

# Referee Academy 2012-13

## January Fitness Session

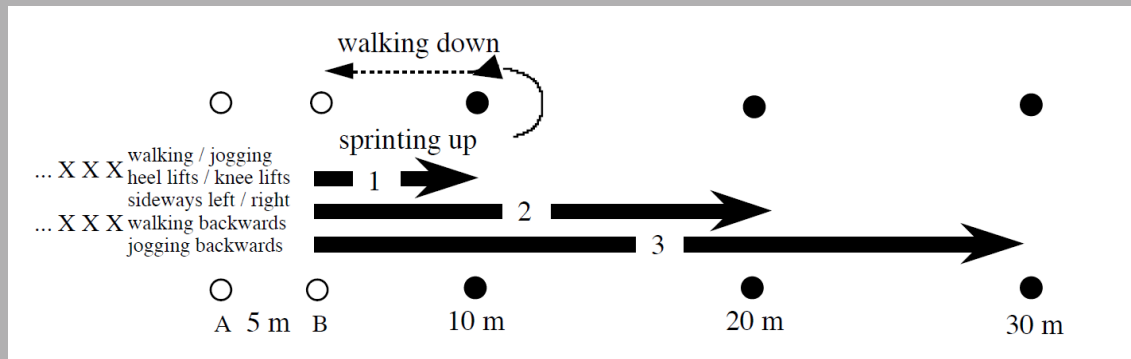
Developed by: Bob Sabella, Academy Director



\*Special thanks to  
Kari Seitz for  
guidance on FIFA  
exercises included

- This month's session includes exercises to focus on:
  - Teamwork
  - Reaction to unexpected events
  - Moving well in crowded conditions
  - Quickness and mobility
  - Making good use of recovery time
  - Aerobic fitness and endurance

## Overview



## **Instructions:**

Divide referees into groups so that each group has 4-6 referees (5 is ideal). Set up parallel lines of cones so that each group has its own set of cones with enough distance between to avoid interfering with other groups (at least five yards distance between lines of cones). The cones are spaced at 0, 5, 10, 20 and 30 meters (0, 6, 11, 22 and 33 yards). Each group designates a leader whose job is to choose the starting exercise on each lap (some examples given above). The group lines up behind the leader. The leader starts by performing the chosen exercise for the first 5 meters (6 yards) and then sprints to the next cone, turns around it and walks back. Each referee copies the leader's initial exercise and then follows the leader through the sprint. The goal is for all team members to follow the leader as quickly as possible and for the team to stay together. The same leader then repeats for two more cycles, picking a different starting exercise, the second time sprinting to the 20m (22yd) cone and the third time to the 30m (33yd) cone, walking back each time, to complete one full set. Take 1-2 minutes rest between sets.

A different leader then takes the next set of three exercises, and the group continues until five sets have been completed, changing the leader with each new set.

# **First Exercise: Follow the Leader**

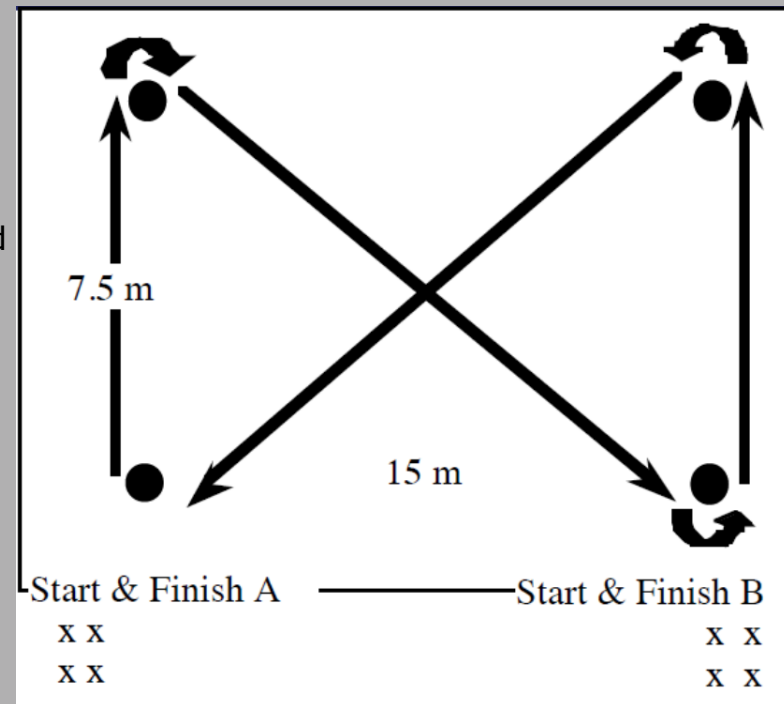
### **Instructions:**

Again divide referees into groups so that each group has 4-6 referees (5 is ideal--the groups can be the same as in the first exercise). Set up rectangles of cones, 7.5 m (8 yards) on one side and 15 m (16 yards) on the other side. Space the rectangles to avoid groups interfering with each other (except as intended in the exercise!).

