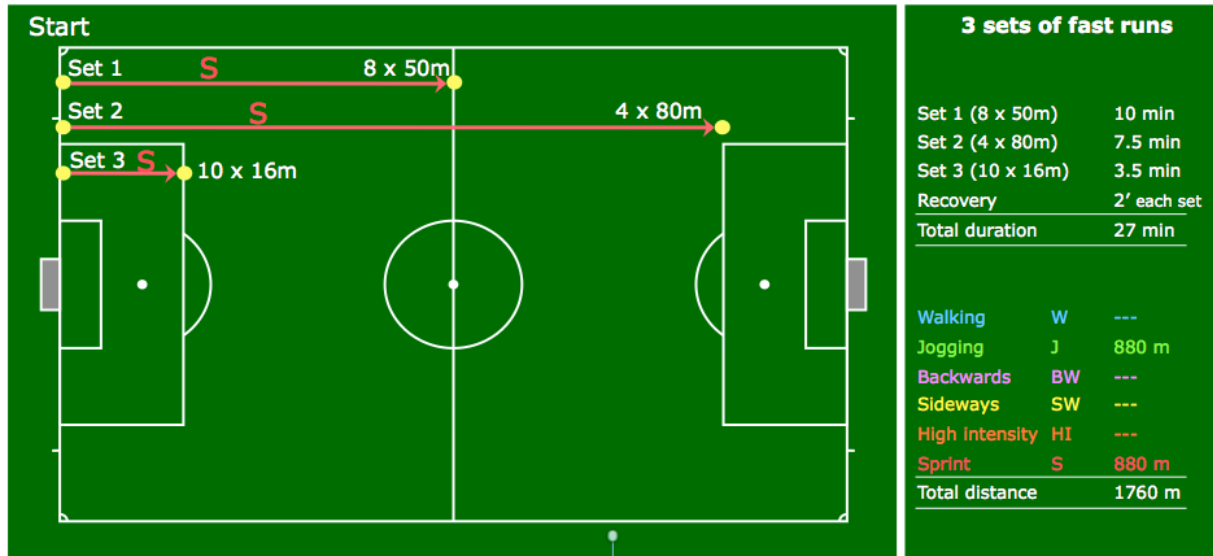
# Performance Training in Football Refereeing

## Weekly Training Plan

- \* Warm up - 20' jogging, mobilisation and dynamic stretching.
- \* Strength - 15' strength, core stability & injury prevention exercises.
- \* Rep. Spr. Ab. - All sprints to start on the goal-line.

- Set 1 (using a dynamic start):

- > 8 repeated sprints to the midline ( $\pm 7''$ ) with 50'' recovery jogging between each sprint (90% SPmax)
- > Jog 1 lap of the pitch ( $\pm 2'30''$ )
- > Duration:  $\pm 10'$



- Set 2 (using a dynamic start):

- > 4 repeated sprints to the opposite penalty area ( $\pm 11''$ ) with 70'' recovery jogging between each sprint (90% SPmax)
- > Jog 1 lap of the pitch ( $\pm 2'30''$ )
- > Duration:  $\pm 7.5'$

- Set 3 (using a dynamic start):

- > 10 repeated sprints to the penalty area ( $\pm 3''$ ) with 20'' recovery jogging between each sprint (90% SPmax)
- > Duration:  $\pm 3.5'$

- All together, 22 sprints (90% SPmax) from a dynamic start position. Decelerate smoothly, turn and jog back to the start.

- The total duration of this RSA session is  $\pm 21'$ .

