

NSWSLFR Training 2019

7pm Start - Lidcombe Oval

	Training Week 1	Training Week 2	Training Week 3	Training Week 4	Training Week 5
December	5th	12th	19th	26th	
Session	Speed/Endurance/Game	Speed/RSA/Game	Speed/Endurance/Game	No Group Australia Day	
January	2nd	9th	16th	23rd	30th
Session	Speed/RSA/LOTG	Speed/Endurance/Game	Practice FT	Speed/RSA/LOTG	Practice FT
February	6th	13th	20th	27th	
Session	Speed/Endurance/Game	Fitness Test	Speed/Endurance/Game	Fitness Test	
March	6th	13th	20th	27th	
Session	BBQ	Agility Workshop/Positioning	Sprint Workshop/AR	RSA Workshop/Game	
April	3rd	10th	17th	24th	
Session	Sprint Tests	Agility Workshop/Positioning	Sprint Workshop/AR	RSA Workshop/Game	
May	1st	8th	15th	22nd	29th
Session	RSA Tests	Agility Workshop/Positioning	Sprint Workshop/AR	RSA Workshop/Game	BBQ
June	5th	12th	19th	26th	
Session	Agility Tests	Agility Workshop/Positioning	Sprint Workshop/AR	RSA Workshop/Game	
July	3rd	10th	17th	24th	31st
Session	Finals Qual FT/Penalty Kicks	Finals Qual FT/Penalty Kicks	Finals Qual FT/Penalty Kicks	Finals Qual FT/Penalty Kicks	BBQ
August	7th	14th	21st	28th	
Session	Speed/Endurance/Game	Agility/RSA/Game	Speed/Endurance/Game	Agility/RSA/Game	
September	4th	11th	18th	25th	
Session	BBQ	Speed/Endurance/Game	Agility/RSA/Game	Speed/Endurance/Game	


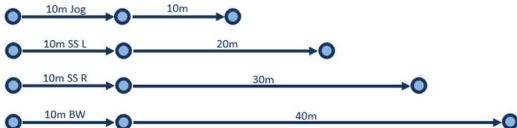

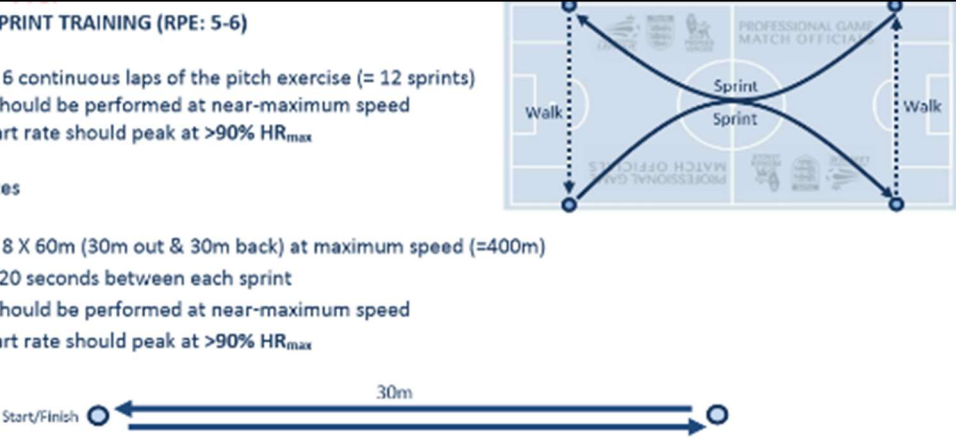
Subject to amendment based on FFA Cup Dates, Fitness Test or at trainer discretion.


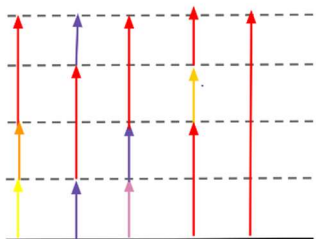
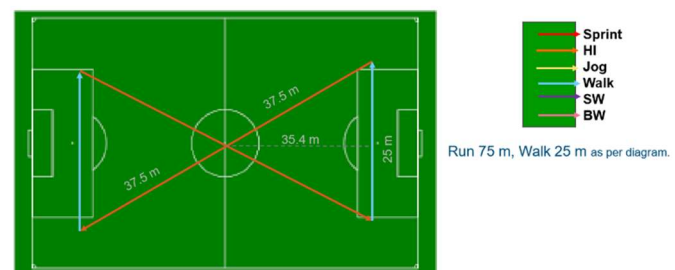
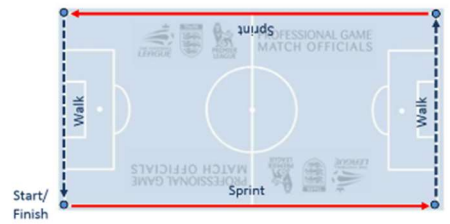
Practice Fitness Tests and Fitness Tests are at Barden Ridge. Alternate Sessions are Provided for those nights.




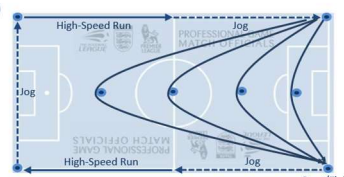
Finals Qualifying FTs are at Lidcombe Oval at TSC's discretion.

