

FIFA 11+ REFEREES

PART 1: RUNNING EXERCISES

(ALONG THE LINE OF CONES, DO THE EXERCISE TWICE)



1. STRAIGHT AHEAD
Jog straight



2. CIRCLING PARTNER
Jog & sideways shuffling



3. ZIGZAG SHUFFLING
Sideways zig-zag shuffling, alternating the leading leg at each cone



4. FORWARDS / BACKWARDS SPRINTS
Combination of quick forwards and backwards running at each cone



5. SLALOM FORWARDS / BACKWARDS
Slalom between the cones



6. FORWARDS / BACKWARDS WITH ROTATIONS
Jog forwards, rotate at 180 degrees at cone, continue backwards, and repeat



5. ALTERNATE SHUFFLING
Sideways shuffling, changing the leading leg at each cone



6. CARIOCAS
Sideways shuffling, alternatively crossing legs

PART 2: STRENGTH, PLYOMETRICS AND BALANCE EXERCISES

LEVEL 1



1. THE BENCH ALTERNATE LEGS
Lift each leg in turn, holding for 2 sec;
1 set (30-60 sec)



2. SIDEWAYS BENCH RAISE AND LOWER HIP
Raise and lower hip/pelvis;
1 set (20-30 sec, on each side)



3. THE BRIDGE ALTERNATE
Lift the pelvis until the body is straight, lift alternatively one leg;
1 set (20-30 sec)



7. SINGLE LEG STANCE MOVE THE OTHER LEG
Balance on one leg, while performing 1/2 circles with the other leg;
1 set (30 sec, on each side)



8. FRONT LUNGES
Lunge forward, return to standing and alternate leg;
1 set (10 reps on each side)



4. HAMSTRING BASIC
1 set (7-10 reps)



5. CALF BASIC
Standing on toes, raise/lower your body;
1 set (20 -30 sec, on each side)



6. DOUBLE LEG SQUAT JUMPS
Repeatedly jump and land softly;
1 set (20-30 sec)



7. LATERAL LUNGES 45°
Lunge sideways until knee is ca. 45° flexed, continue on other side;
1 set (10 reps on each side)



8. LATERAL JUMPS
Jump sideways and land softly, repeat on other side;
1 set (20-30 sec)

LEVEL 2



1. THE BENCH ONE LEG LIFT AND HOLD
Lift one leg and hold the position for 20-30 sec;
3 sets (on each side)



2. SIDEWAYS BENCH WITH LEG LIFT
Lift/lower the upper leg while maintaining the position;
1 set (20-30 sec on each side)



3. THE BRIDGE ON ONE LEG
Lift the pelvis until the body is straight;
1 set (20-30 sec on each side)



7. SINGLE LEG CROSS HOPS
Jump and land softly in a random way (front, side, diagonal);
1 set (30 sec on each leg)



8. SCISSORS JUMPS
Repeatedly jump and land softly off a lunge position, switching legs;
1 set (20-30 sec)



4. HAMSTRING ADVANCED
1 set (10-15 reps)



5. CALF ADVANCED
Standing on toes, raise/lower your body on a box;
1 set (20 -30 sec, on each side)



6. BOUNDING
Repeatedly push off the ground quickly;
1 set (20-30 sec)



7. LATERAL LUNGES 90°
Lunge sideways until knee is ca. 90° flexed, continue on other side;
1 set (10 reps on each side)



8. DOUBLE LATERAL JUMPS
Jump sideways and land softly, then repeat again; repeat 1 other direction;
1 set (20-30 sec)

PART 3: RUNNING EXERCISES

(ALONG THE LINE OF CONES, DO THE EXERCISE TWICE)



1. PROGRESSION RUN
Run approx. 30 meters at 70-80% of max. pace



2. LONG SPRINTS
Sprint at 80-90% of max. pace over



3. SHORT DIAGONAL SPRINT
Short diagonal sprints within the two lines of cones



4. LONG DIAGONAL SPRINT
Long diagonal sprint within the two lines of cones



3. SHUFFLING AND SHORT SPRINTS
Alternating sideways shuffles and sprints



4. SHUFFLING AND LONG SPRINT
Sideways shuffle first then sprint at 80-90% until last cone



Referee & Assistant Referee



Referee



Assistant Referee