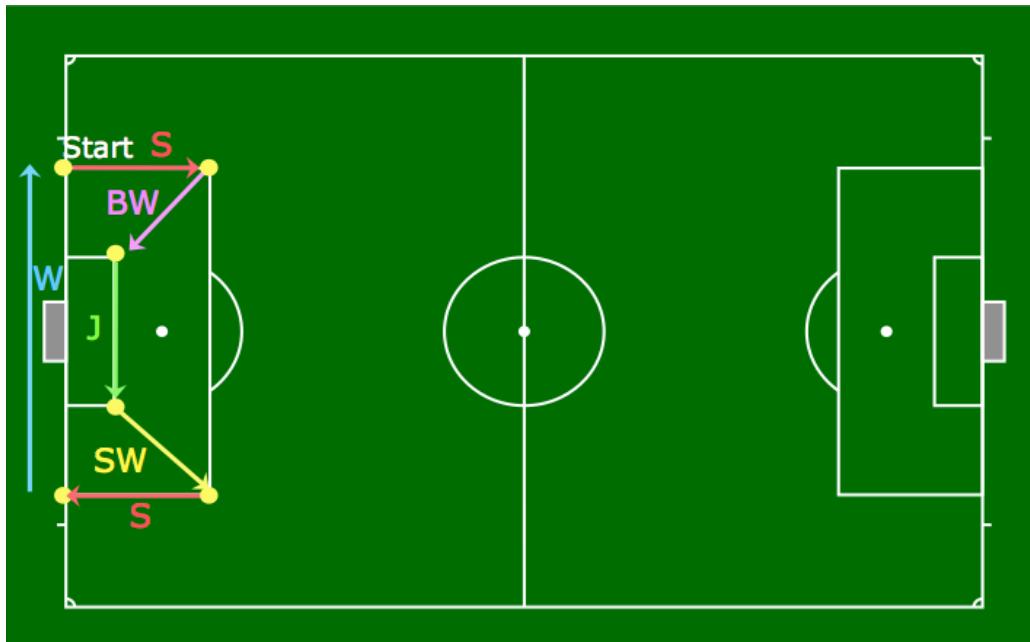
- \* Match - 10' of match play or 10' of medium-intensity jogging (80% HR<sub>max</sub>).
- \* Cool down - 5' jogging and walking, followed by 10' static stretching.

Total duration: 84'

Fri. 15<sup>th</sup>:

REST DAY

- Sat. 16<sup>th</sup>: \* Warm up - 20' jogging, mobilisation and dynamic stretching.  
Tr. 57
- \* Speed - Set 1: Referees perform 5 laps in the penalty area as follows:



- Once the 5 laps (or 10 sprints of 16m) have been completed, take a 5' recovery, stretching and drinking break.
  - Then perform another 5 laps.
  - The total exercise time is 15'. The total sprint distance is 320m.
- \* Cool down - 5' jogging and walking, followed by 10' static stretching.

Total duration: 50'

Sun. 17<sup>th</sup>: If you don't have a match appointment for the domestic league, use your free time for additional recovery, or to work on any fitness weaknesses you might have (e.g., aerobic endurance, strength, injury prevention,...). On UEFA Ref Network, there are also 3 different match simulation exercises to compensate for not-refereeing as VAR or 4<sup>th</sup> Official.

You may also consider alternative intermittent activities such as playing badminton, football, squash, or tennis.



# Performance Training in Football Refereeing Weekly Training Plan

## WEEK 38 from Monday 18<sup>th</sup> to Sunday 24<sup>th</sup> of September Macrocycle III, week 4 (Training week 16)

Mon. 18<sup>th</sup>: \* Act. Rec. - 50' recovery session in a fitness centre.  
Tr. 58

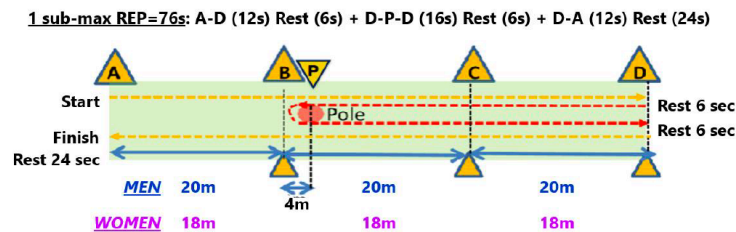
Tue. 19<sup>th</sup>: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km).  
Tr. 59

\* Warm up - 20' jogging, mobilisation and dynamic stretching.

\* Functional Tr. - 3 sets of 4' each (1' rest between Sets)

<https://www.youtube.com/watch?v=TP3Obt8KZvQ>

\* High Int. - Updated Referee SDS. The details are given below while the new audio file is also available both in FAME and TSL.



Timetable						
Lap	Recovery	A-D	Rest	D-P-D	Rest	D-A
		Single		Double		Single
1	00:00	00:12	00:18	00:34	00:40	00:52
2	01:16	01:28	01:34	01:50	01:56	02:08
3	02:32	02:44	02:50	03:06	03:12	03:24
4	03:48	04:00	04:06	04:22	04:28	04:40
5	05:04	05:16	05:22	05:38	05:44	05:56
<b>72" rest</b>						

- In total, it takes 20'12" to complete this version of the Referee SDS.

- For women referees, the distance is 3 x 18m.

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

Total duration: 95'

Wed. 20<sup>th</sup>: REST DAY

Thu. 21<sup>st</sup>: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km).  
Tr. 60

\* Warm up - 20' jogging, mobilisation and dynamic stretching.

\* Strength - 15' strength, core stability & injury prevention exercises.