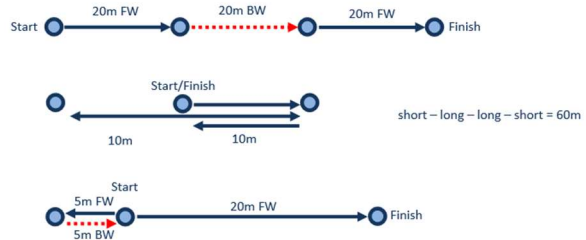
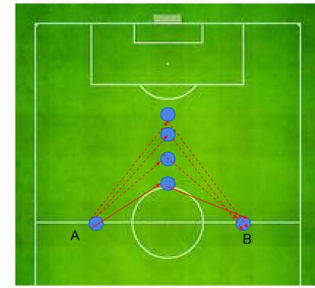


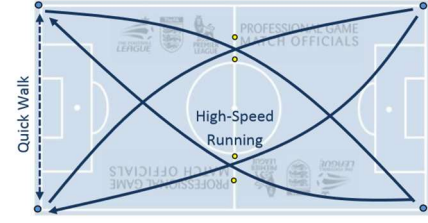
Referees must attend 3 training sessions before attempting a fitness test.

<p>FITNESS TEST INFO 2019</p> <p>More information on Fitness Tests will follow but some new policies from TSC to keep in mind following a review of the 2018 tests</p> <p>Fitness Test Format to be same as 2018</p> <p>Active officials will be invited to an appropriate fitness level based on expectations according to 2018 results and groupings</p> <p>Referees must attend 3 training sessions/achieve 3 training credits prior to attempting a fitness test. This is a new requirement following the 2018 tests.</p> <p>Fitness evaluation will be conducted at some point in the year to check on fitness levels. This will not be a fitness test but more of an evaluation. Not attempting a fitness check may exclude you from final series considerations.</p> <p>UNABLE TO ATTEND TRAINING</p> <p>1 Training credit will no longer be accredited for people requesting a credit if they do not supply training data.</p> <p>If you are unable to attend training then you must:</p> <p>1) join the Garmin NSWSLFR training Group to upload your data automatically from your own session/match; or</p> <p>2) for those without a Garmin, manually submit your training for 2019 to https://form.jotform.co/83356017271858</p> <p>If you have a polar watch or other non-Garmin HR data, or just want to submit Garmin data privately, that should now be submitted using the JotForm.</p> <p>If you attend a scheduled group session (whether NSWSLFR or FFA) then you are not required to submit the Jotform, but are welcome to.</p>	<p>Some additional information regarding the Garmin group:</p> <p>From your Garmin Connect dashboard go to Groups The group name is "NSWSLFR Training Group" You can search for "NSWSLFR" (no spaces) and it will come up. To be added to the group the member will need to:</p> <ul style="list-style-type: none"> • Provide their correct name, as per their membership details; that means no aliases or nicknames; if we can't recognise your name you will be declined • Adjust their settings to public so they are visible to the coordinator • Only upload their main weekly training session (one only). We do not need to know when every time they take their dog for a walk and tracked it on their Garmin!! • A training credit will only be issued if the uploaded session is equal to the expected intensity and timing of the session completed <p>Ideally the session should be chosen for the published NSWSLFR training plan for that month or a drill of equal intensity. We do not want to track gym or weight sessions.</p> <p>1) the cycling club, if training, has absolute right of way on the track around the field.</p> <p>2) there are to be no balls used on the field at all until the cycling club has packed up and gone home</p> <p>3) we need to leave the facility clean and tidy</p>
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5th	12th
7.00 – 7.20	7.00 – 7.20
Warm Up/Core	Warm Up/Core
7.20 – 7.40	7.20 – 7.40
<p>REDUCED SPEED TRAINING (RPE: 1-2)</p> <ul style="list-style-type: none"> Set out cones as shown below and perform the following exercise X 10: Accelerate gradually up 'through the gears' through each 10m segment There should be a clear difference in your speed through each segment You should finish each repetition with a full acceleration through the final 10m segment Perform a slow walk back to the start as your recovery between reps 	<p>SPEED TRAINING (RPE: 2-3)</p> <ul style="list-style-type: none"> Set out cones as shown below and perform the following sprints at maximum speed X 4 rotations: <ul style="list-style-type: none"> 10m jogging start into 10m all-out sprint 10m side-stepping L start into 20m all-out sprint 10m side-stepping R start into 30m all-out sprint 10m backwards running start into 40m all-out sprint Perform very slow walk back to the start between each sprint 
7.40 - 8.10	7.40 - 8.10
<p>PITCH-BASED SPEED & HIGH-INTENSITY AEROBIC TRAINING (RPE: 5-6)</p> <p>Exercise:</p> <ul style="list-style-type: none"> Perform the 20 continuous runs at very high speed (>88% HR_{max}) <ul style="list-style-type: none"> From the green cone, backpedal quickly to the blue cone, turn and perform curved high-speed run to red cone at far end of the pitch Walk slowly between the red and green cone (15 seconds) Make sure that you run wide and that you are making a tightly curved run 	<p>REPEATED SPRINT TRAINING (RPE: 5-6)</p> <ul style="list-style-type: none"> Perform 6 continuous laps of the pitch exercise (= 12 sprints) Sprints should be performed at near-maximum speed Your heart rate should peak at >90% HR_{max} <p>Rest 4 minutes</p> <ul style="list-style-type: none"> Perform 8 X 60m (30m out & 30m back) at maximum speed (=400m) Rest for 20 seconds between each sprint Sprints should be performed at near-maximum speed Your heart rate should peak at >90% HR_{max} 
8.10 – 8.30	8.10 – 8.30
Game/Cool Down	Game/Cool Down

