



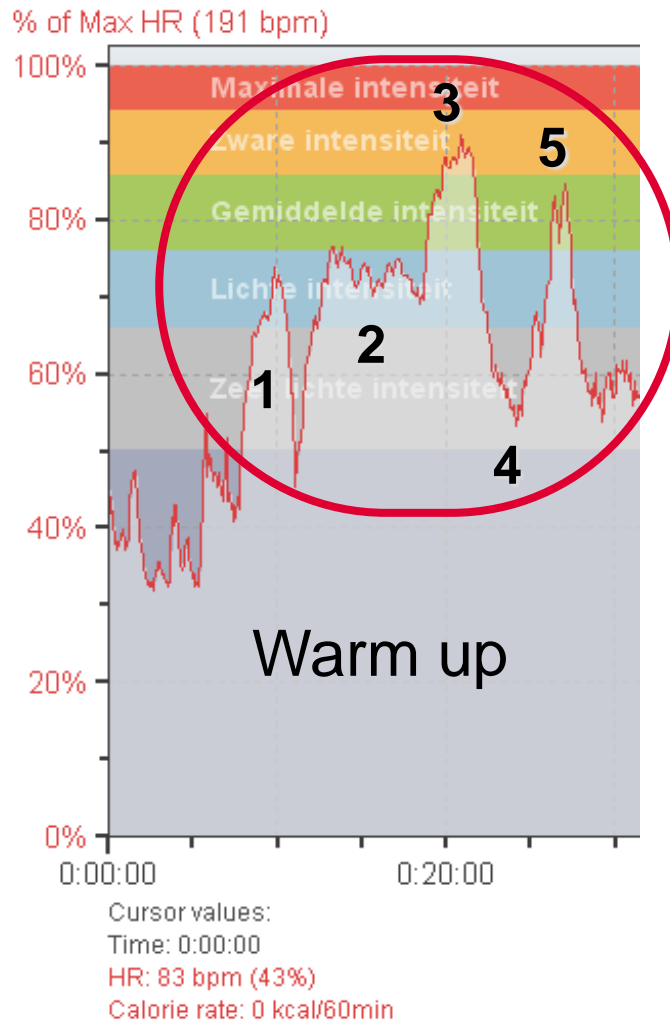
Referee Programme

Match warm-up





Warm-up heart rate analysis

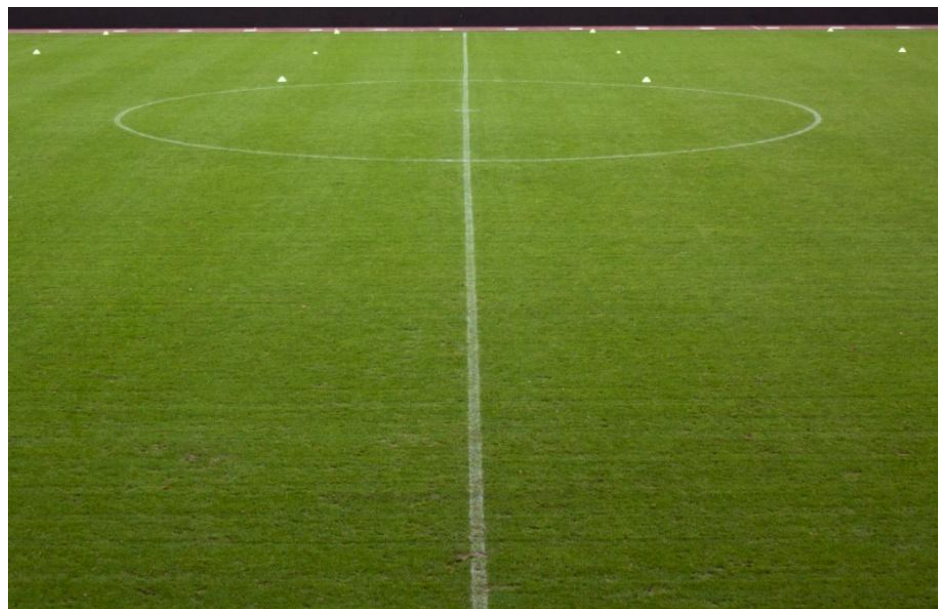
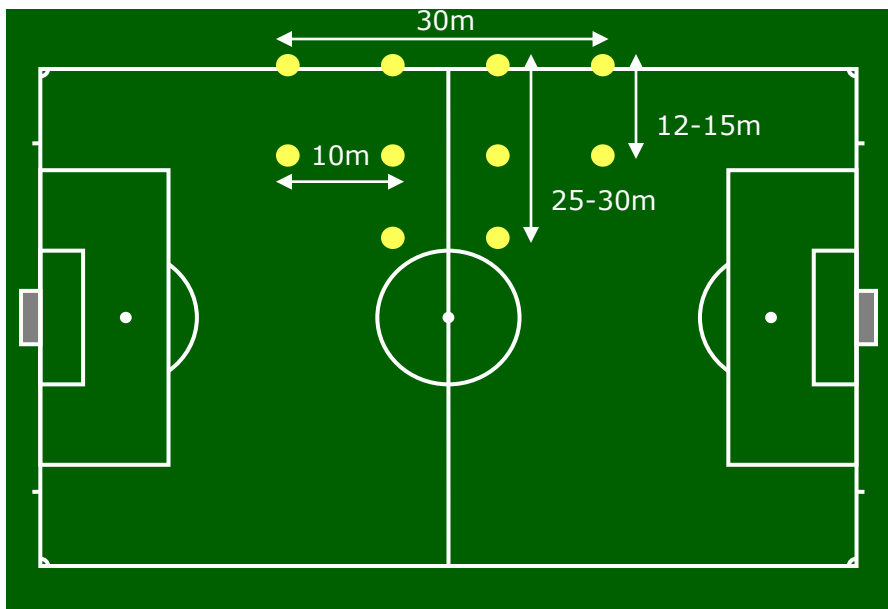