- \* High Int.
  - Set 1: Referees work in pairs. The start for each pair is always in the center circle. R<sub>1</sub> carries a bib and runs in high-speed outwards, turns around cone A and give the bib to R<sub>2</sub> who covers the same run. Then, R<sub>1</sub> runs around the next cone (B) in a clockwise order, and they go on until both Referees have completed 2 full laps of 10 HI runs each (20 high intensity runs).
  - 2' recovery
  - Set 2: Again 2 full laps, both now counterclockwise
  - The total exercise time is 20'. The total HI distance is 1300 m.
  - Tip: to differentiate between different levels, it is possible to make pairs of referees that run at different speeds while timing is the same!

2 sets of 20 HI runs	
Set 1 (20 HI runs)	8 min
Recovery	4 min
Set 2 (20 HI runs)	8 min
<hr/>	
Total duration	20 min
<hr/>	
Walking	W ---
Jogging	J ---
Backwards	BW ---
Sideways	SW ---
High intensity	HI 1300 m
Sprint	S ---
Total distance	1300 m

- \* Tip
  - Assistant referees can perform the same exercise, covering the second set the shorter distances marked by the 'white' cones in the middle of the distance of the first set.
- \* Match
  - 10' of match play or 10' of medium-intensity jogging (80% HR<sub>max</sub>).
- \* Cool down
  - 5' jogging and walking, followed by 10' static stretching.

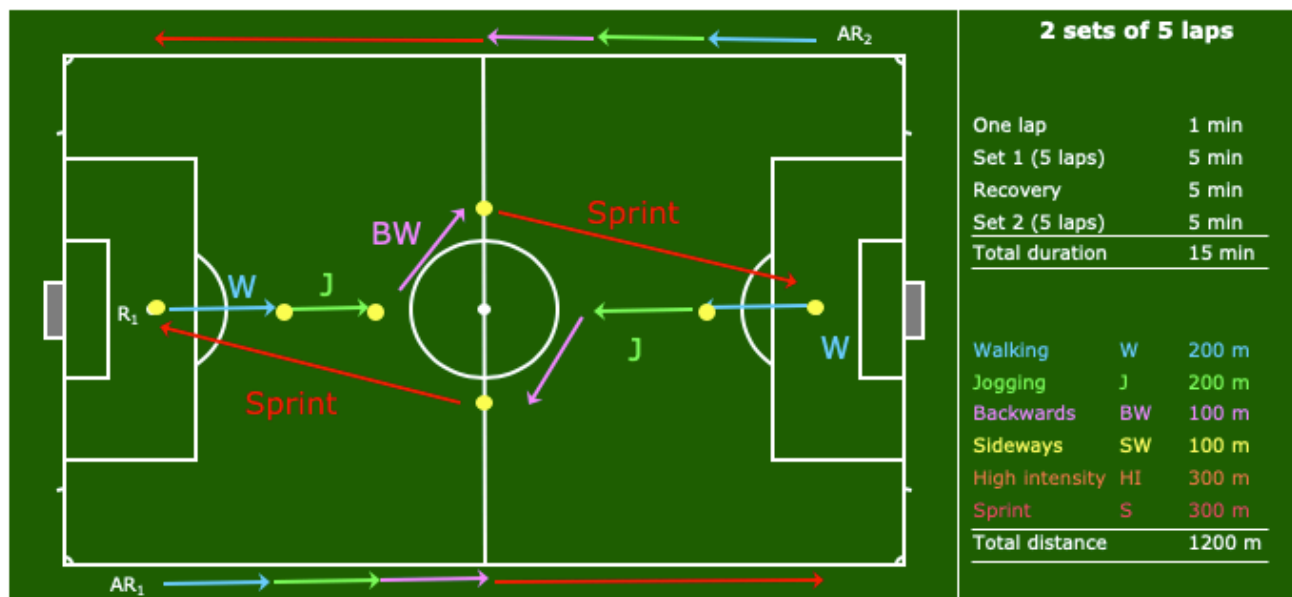
Total duration: 85'

Fri. 22<sup>nd</sup>: REST DAY

Sat. 23<sup>rd</sup>: \* Warm up - 20' jogging, mobilisation and dynamic stretching.

Tr. 61

- \* Speed
  - Set 1: 5 reps of the following centre-circle exercise:



- 5' recovery and stretching break after Set 1.

- Set 2: again 5 reps of the centre-circle exercise.

- The total sprint distance is 270 m. The total exercise time is 15'.

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

Total duration: 50'

Sun. 24<sup>th</sup>:

If you don't have a match appointment for the domestic league, use your free time for additional recovery, or to work on any fitness weaknesses you might have (e.g., aerobic endurance, strength, injury prevention,...). On UEFA Ref Network, there are also 3 different match simulation exercises to compensate for not-refereeing as VAR or 4<sup>th</sup> Official.