19th	26 th – No Group Session - Self										
7.00 – 7.20	7.00 – 7.20										
Warm Up/Core	Warm Up/Core										
7.20 – 7.40	7.20 – 7.40										
<p><i>PITCH-BASED REPEATED SPRINT TRAINING (RPE: 6-7)</i></p> <p>Exercise 1:</p> <ul style="list-style-type: none">Perform 6 repetitions of the exercise below<ul style="list-style-type: none">Sprint 40m (straight) at near-maximum speed X6 with a 30-sec rest between reps <p>Exercise 2:</p> <ul style="list-style-type: none">Perform 6 repetitions of the exercise below<ul style="list-style-type: none">Sprint 3 X 20m shuttles at near-maximum speedWalk 2 X 10m shuttles slowly for recovery between repetitions 	 <ul style="list-style-type: none">Distance between each of the grey lines is 10 mReferees complete each of the sprints as shown on the left, and repeat until they have completed three repetitions of each <table><tr><th>Sets</th><th>Inter-set Rest</th><th>Reps</th><th>Inter-rep rest</th></tr><tr><td>2</td><td>2 min. or longer until HR=65-70%max</td><td>15 (3 of each shown above)</td><td>walk back to start, HR=/\leq80%max</td></tr></table>	Sets	Inter-set Rest	Reps	Inter-rep rest	2	2 min. or longer until HR=65-70%max	15 (3 of each shown above)	walk back to start, HR=/ \leq 80%max		
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7.40 - 8.10	7.40 - 8.10										
<p><i>Interval Test (Variation)</i></p>  <p>Run 75 m, Walk 25 m as per diagram.</p> <table><tr><th>Sets</th><th>Inter-set Rest</th><th>Reps</th><th>Inter-rep rest</th><th>Time/rep</th></tr><tr><td>2</td><td>3 min</td><td>15</td><td>N/A (cont. circuit)</td><td>Referees to self-time using their watch (where possible) as per fitness test times Men: 15/18 sec. Women: 17/20 sec. Note: 1 rep =1 lap above</td></tr></table>	Sets	Inter-set Rest	Reps	Inter-rep rest	Time/rep	2	3 min	15	N/A (cont. circuit)	Referees to self-time using their watch (where possible) as per fitness test times Men: 15/18 sec. Women: 17/20 sec. Note: 1 rep =1 lap above	<p><i>REDUCED PITCH-BASED REPEATED SPRINT TRAINING (RPE: 5-6)</i></p> <p>Exercise:</p> <ul style="list-style-type: none">Perform 2 sets of 4 laps (8 runs) of the exercise below with a 5-min rest between sets<ul style="list-style-type: none">Sprint the lengths and walk the widthsSprints should be performed at near-maximal paceWalks should take no longer than 45 secondsYour HR should peak at $>90\%$ HRmax 
Sets	Inter-set Rest	Reps	Inter-rep rest	Time/rep							
2	3 min	15	N/A (cont. circuit)	Referees to self-time using their watch (where possible) as per fitness test times Men: 15/18 sec. Women: 17/20 sec. Note: 1 rep =1 lap above							
8.10 – 8.30	8.10 – 8.30										
Game/Cool Down	Cool Down										