- 1) Walking, jogging, running
- 2) Mobilisation drills
- 3) Progressive accelerations
- 4) Dynamic stretching
- 5) Sprints (10-20-30 m)



Match warm-up by trio or quintet: 5 x 5'

- 1) 5' of walking, jogging, running
- 2) 5' of mobilisation drills
- 3) 5' of progressive accelerations
- 4) 5' of dynamic stretching
- 5) 5' of sprints followed by injury prevention

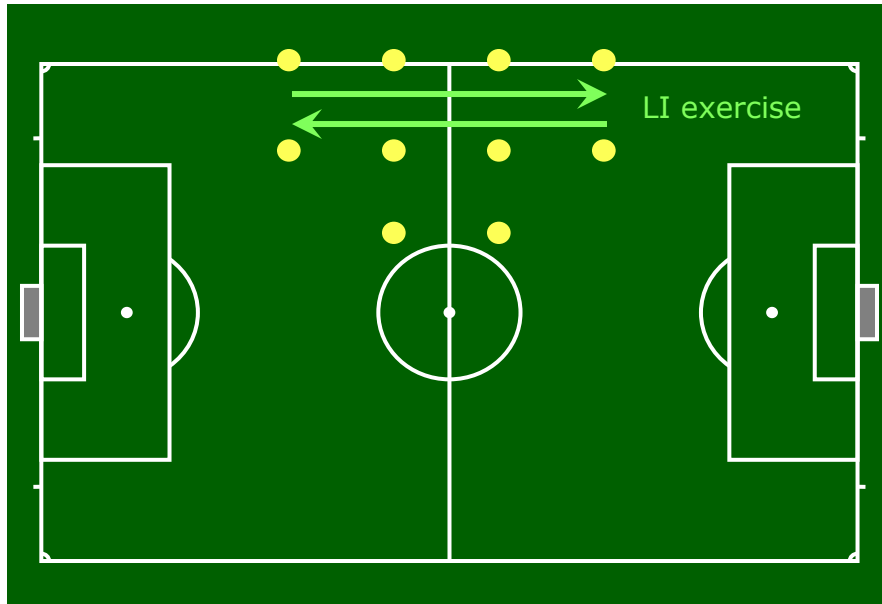


Will be introduced in the 2012 UEFA Champion's League & Europa League



1) Low intensity

- Organisation:



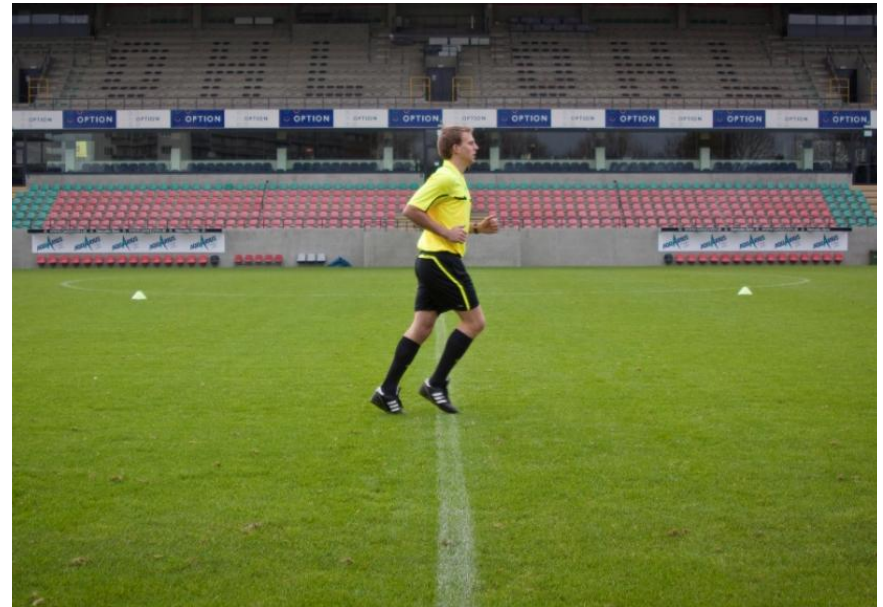
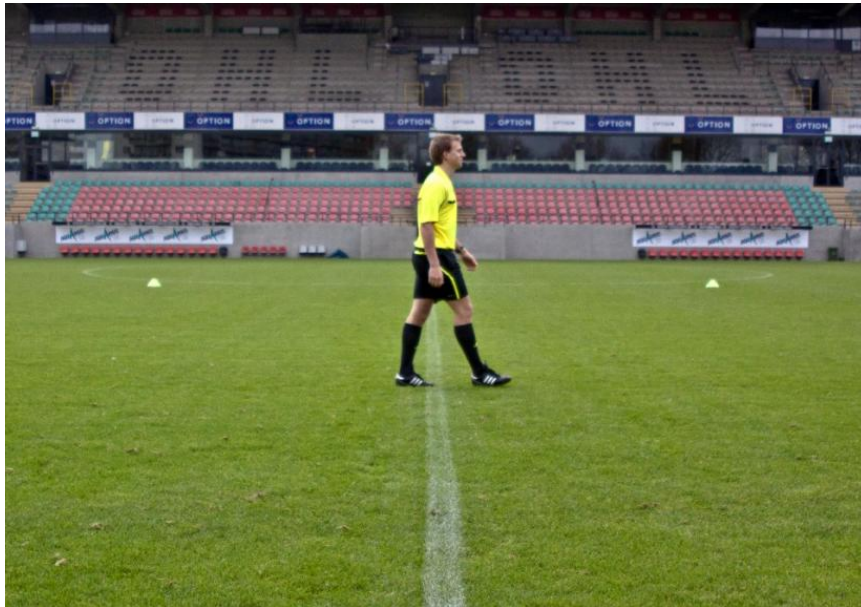
- Activities:

1. Walking
2. Jogging
3. Running



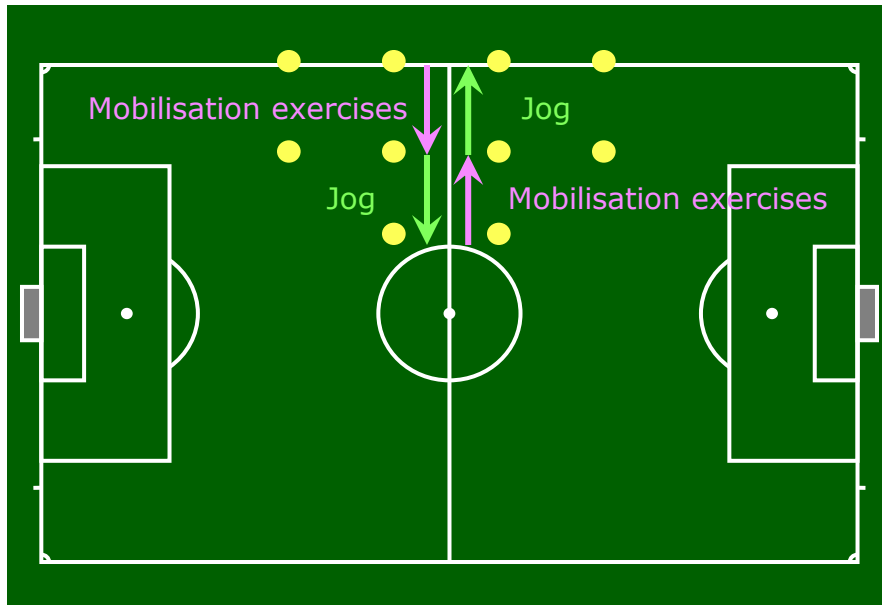
1) Low intensity

- 1. Walking
- 2. Jogging
- 3. Running



2) Mobilisation drills

- Organisation



- Activities:

1. Knee lifts
2. Heel lifts
3. Shoulder rolls backwards & forwards
4. Backwards running (looking left & right)
5. Sidestepping left & right
6. Grapevine/Lambada left & right
7. Diagonal steps forward
8. Diagonal steps backward
9. Foot circling (crossing a line)
10. Fast feet (tripling)



2) Mobilisation drills

- 1. Knee lifts



- 2. Heel lifts





2) Mobilisation drills

- 3. Shoulder rolls backwards & forwards
- 4. Backwards running (looking L & R)





2) Mobilisation drills

- 5. Sidestepping left & right
- 6. Grapevine/Lambada left & right





2) Mobilisation drills

- 7. Diagonal forwards stepping



- 8. Diagonal backwards stepping





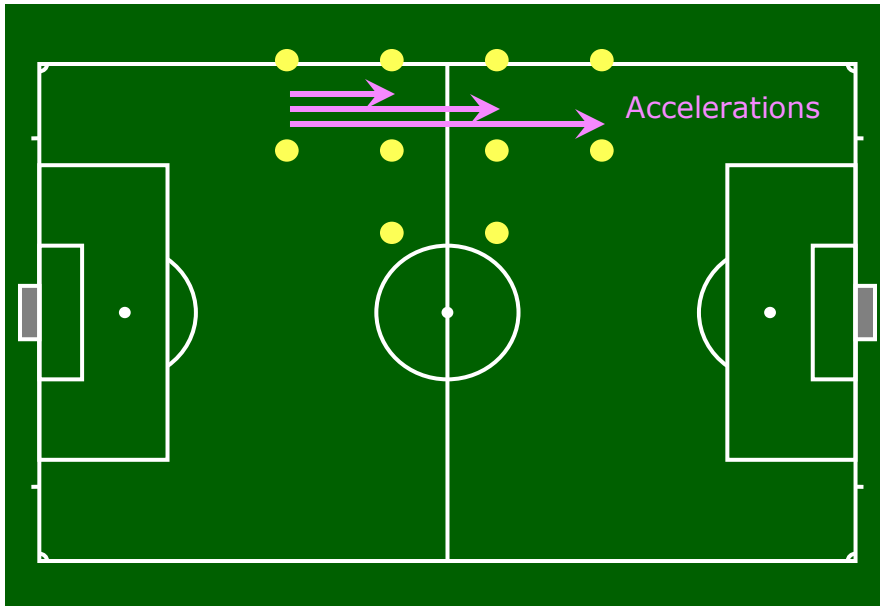
2) Mobilisation drills

- 9. Foot circling (crossing a line)
- 10. Fast feet (tripling)



3) Progressive accelerations

- Organisation



- Activities:

1. 2 x 10 m, jogging back
2. 2 x 20 m, jogging back
3. 2 x 30 m, jogging back



3) Progressive accelerations

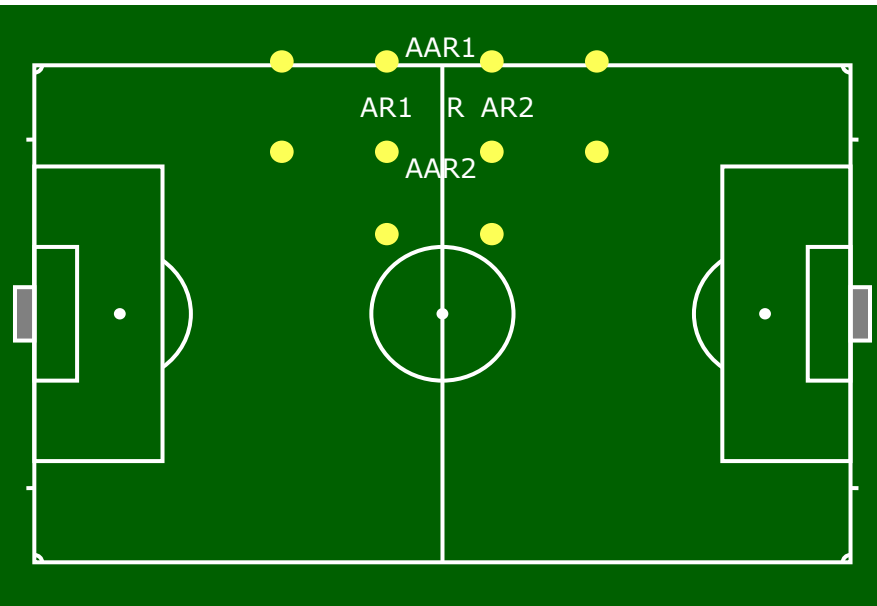
- Activities:

1. 2 x 10 m, jogging back
2. 2 x 20 m, jogging back
3. 2 x 30 m, jogging back



4) Dynamic stretching

- Organisation
- 5 x left & right



- Activities:
 1. Knee to elbow (knee flexors)
 2. Foot to hand (knee flexors)
 3. Hands to foot (knee flexors)
 4. Forwards & backwards leg swings (hip flexors, hip extensors, knee flexors, knee extensors)
 5. Touch inside of the feet (hip endorotators)
 6. Touch outside of the feet (hip exorotators)
 7. Hip rolls inside to outside and outside to inside (hip adductors)
 8. Side to side leg swings (hip adductors, hip abductors)
 9. Lunges with heel lift (hip flexors)
 10. Dynamic calf stretches
 11. Ankle mobilisation & injury prevention



4) Dynamic stretching

- 1. Knee to elbow
- 2. Foot to hand





4) Dynamic stretching

- 3. Hands to foot
- 4. Forwards & backwards leg swings





4) Dynamic stretching

- 5. Touch inside of the feet
- 6. Touch outside of the feet



4) Dynamic stretching

- 7. Hip rolls inside to outside, and outside to inside
- 8. Side to side leg swings



4) Dynamic stretching

- 9. Lunges with heel lift



- 10. Dynamic calf stretches





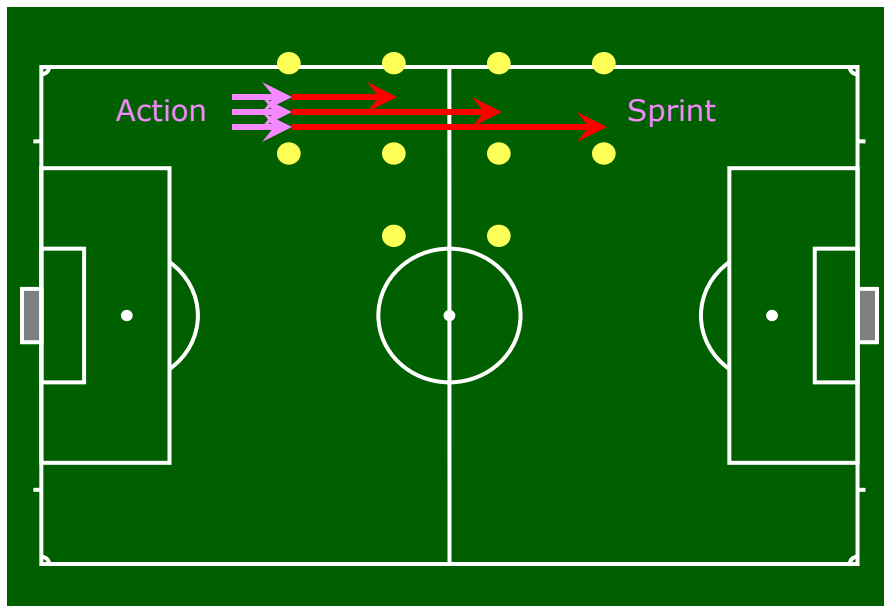
4) Dynamic stretching

- 11. Ankle mobilisation & injury prevention
- Fast feet, jump into single-leg landing (5 x forwards & 5 x sideways)



5) Sprints

- Organisation



- Acceleration to sprint (R + ARs):

1. Knee lifts + 2 x 10 m sprint, walking back
2. Sideways run + 1/4 turn and 2 x 20 m sprint, walking back
3. Backwards run + 1/2 turn and 2 x 30 m sprint, walking back

The AARs may now visually inspect their goal area as there is no need to sprint.