You may also consider alternative intermittent activities such as playing badminton, football, squash, or tennis.





# Performance Training in Football Refereeing

## Weekly Training Plan

### WEEK 39 from Monday 25<sup>th</sup> of September to Sunday 1<sup>st</sup> of October

#### Macrocycle III, week 5 (Training week 17)

Mon. 25<sup>th</sup>: \* Act. Rec. - 50' recovery session in a fitness centre.  
Tr. 62

Tue. 26<sup>th</sup>: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km).  
Tr. 63

\* Warm up - 20' jogging, mobilisation and dynamic stretching.

\* Functional Tr. - 3 sets of 4' each (1' rest between Sets)  
[https://www.youtube.com/watch?v=bn2j\\_qmKDwY](https://www.youtube.com/watch?v=bn2j_qmKDwY)

\* Agility - '80 m agility drill' for refs and '40 m T- drill' for ARs (cfr. Tr. 47 p. 1).

\* High Int. - Each run to be performed at high speed / intensity (>88%HR<sub>max</sub>)

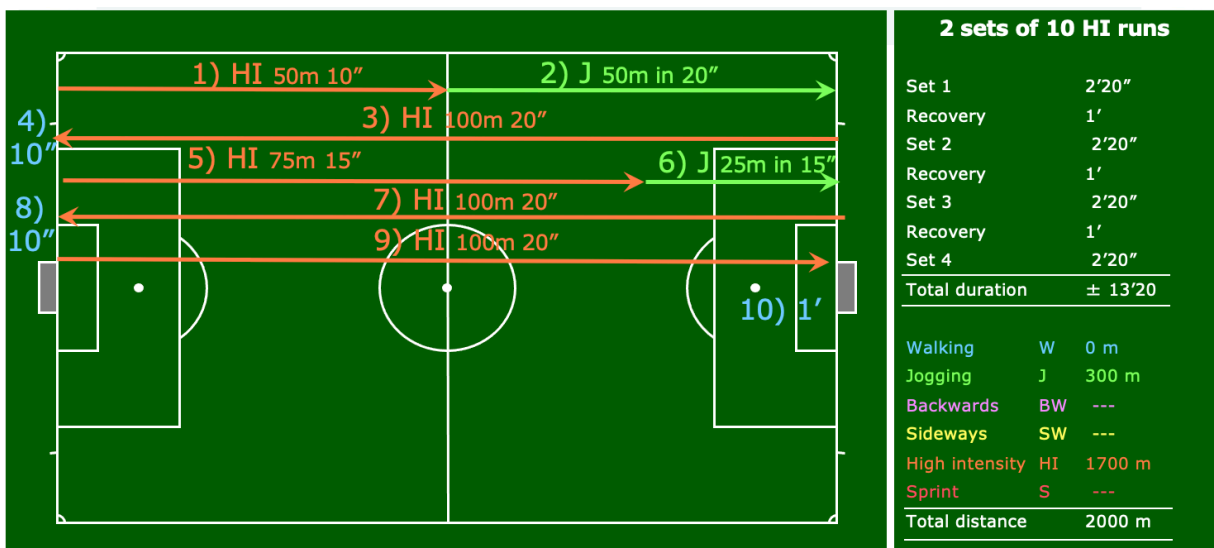
#### - Set 1:

- 1) Run from goal line to midline at high speed in 10"
- 2) jog to the opposite goal line in 20"
- 3) Run from goal line to goal line at high speed in 20"
- 4) 10" recovery
- 5) Run from goal line to the opposite penalty arc in 15"
- 6) jog to the goal line in 25"
- 7) Run from goal line to goal line at high speed in 20"
- 8) 10" recovery
- 9) Run from goal line to goal line at high speed in 20"
- 10) 1' recovery

#### - Set 2-3-4: same procedure

- Total distance: 1.700 m high-speed running

- The total exercise time is approximately 13'





## Performance Training in Football Refereeing Weekly Training Plan

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

Total duration: 80'

Wed. 27<sup>th</sup>: REST DAY

- Thu. 28<sup>th</sup>:  
Tr. 64
- \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km).
  - \* Warm up - 20' jogging, mobilisation and dynamic stretching.
  - \* Strength - 15' strength, core stability & injury prevention exercises.
  - \* Speed End.
    - Run for 10m at 90% max speed, walk to the end (40m)
    - Turn and run 20m at 90% of max speed, walk to the end (30m)
    - Turn and run 30m at 90% of max speed, walk to the end (20m)
    - Turn and run 40m at 90% of max speed, walk to the end (10m)
    - Turn and run 50m at 90% of max speed, then turn and run another 50m (100m)
    - Rest for 90" then repeat 5 x
    - Your heart rate should peak at >90% HR<sub>max</sub> at the end of each rep