2nd		9th																	
7.00 – 7.20		7.00 – 7.20																	
Warm Up/Core		Warm Up/Core																	
7.20 – 7.40		7.20 – 7.40																	
<p><u>Falling start sprints</u></p> <ul style="list-style-type: none"> ➤ Start in an upright position on toes ➤ Slowly let your body fall forward towards the ground. Ensure you keep a straight position (hips squeezing forward). ➤ Fall as far forward as you comfortably can (without hitting the ground) and then sprint forward 20 m.  <table border="1"> <thead> <tr> <th>Sets</th><th>Inter-set Rest</th><th>Reps</th><th>Inter-rep rest</th></tr> </thead> <tbody> <tr> <td>1</td><td>N/A</td><td>15</td><td>Until the referee feels they are able to sprint again at full speed (recommend ~40 sec.)</td></tr> </tbody> </table>		Sets	Inter-set Rest	Reps	Inter-rep rest	1	N/A	15	Until the referee feels they are able to sprint again at full speed (recommend ~40 sec.)	<p><u>Sprint technique drills</u></p> <p>a) Bounders – 40 m</p>  <ul style="list-style-type: none"> -Exaggerated stride length and flight phase -back leg should straighten in flight phase <p>b) Hop + bound – 20 m</p> <ul style="list-style-type: none"> -Hop on one leg (on the spot), then bound forward once on that leg (as above) > Land on the opposite leg, hop, bound to land back on the original leg and so forth. <p>c) Falling start sprints - 40 m</p> <p>d) Broad jump start sprint</p> <ul style="list-style-type: none"> -Start on 2 feet, jump forward as far as (safely) possible, landing on one leg to go straight into a sprint. <p>~30 min.</p> <p>QUALITY OF MOVEMENT>>>speed</p> <table border="1"> <thead> <tr> <th>Set</th><th>Inter-set rest</th><th>Reps</th><th>Inter-rep rest</th></tr> </thead> <tbody> <tr> <td>1 set of each (a-d)</td><td>2 min. between a,b,c,d</td><td>a) 6 b) 4 c) 6 d) 6</td><td>50-70 sec. (Referees should feel as though they are at least 85 % recovered before starting the next sprint)</td></tr> </tbody> </table>		Set	Inter-set rest	Reps	Inter-rep rest	1 set of each (a-d)	2 min. between a,b,c,d	a) 6 b) 4 c) 6 d) 6	50-70 sec. (Referees should feel as though they are at least 85 % recovered before starting the next sprint)
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7.40 - 8.10		7.40 - 8.10																	
<p>PITCH-BASED HIGH-INTENSITY AEROBIC TRAINING (RPE: 5-6)</p> <ul style="list-style-type: none"> ▪ Perform 3 laps of the 'figure of 8' exercise (right) = 4 runs ▪ Rest 4 minutes ▪ Perform another 3 laps (=total of 6 laps = 24 runs) ▪ Runs should be performed at very high speed 		<p>PITCH-BASED HIGH-INTENSITY AEROBIC TRAINING (RPE: 5-6)</p> <ul style="list-style-type: none"> ▪ Perform 1 complete sets of the exercise below (4 laps) ▪ Rest 4 minutes ▪ Perform another complete set of the exercise (4 laps) ▪ Your target heart rate is 88-90% HR_{max} 																	
8.10 – 8.30		8.10 – 8.30																	
LOTG/Cool Down		Game/Cool Down																	

16th– Group Session is Practice FT	23rd
7.00 – 7.20	7.00 – 7.20
Warm Up/Core	Warm Up/Core
7.20 – 7.40	7.20 – 7.40
<p>SPEED & AGILITY TRAINING (RPE: 2-3)</p> <ul style="list-style-type: none"> Set out the exercises shown below and perform 4 rotations = 12 sprints Perform each exercise at maximum speed and recover to <65% HR_{max} between repetitions 	<p>Pyramid</p> <p><u>Set-up</u></p> <ul style="list-style-type: none"> Place a cone 5 m from either side of the centre circle, along the halfway line Starting from the centre of the field, place a cone at 10 m, (towards the goal), 15 m, 20 m and 25 m. <p><u>Drill</u></p> <ul style="list-style-type: none"> Start at cone A, sprint to cone 1, then to cone B. Walk from B to A, going around the circle. Repeat with cones 2, 3 and 4. <p>Rest 1 min (at least) or until HR=70 % max.</p> <ul style="list-style-type: none"> Repeat as above except this time working from cone B to A. 
7.40 - 8.10	7.40 - 8.10
<p>TRACK-BASED HIGH-INTENSITY AEROBIC TRAINING (RPE: 5-6)</p> <ul style="list-style-type: none"> Perform 6 X 200m high-speed shuttle runs using the straight of the track (100m out & 100m back) = 1200m Between runs, rest for 45 seconds <p>Rest 3 minutes</p>  <ul style="list-style-type: none"> Perform 6 X 200m high-speed shuttle runs using the bend of the track (100m out & 100m back) = 1200m Between runs, rest for 45 seconds 	<p>PITCH-BASED HIGH-INTENSITY AEROBIC TRAINING (RPE: 5-6)</p> <p><u>Exercise:</u></p> <ul style="list-style-type: none"> Perform 6 complete laps of the exercise below = 12 runs <ul style="list-style-type: none"> From the corner flag, run to the far & opposite corner flag and back again at very high speed (see diagram below) Walk along goal line to opposite corner flag between each run Use your red button to monitor your speed 
8.10 – 8.30	8.10 – 8.30
Game/Cool Down	LOTG/Cool Down

30th – Group Session is Practice FT

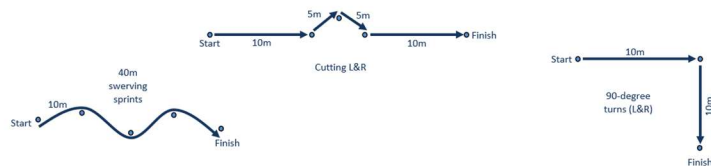
7.00 – 7.20

Warm Up/Core

7.20 – 7.40

SPEED & AGILITY TRAINING (RPE: 2-3)

- Set out the exercises shown below and perform 4 rotations = 12 sprints
- Perform each exercise at maximum speed and recover to <65% HR_{max} between repetitions



7.40 - 8.10

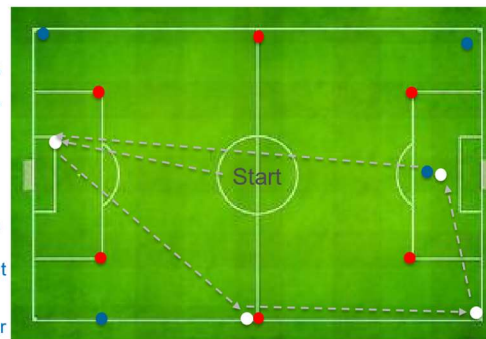
Colour Runs-(Very) High Intensity Running

All referees start in the centre circle, facing inward.