5) Sprints

- 1. Knee lifts followed by straight forward sprint (2 x 10 m, walking back)



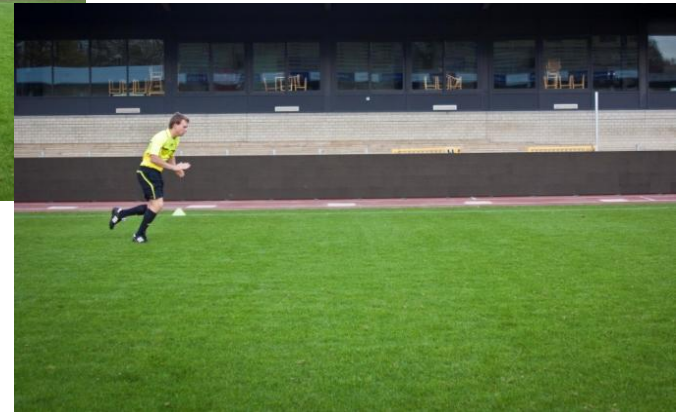
- 2. Sideways run followed by 1/4 turn and sprint (2 x 20 m, walking back)





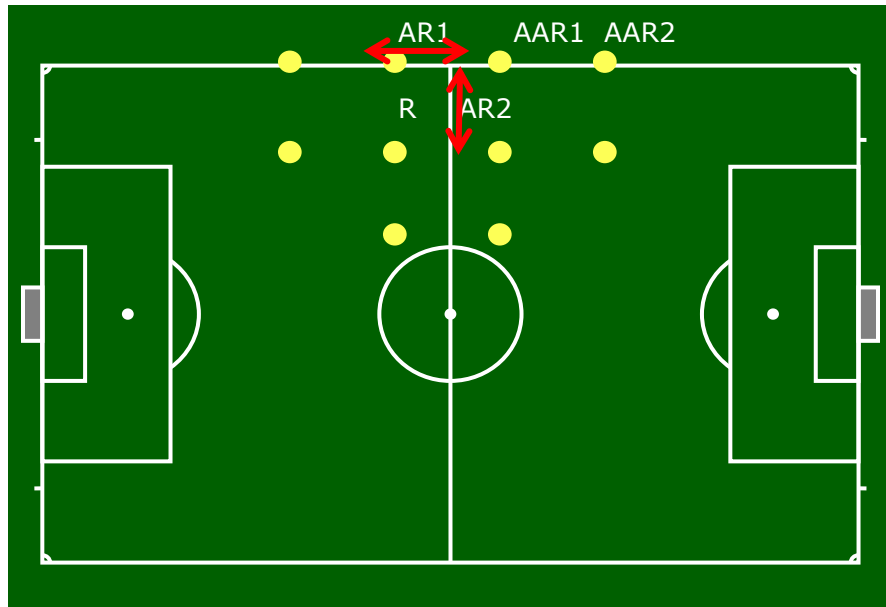
5) Sprints

- 3. Backwards run followed by $\frac{1}{2}$ turn and sprint (2 x 30 m, walking back)

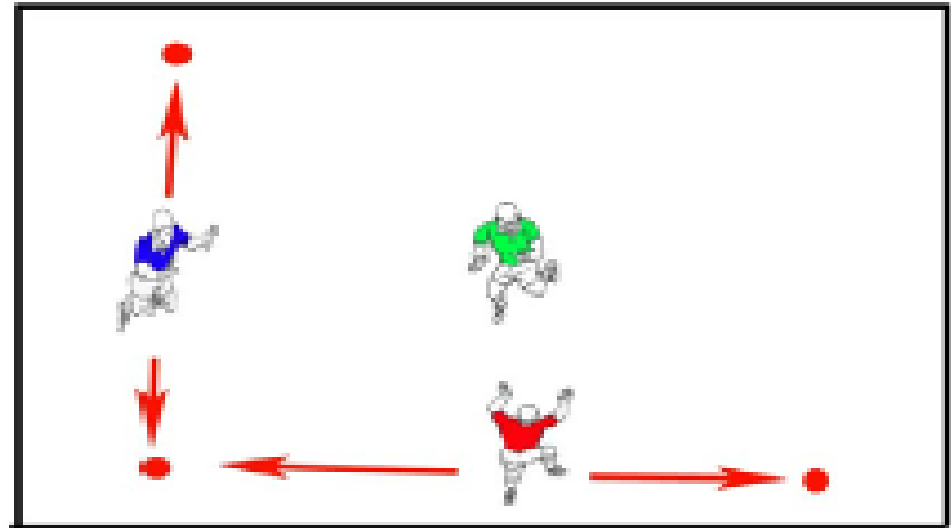


The assistant referees may perform these sprints and typical agility drills on the sideline they will cover during the match.

5) Visual concentration



- AR1 and AR2 move sideways
- R tries to stay in a 90° angle
- 20" in the middle, then rotate





Enjoy refereeing!