The timer controls the action with a whistle and a stopwatch.

Assign two groups to each rectangle. One group starts at "A", the second group starts at "B". When the timer blows the whistle, each group follows one after the other (similar to the "Follow the Leader" exercise) and side-steps down the short side of the rectangle facing into the rectangle. Each referee then runs from the end cone diagonally across the rectangle, and then side-steps down the opposite side, again facing into the rectangle. Finally each referee sprints back to the starting cone. As you might expect, there will be some confusion as both groups try to run through the middle of the rectangle in different directions. They must navigate this as best they can to finish the exercise as quickly as possible.

Once the groups are (mostly) finished, the timer allows 40 seconds to recover, then repeats the exercise and recovery period for a total of six complete sets.



## **Second Exercise: Mixed-up Squares**

## **Instructions:**

### **(A) IF A RUNNING TRACK IS AVAILABLE:**

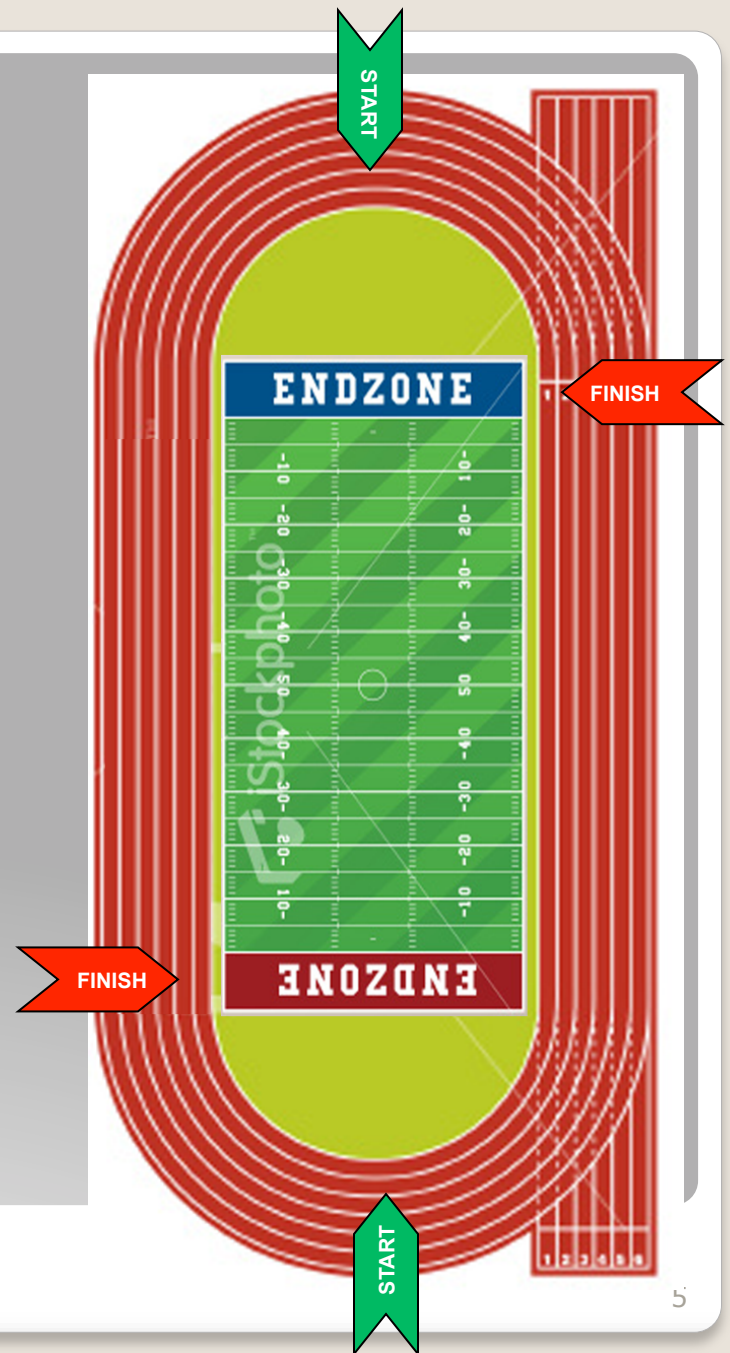
Divide referees into two groups (four groups can also be used with two additional start points at the 50 yard line markers). Mark starting lines with cones. Mark finish locations 5 yards deep into end zone (if no football field, pace 55 yards back from next starting line). Mark a second finish line 2 yards shorter than first line (3 yards deep into end zone). These two lines mark a "finish box".