Instructor calls a colour (based on colour cones available). The referees must run to a cone of that colour, and then continue running to each cone of that colour until they have created a closed loop/shape. The order of the cones does not matter, as long as they all link up and stay on the same colour. An example of how they could run the 'white' is on the diagram→

From the time the last person is back, time 60 seconds rest. If you have a large variance in fitness levels, you may wish to add an additional run in between for those who are having no difficulty, whilst others who need it could rest for that repetition.

The referees should complete 4 runs for each colour throughout the set, however the instructor can choose any order in which to run these.



~25 min

8.10 – 8.30

Game/Cool Down

General Dynamic Warm Up (15min.)

1. Aerobic warm up (5 to 8min. total time)

3-5min. easy jogging on the field, building up in intensity to a vigorous jog.

3-5min. moderate field movement; alternate between forward jog, backward jog, side slide, karaoke, and easy skipping. Nothing should be done aggressive or fast. The goal is to increase the muscle temperature and take the body from resting to sweating.

2. Dynamic stretching activities (5 to 8min. total time)

Walking knee to chest (3-5 each leg)

Walking hip cradle (3-5 each leg)

Inchworms (5 each)

Forward lunge +back extension (3-5 each leg)

Extended lateral lunge (3-5 each side)

Jogging hip outs and Hip Ins (20m each)

Stationary leg swings *front to back and side to side* (5 each leg)

Dynamic Calf Stretch (a few each leg)

3. Field specific movements (5-8 min. total time)

Run 30 meters, at 65-70% maximum pace – then easy jog back

Run 30 meters, at 75-80% maximum pace – then easy jog back

Working your way across the pitch, start by jogging 4-5 steps, then plant on the outside leg and cut to change direction. Accelerate and sprint 5-7 steps at high speed (85% maximum pace) before you decelerate. Continue to repeat while switching cutting direction for about 50m.

Referees

Run forward at a moderate pace for 15meters. Then quickly change directions and run backwards quickly for approximately 5meters. Next, push off forward at an easy running pace. Keep repeating the drill, running forwards and backwards, for approximately 50m, followed by an easy jog back. Perform any additional warm up drills you feel necessary.

Assistant Referees

Start by side sliding in either direction for 4-5 strides, then perform a quick cross over step and accelerate forward at high speed (85% maximum sprint), following an easy slow down. The drill will be performed again while sliding in the other direction. Continue the drill for about 50meters. Jog back easily and perform any additional warm up drills you feel necessary.



Knee to Chest



Hip Cradle



Inchworm



Lunge Back Extension



Lateral Lunge



Hip Out



Dynamic Calf Stretch



Forward Leg Swing



Lateral Leg Swing



Hip In

Referees Dynamic Warm Up (20min.)

1. Aerobic warm up (8 to 10min. total time CONTINUOUS)

3-5min. easy jogging on the field, building up in intensity to a vigorous jog.

50m Backward runs (Easy) + 50m Forward run (Easy)

25m Side slide right (Easy) + 25m Forward run (Easy)

50m Backward runs (Easy) + 50m Forward run (Easy)

25m Side slide left (Easy) + 25m Forward run (Easy)

25m Backward run (Moderate Pace) + 25m easy jogging

25m Forward run (Moderate Pace) + 25m easy jogging



2. Dynamic stretching activities (5 to 8min. total time)

Walking knee to Chest (3-5 each leg)

Walking hip cradle (3-5 each leg)

Forward lunge + Hamstring (3-5 each leg)

Extended lateral lunge (3-5 each side)

Jogging Hip Outs and Hip Ins (20m each)

Walking leg swings (5 each leg)

Dynamic Calf Stretch + Easy Ankle Skipping (a few each leg)

Eagles (Hip Rotations) (5 each leg)



3. Field specific movements (5-8 min. total time)

Run 50 meters, at 65-70% maximum pace – then easy jog back

Run 50 meters, at 75-80% maximum pace – then easy jog back

As you work your way across the pitch, start by Jogging 4-5 steps, then plant on the outside leg and cut to change direction. Accelerate and sprint 5-7 steps at high speed (85% maximum pace) before you decelerate. Continue to repeat, while switching cutting direction, for about 50m.

Run forward at a moderate pace for 15meters. Then, quickly change directions and run backwards quickly for approximately 5meters. Next, push off forward at an easy running pace. Keep repeating the drill running forwards and backwards for approximately 50m, followed by an easy jog back. Perform any additional warm up drills you feel necessary.



Walking Knee to Chest

As you walking forward, periodically stop and lift your knee to your chest to stretch out your hamstring, glutei and lower back muscles. As you pull your knee towards your chest, extend up on the opposite toe and hold this position for a long one count. Together this drill puts you in one of the most important sprint positions- the knee drive extension. Posture and form are critical; eyes should be forward, back should be straight with shoulder blades pulled together, and your front toe should be pulled towards the shin creating the hard Z position.



Walking Knee to Shoulder

This exercise is much like the walking knee to chest exercise but the leg is rotated out 90 degrees into the lateral plane. As before, the leg should be pulled upwards as the athlete extends up onto the opposite toe. Hold the position for a long one count before coming back down and switching legs. Maintain posture, core control and balance while alternating between right and left sides.