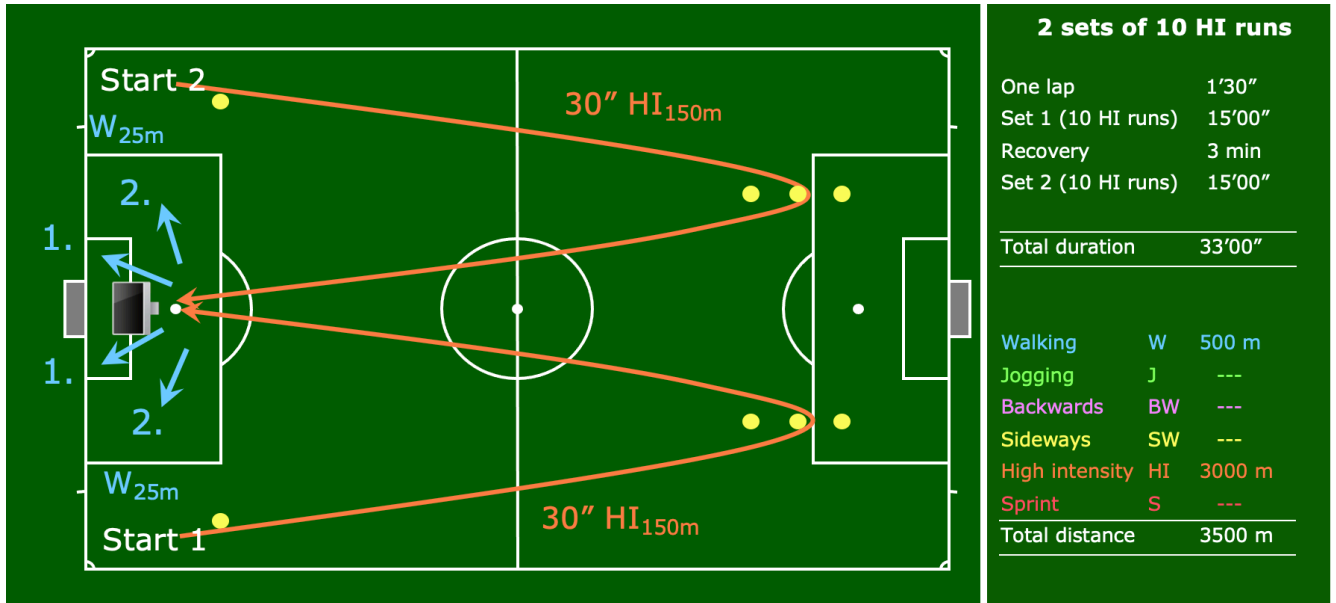
- This exercise takes (90" + 90" rec.) x 5 = 15 min

- \* High Int.
  - Set 1: Field exercise, 10 to 12 x with video clips at the finish
  - From the start, run at high intensity to the other side of the field, turn around the cone and return at high intensity (150 m in total in 30 sec) as indicated in the picture. They report their decision and then walk back to the start (50 m in 35 sec) and continue for 5 to 6 laps or 10 to 12 reps. Ideally, it's done with 6 pairs on each side.
  - 4' recovery
  - Set 2: Same as set 1, however, switch starting position to turn over the other shoulder.
  - All together, this exercise takes 33' including 3' recovery.
  - For the technical decision, match incidents can be shown around the penalty area on a TV screen or laptop to allow the Referee and ARs to take a team decision.



# Performance Training in Football Refereeing

## Weekly Training Plan



- \* Match - 10' of match play or 10' of medium-intensity jogging (80% HR<sub>max</sub>).
- \* Cool down - 5' jogging and walking, followed by 10' static stretching.

Total duration: 105'

Fri. 29<sup>th</sup>: REST DAY

Sat. 30<sup>th</sup>: \* Warm up - 20' jogging, mobilisation and dynamic stretching.

Tr. 65

\* Speed

- Set 1:

- 10 m sprint up, 10 m walk down, 3 x

- 20 m sprint up, 20 m walk down, 3 x

- 30 m sprint up, 30 m walk down, 3 x

(with a change in direction to the left or to the right)

- Once the 9 sprints (180 m total sprinting distance) have been completed take a 5' stretching and drinking break.