The timer stands in the middle of the field. To start, he blows a hard whistle. Referees begin running. After 35 seconds, he blows a finish whistle. All referees must have entered the finish box (across the first line) at the whistle. The referees are then allowed 40 seconds to recover, during which time they walk to the next starting line. The whistles repeat, 35 secs for the run, 40 seconds until the next start. Two runs equals one lap.

The goal is at least 6 laps. A referee is allowed one miss, but on a second missed run he or she must move to the outer lanes and, after the 40 sec recovery, run continuously (try to avoid walking) until the end of the exercise.

Each referee should keep track of the total runs completed, and work to do better the next time.

## **Third Exercise: 150m repeats**



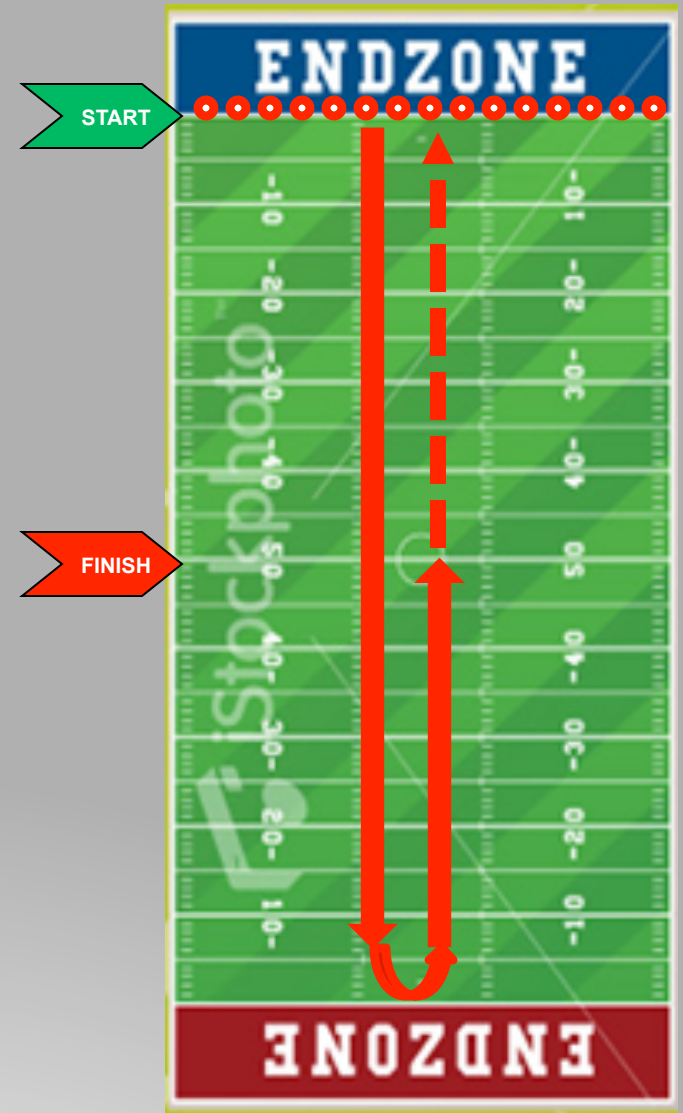
## **Instructions:**

### **(B) IF NO RUNNING TRACK IS AVAILABLE:**

Using football field markings (if available, else measure out 100 yards on a soccer field), the starting line for all referees will be one goal line. Mark a line of cones on the 50 yard line. At the whistle, the referees will run to the other goal line, reverse direction, and continue running to the 50 yard line. This run must be completed within 35 seconds (must reach the 50 yard line on the return run before the whistle). The referee are then allowed 40 seconds to walk back to the starting line before the next run.

The goal is at least 12 runs. A referee is allowed one miss, but on the second miss during the 40 second recovery the referee should move to the one side of the field (out of the way of the runners) and then continue running back and forth with no stops (try to avoid walking) until the exercise is complete.

Each referee should keep track of the total runs completed, and work to do better the next time.



## **Third Exercise: 150m repeats**