Foot to Hip (Hip Cradle)

While walking forward, periodically stop and lift your foot to your opposite hip. This will actively stretch the outside portion of your hip and glutei muscles. During this action, your opposite leg should be extended while you rise up on your toe. Hold the position for a long one count before coming down and alternating legs. Once again, posture, balance and core strength are of high importance.



Stationary Forward Leg Swings

From a stationary position, swing a straight leg up to meet your opposite hand. Next swing the leg back down in the opposite direction until stretched behind your body. Start off slowly and progressively increase the intensity of each repetition to avoid injury. Athletes should focus on maintaining good upright posture throughout the entire exercise. Do not allow the hips to rotate or the down leg to bend.



Stationary Lateral Leg Swings

From a stationary position, swing a straight leg out to the open side. Next, swing the leg back down in the opposite direction across the middle line of the body, until stretched completely to the opposite side of your body. Start off slowly and progressively increase the intensity of each repetition to avoid injury. Athletes should focus on maintaining good, upright posture throughout the entire exercise.



Over and Back + Hamstring Stretch

The over and back hamstring string stretch combines a back flexibility exercise with the forward hamstring stretch. Start from a seated position reaching forward towards your feet in a traditional two leg hamstring stretch. Although in this picture the athletes back is slightly rounded you should attempt to keep your back flat with your shoulder blades pulled back and together while reaching forward. Next roll back extending your straight legs over your head until you reach a moderate stretched position. Progressively increase the distance of flexion with each repetition. As you roll back forward reach forward for your toes,



Fire hydrant + Extension

Starting on all fours, lift one leg to the side of your body. While doing this, make sure the foot knee and hip are all kept at a 90 degree angle. Next, hold this position while slowly extending the bent leg until it is straight and parallel to the ground. Reverse the steps and perform the exercise on the opposite side.



Dynamic Calf Stretch

Start in a raised bridge position. Move your foot through the full range of motion from heel down to heel up. I do not like to use static stretching in warm up drills because it decreases explosive power and reaction time. The key to this drill is keeping your foot moving continuously through the full range of motion. Following this exercise, I suggest performing an easy ankle skipping exercise. An ankle skip is a skipping drill with little knee lift; the focus is on extending the back foot while pulling the toe of the front foot to your shin bone.



Eagles (Back Rotations)

Starting from the T position on the ground, lift one knee up to a 90 degree position. Next, rotate your leg and hips over to the opposite side which stretches out your lower back muscles. Make sure the straight leg remains long and the shoulders remain on the pitch throughout the entire exercise. Reverse the steps before switching legs. During the game, many different movement pattern are used; backwards, side, forward, etc.. As you transition from one movement to another, a rotation of the hips will occur. Increasing flexibility and strength in the lower back region is critical to maintaining core stability and preventing injuries during these changes in movement.



Lateral Lunge:

The lateral lunge is an essential exercise for assistant referees and should be performed regularly. Start by taking an extended stretch to one side and lower yourself down slowly until your thigh gets to a parallel position. Make sure the weight of your body is placed on the heel of your foot; this will help prevent knee problems and is a good cue for any squatting activity. Next, extend back up to the neutral position and perform the same skill on the other side before moving down the line. After a few easy side steps, perform another lateral lunge to both sides.



Walking Leg Swings

Although this exercise is very simple, it is an effective way to dynamically stretch your hamstring muscles and prepare them for explosive movements. As you walk forward, swing a straight leg up to meet your opposite hand, walk a few steps then alternate legs. Start off slowly and progressively increase the intensity of each repetition to avoid injury. Athletes should focus on maintaining good upright posture throughout the entire exercise. Below, the athlete breaks his back leg during the upswing of the front leg, this is incorrect. The athletes should be actively elongating their back leg throughout the exercise, rising up onto the back toe is a sign of good flexibility and coordination.



Fire hydrant

The key word in this exercise is 90 degrees. Starting on all fours, lift one leg to the side of your body, while doing so, make sure the foot, knee and hip are all kept at a 90 degree angle. Extend the bent leg until it is parallel to the ground, then alternate sides.



Lunge Back Extension

From a forward walk, take an elongated step, and then slowly lower your body down into a forward lunge position. As you lower yourself down into the lunge position, make sure your front knee does not extend past your front foot, if it does extend your lunge position. Next, reach back over your head with your opposite arm to further elongate your stretched position. Perform the drill on a three count so to alternate between legs. Although not shown, I typically have athletes perform a trunk rotation following the back extension. These can be added in by twisting your opposite shoulder towards your front knee.



Lunge Forearm to Instep

Start by taking an extended forward lunge, while maintaining good posture. As you lower yourself down into the lunge position make sure your front knee does not extend past your front foot, if so extend your lunge position. Next, bend over at the waist and reach your elbow down towards your front foot. Perform the drill on a three count so to alternating between legs.



Front Lunge + Hamstring

Start by taking an extended forward lunge, while maintaining good posture. As you lower yourself down into the lunge position make sure your front knee does not extend past your front foot, if it does, extend your lunge position. While keeping both hands on the ground, extend both legs. Back leg will become straight and you should focus on pushing the heel to the ground to stretch the calf muscle. The front leg may be slightly bent depending on your flexibility- extend as far as possible. As before, perform the drill on a three count so to alternating between legs.