- Set 2:

- In reversed order, i.e. from 30 m to 10 m, each distance 3 x for a further 9 sprints.



## Performance Training in Football Refereeing Weekly Training Plan

2 sets of 10 sprints		
Set 1 (9 sprints)		5 min
Recovery		5 min
Set 2 (9 sprints)		5 min
Total duration		15 min
Walking	W	300 m
Jogging	J	--- m
Backwards	BW	--- m
Sideways	SW	--- m
High Intensity	HI	--- m
Sprint	S	360 m
Total distance		660 m

- The total sprint distance is 360 m. The total exercise time is 15'.

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

Total duration: 50'

### Sun. 1<sup>st</sup>:

If you don't have a match appointment for the domestic league, use your free time for additional recovery, or to work on any fitness weaknesses you might have (e.g., aerobic endurance, strength, injury prevention,...). On UEFA Ref Network, there are also 3 different match simulation exercises to compensate for not-refereeing as VAR or 4<sup>th</sup> Official.

You may also consider alternative intermittent activities such as playing badminton, football, squash, or tennis.



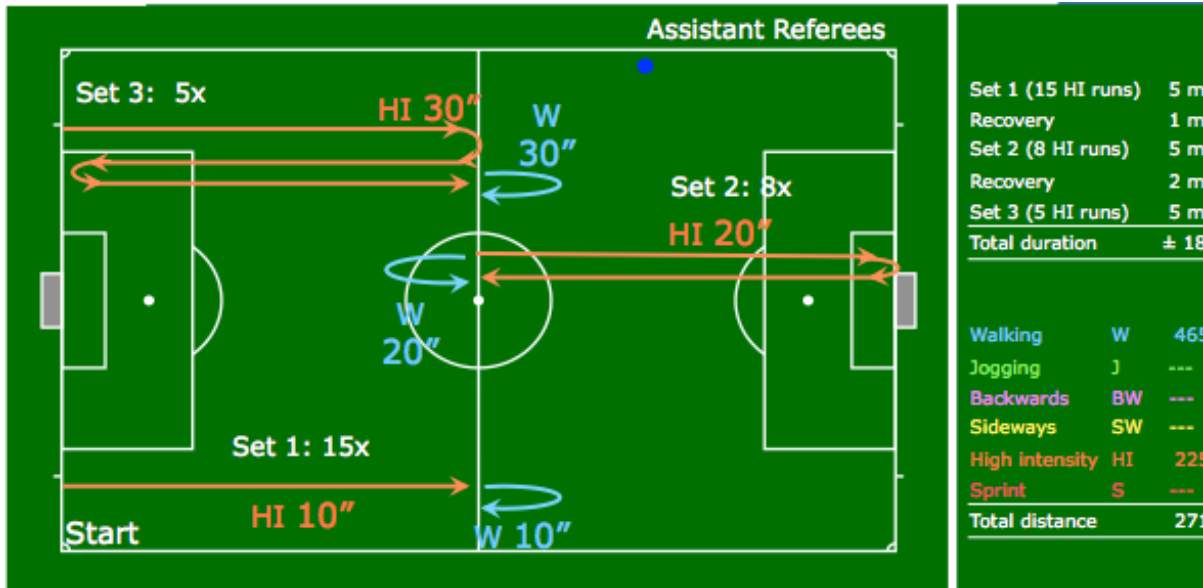
## Performance Training in Football Refereeing Weekly Training Plan