Lunge Forearm to Instep + Hamstring (Advanced)

After you have learned the previous lunge exercises, I suggest combining them to save time and to increase efficiency. Start by performing a typical front lunge forearm to instep then extend up into the front hamstring stretch. This single drill will work the groin, hip flexors, calf, hamstring, etc. I also use a lunge twist into a standing leg cradle as a combination exercise.

Hip Outs

Walk or jog easily, stopping periodically to lift your knee to the 90 degree position and **rotate your hip outwards**. Alternate between left and right legs while maintaining a consistent pace. This exercise is great for warming up and increasing flexibility in your hip flexors and groin region.



Hip Ins

Much like the Hip Out exercise, this exercise is also great for warming up and increasing flexibility in your hip flexors and groin region. To perform this exercise, walk or jog easily, periodically stopping to lift your knee up to the 90 degree position and **rotate your hip outwards**. Alternate between your left and right legs, maintaining a consistent pace, until flexibility is increased.



Inchworms

Inchworms are one of the best warm up and cool down drills available. This exercise will stretch your calves, hamstrings and lower back muscles. Start by reaching down to the pitch with both hands. While keeping your legs straight, walk your hands out until your body is in a straight line from your feet to your shoulders. Next, slowly pop your calves, walking your feet towards your hands, while continuing to keep your legs straight. Continue walking forward until you reach a full stretch and immediately start again.

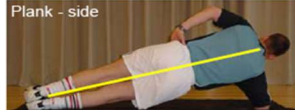


5) TRUNK

Perform these 4 exercises for 30" each in sequence x2 with 15" rest in between exercises



Area - Trunk (front abdominals)
Action - Take the weight through the toes & forearms whilst maintaining a straight trunk. Hold this position for a count of 10 and then roll into a side plank position.
Technique - Don't let the backside sag beneath the horizontal & keep the head in line with the trunk.



Area - Trunk (side abdominals)
Action - Take the weight through the side of the foot & forearms whilst maintaining a straight trunk. Hold this position for a count of 10 and then roll into the front plank position.
Technique - Keep the head in line with the trunk and don't allow the backside to fall back into a 'jackknife' position.



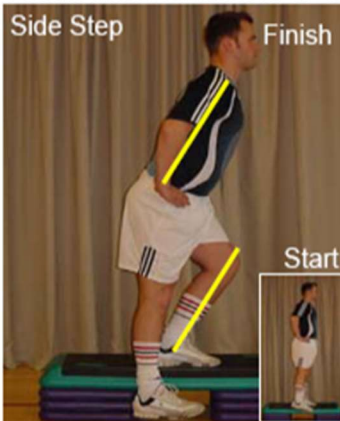
Area - Trunk & Hip Extensors
Action - Keep the supporting knee directly under the hip & the supporting arm directly beneath the shoulder. Without twisting excessively - straighten the opposite arm and leg.
Technique - Perform the movements slowly and smoothly. Aim to have as little wobble as possible & no excessive trunk twisting.



Area - Trunk (front abdominals)
Action - Start with the back straight & maintain this as the bar rolls away from the body.
Technique - Don't allow the lower back to fall into hyper-extension at the end of the roll out. Initiate movements first from hips then the arms.

1) LOWER LIMB

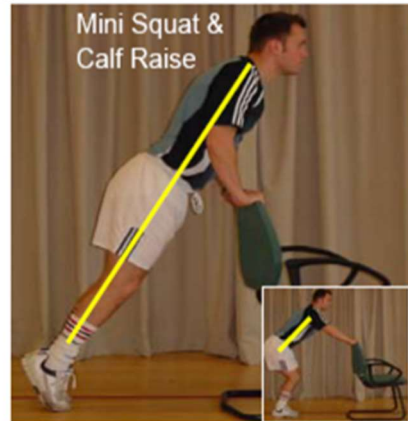
Perform these 3 exercises for 30" each in sequence x2 with 15" rest in between.



Area - Thigh & Hip
Action - Keep heel of supporting foot in contact with step as body weight is lowered to the floor. Stop once the heel of the non weight bearing foot touches the floor.
Technique - Keep back straight. At the bottom the trunk should be parallel with the line of the supporting shin.



Area - Hip & Trunk Stabilisers
Action - Stand in a stride position. Keeping the chest out & the shoulders back, drop down so that body weight is lowered vertically. At the bottom the knees should be at 90° with the trunk aligned vertically above the rear thigh.
Technique - Don't allow the leading knee to lunge forward of the ankle. At the bottom of the squat the rear knee should be in line with the hip & shoulder of the same side. Avoid sticking the backside out & dropping the shoulders forward



Area - Lower Limb 'Push-Off' Muscles
Action - Start with the knees slightly bent & heels in contact with floor. Maintain balance with hand support & drive forwards & upwards. Finish with the knees fully extended & the heels lifted maximally from the floor.
Technique - Keep the back straight throughout the exercise.

3) HAMSTRING

Perform these 5 exercises for 30" each in sequence x2 with 15" rest in between exercises



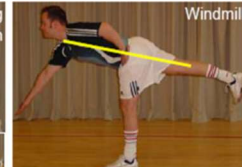
Area - Hamstring
Action - Place your heels on a bench & position the body near enough to the bench so that the knees are bent between 45-60°. Push down on the heels & lift the backside as high as possible.
Technique - Placing the hands on the floor makes the exercise easier than placing the arms across the chest.



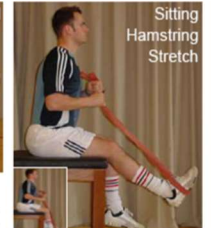
Area - Hamstring (endurance)
Action - Place your heels on a bench & position the body near enough to the bench so that the knees are bent between 45-60°. Push down on the heels & lift the backside as high as possible.
Technique - The resistance should be low so that high reps can be performed (20+). Keep the back straight throughout the exercise. Don't allow the lower back to bend as the knee is taken forwards.



Area - Hamstring (flexibility)
Action - Place a rolled towel beneath the small of the back. Keep the leg that isn't to be stretched flat to the floor. Grasp with both hands behind the thigh and then straighten the knee until a stretch sensation is felt on the back of the thigh. Hold for a count of 6 and repeat x10.
Technique - Keep the non-stretched leg flat to the floor.



Area - Hamstring (eccentric)
Action - Standing upright, keep the back straight & tip forwards maintaining a straight line down the length of the trunk and the non weight bearing leg. Reach down towards the floor and stop when tightness is experienced at the back of the thigh.
Technique - Perform the movement slowly & don't let the back bend - keep the backside in a 'stuck out' position.



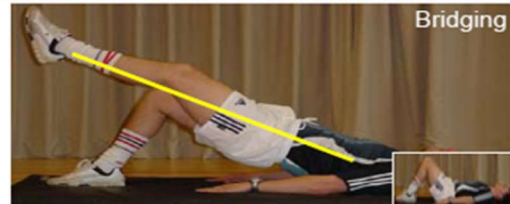
Area - Hamstring (flexibility)
Action - Sit with the back straight & the backside in a 'stuck out' position. Tip the shoulders forwards, then straighten the knee by pulling on a belt that is looped around the foot. Hold at the point of stretch for a count of 6. repeat x10.
Technique - Don't let the lower back bend as the stretch is applied - the backside must be kept in the 'stuck out' position throughout the exercise.

4) GLUTS

Perform these 2 exercises for 30" each in sequence x2 with 15" rest in between exercises



Area - Buttock
Action - Support the upper body over the end of a table. Maintain a straight lower back as the bent knee is lifted to achieve full hip extension. Perform the movement smoothly and slowly.
Technique - Keep the knee bent to 90° throughout the movement - this shortens the hamstrings & focuses the effort onto the buttock muscles. Keep the back straight - don't let it over extend as the leg is lifted or bend the leg as the leg is lowered.



Area - Buttock & Trunk
Action - Start with the knees & hip bent with the feet flat to the floor. Push up on both legs to lift the backside. Transfer weight to one foot then lift the other foot.
Technique - Engage the buttock muscles in preference to the hamstrings. Don't let the hip of the lifted leg drop as the weight is taken off the foot. Placing the hands on the floor makes the exercise easier than placing the arms across the chest.

2) CALF

Perform these exercises for 30" each in sequence x2 with 15" rest between exercises



Area - Superficial Calf Muscles

Action - Place your toes on a small raise. Keep the knees extended & taking the weight through your hands - push up onto your toes.

Technique - Perform the movement slowly. The raise should be sufficient to allow the heels to touch the floor & to cause a slight stretching sensation in the calf area at the start of the exercise.



Area - Deep Calf Muscles

Action - Place your toes on a small raise. Keep the knees partially bent & taking the weight through your hands - push up onto your toes. Keep the knees bent as you do this.

Technique - Perform the movement slowly. The raise under the toes together with the degree of knee bend should be sufficient to allow the heels to touch the floor & to cause a slight stretching sensation in the calf area at the start of the exercise.

Complete 1 set of each of the following exercises:

Bow & Arrow x 8 L&R



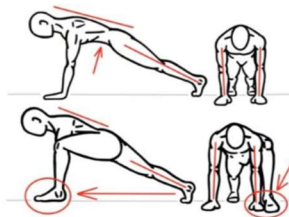
Knee to wall (outside, middle, inside) x 8 L&R



Happy cat/angry cat x 10



Spider-man lunge x 8 L&R



Start in the top of a push-up position with the hands placed shoulder width apart. Bring one foot up to the outside of the same-side hand before returning the foot to its original position and alternating sides.

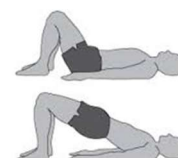
Plank hold (aka 'the bench' in FIFA11+)

- Allow for one minute hold time-if a referee is unable to maintain correct form, allow them to come down, rest for 10 sec. then resume. Ensure all referees are working towards quality before quantity (time).



Glute bridge x 15

- Squeeze glutes before lifting up to a straight line from shoulders to knees
- Move slowly, hold for 1 sec. at the top of the movement



Straight leg calf raises (Double leg) x10

- Use a fence/wall for balance support if possible
- Raise heels (upward) quickly, lower down slowly to flat feet



Fig. 1



Fig. 2

Bent leg calf raises (Double leg) x10

- As above, but maintain the same degree of flexion (bend) in knees throughout