### WEEK 40 from Monday 2<sup>nd</sup> to Sunday 8<sup>th</sup> of October Macrocycle III, week 6 (Training week 18)

- Mon. 2<sup>nd</sup>: \* Act. Rec. - 50' recovery session in a fitness centre.  
Tr. 66
- Tue. 3<sup>rd</sup>: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km).  
Tr. 67
- \* Warm up - 20' jogging, mobilisation and dynamic stretching.
- \* Functional Tr. - 3 sets of 4' each (1' rest between Sets)  
<https://www.youtube.com/watch?v=KfAS7AA1qsk>
- \* RSA Refs - Set 1 (using a dynamic start):  
> 2 sprints of 75 m ( $\pm$  10") with 75" recovery jogging / walking in between each sprint  
> 4 sprints of 50 m ( $\pm$  7") with 50" recovery jogging / walking in between each sprint  
> 6 sprints of 25 m ( $\pm$  4") with 25" recovery jogging / walking in between each sprint  
> Jog 1 lap of the pitch ( $\pm$  2'30")  
> Duration Set 1:  $\pm$  12'
- Set 2 (using a dynamic start):  
> 6 sprints of 25 m ( $\pm$  4") with 25" recovery jogging / walking in between each sprint  
> 4 sprints of 50 m ( $\pm$  7") with 50" recovery jogging / walking in between each sprint  
> 2 sprints of 75 m ( $\pm$  10") with 75" recovery jogging / walking in between each sprint  
> Jog 1 lap of the pitch ( $\pm$  2'30")  
> Duration Set 2:  $\pm$  12'
- All together, 22 sprints (90% SPmax) should be performed from a dynamic start position. Decelerate smoothly, turn and jog back to the start.
- The total duration of this RSA session is  $\pm$  24'
- \* High Int. ARs - Each run to be performed at high speed / intensity (>88%HR<sub>max</sub>)
- Set 1: 10" run at 90% HR<sub>max</sub>, 10" walking, 15 x, 5' run at 90% HR<sub>max</sub>,  
- 1' recovery
- Set 2: 20" run at 90% HR<sub>max</sub>, 20" walking, 8 x, 5' run at 90% HR<sub>max</sub>,  
- 2' recovery
- Set 3: 30" run at 90% HR<sub>max</sub>, 30" walking, 5 x, 5' run at 90% HR<sub>max</sub>,



# Performance Training in Football Refereeing Weekly Training Plan



- All together, this exercise takes 18'

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

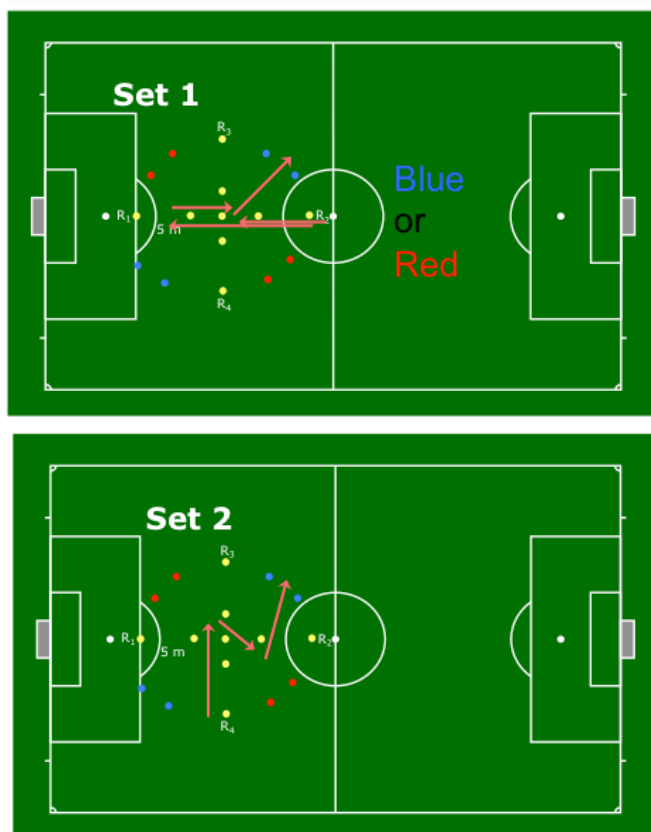
Total duration: 97'

Wed. 4<sup>th</sup>:

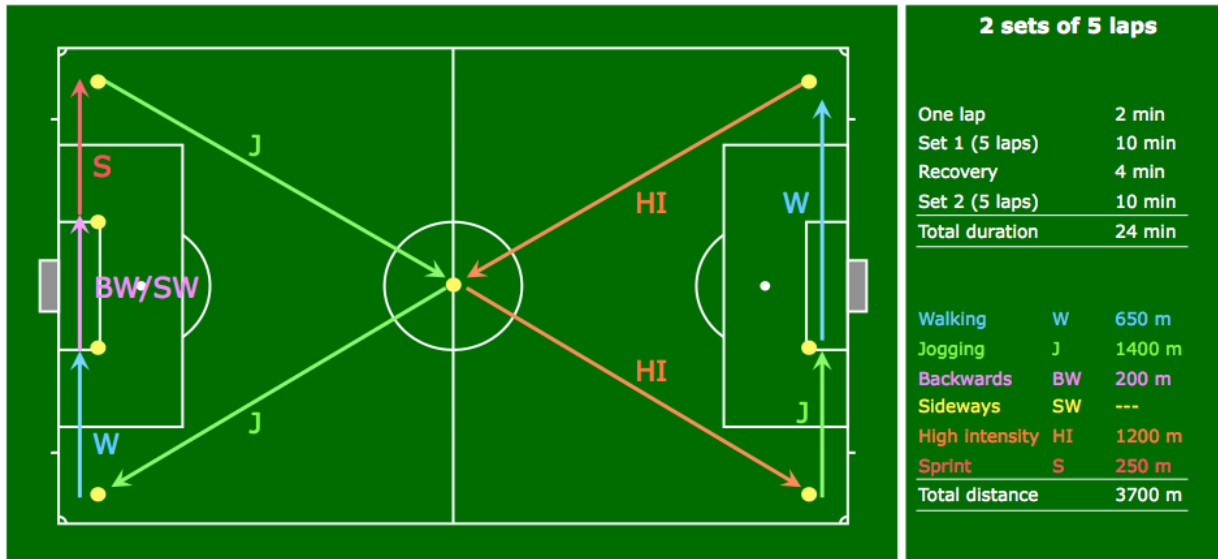
REST DAY

Thu. 5<sup>th</sup>:  
Tr. 68

- \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> (± 1 km).
- \* Warm up - 20' jogging, mobilisation and dynamic stretching.
- \* Strength - 15' strength, core stability & injury prevention exercises.
- \* Speed/Agility - Visual concentration exercises including speed and agility.
  - Set 1: Referees work in 2 x 2 pairs, 8'
  - 4' recovery
  - Set 2: Referees work in 2 x 2 pairs, 8'



- \* Speed End.
- Set 1: 5 laps of  $\pm 2'$  each.
  - 4' recovery
  - Set 2: again 5 laps of  $\pm 2'$  each.
  - In total this exercise takes 24' (10' Set 1 + 4' recovery + 10' Set 2).
  - Referees can be instructed to take a technical decision based on where the coach bounces the ball. This position indicates a foul for the attacking team (foul in- or outside penalty area). Alternatively, the coach can also bounce the ball in front of or ahead of the goal line (goal or no-goal).



\* Match - 10' of match play or 10' of medium-intensity jogging (80% HR<sub>max</sub>).

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

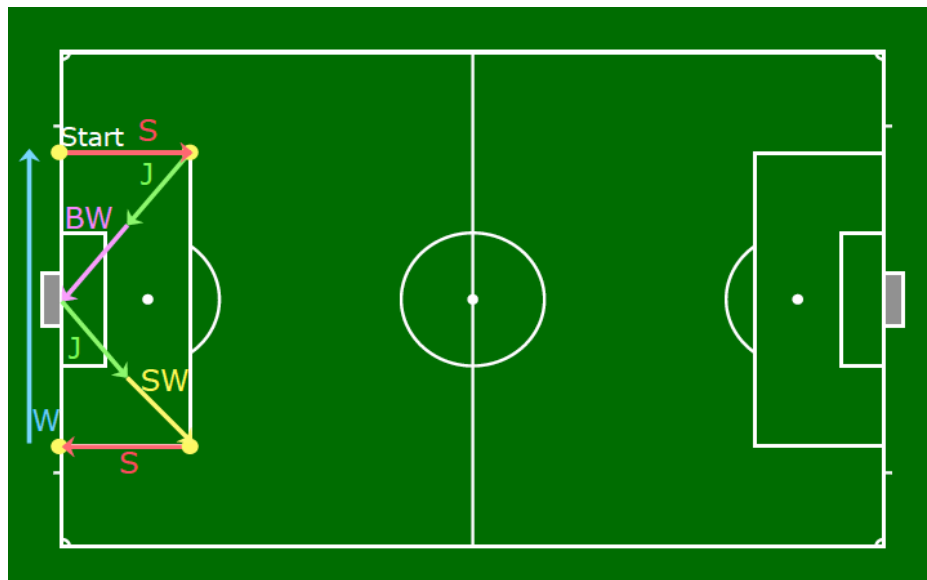
Total duration: 100'

Fri. 6<sup>th</sup>: REST DAY

Sat. 7<sup>th</sup>: \* Warm up - 20' jogging, mobilisation and dynamic stretching.

Tr. 69

\* Speed - Set 1: short sprints in the penalty area, 5 laps.



- 5' recovery and stretching

- Perform a 2<sup>nd</sup> Set of the above exercise (5 sprints).

- The total exercise time is ±15'.





## Performance Training in Football Refereeing Weekly Training Plan

---

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

Total duration: 50'

Sun. 8<sup>th</sup>:

If you don't have a match appointment for the domestic league, use your free time for additional recovery, or to work on any fitness weaknesses you might have (e.g., aerobic endurance, strength, injury prevention,...). On UEFA Ref Network, there are also 3 different match simulation exercises to compensate for not-refereeing as VAR or 4<sup>th</sup> Official.

You may also consider alternative intermittent activities such as playing badminton, football, squash, or tennis.