PRACTICAL TRAINING SESSION HANDBOOK







Play. Inspire. Unite.

This is your guide to practical training sessions and warm up exercises for Match Officials in Ontario.

These sessions have been carefully selected for maximum impact.

You may add degrees of difficulty to these sessions.



Practical Training Sessions

Symbol Definition



R Active Referee

Multiple colours = cones

(AR) Assistant Referee

B Ball

I) Instructor



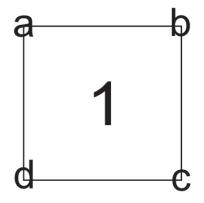
Drill 1: Referee Positioning and Concentration





Goal of Drill: The active referee must change his position for optimal viewing angle.

Equipment Required	# of Participants	# of Instructors
4 Cones per square	3 Referees 'in waiting' 1 Active Referee 4 Assistant Referees	1 Instructor per square



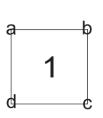
Four cones are placed in the corners of a 8-10 yard square at points marked a, b, c & d.

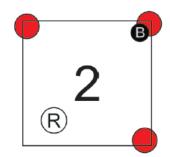
This drill will use 4 referees, changing between being Active Referee and Referee. It will also use 4 Assistant Referees working two at a time. This could be expanded into 8 Referees and 6 Assistant Referees being used.

To allow for instant feedback, additional instructors and/or time must be built into the drill.

Inspire.

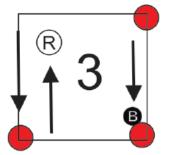
Drill 1: Referee Positioning and Concentration





Three referees are positioned in 3 individual corners (red circle).

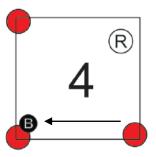
The Active Referee is positioned well and has a good viewing angle of the referee with the ball.



The ball must now be kicked from Cone B to either Cone A or C.

The Active Referee must change his position for an optimal viewing angle.

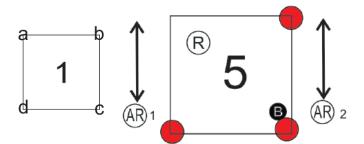
*The ball cannot be kicked across the square.



Shows the new position of the Active Referee as the ball is passed from Cone C to Cone D

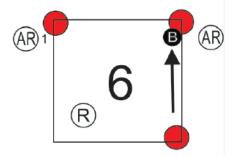


Drill 1: Referee Positioning and Concentration



As the ball is passed from Cone D to Cone C we are now introducing 2 Assistant Referees. They will patrol outside of the square. AR1 between Cones A and D, AR2 between Cones B and C.

They will use the ball as their offside line and follow the ball when it is moving up or down the square.



Shows movement by the participants as the ball is passed from Cone C to Cone B.

AR1 must indicate offside when the ball is passed to Cone B, acknowledged by the Active Referee and AR2.



Drill 2: Referee Movement and Concentration



Goal of Drill: To improve concentration by paying attention to the Instructor's command.

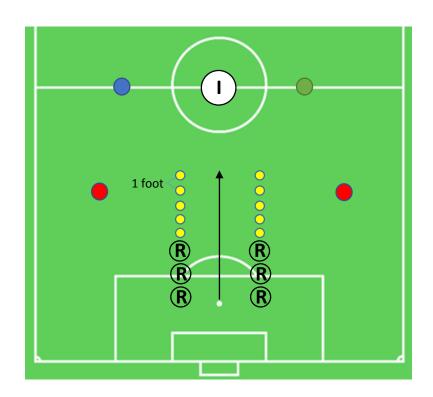
Equipment Required	# of Participants	# of Instructors
14 Cones 10 Yellow Cones 2 Red Cones 1 Blue Cone 1 Green cone	6 Referees & 2 Active Referees	1 Instructor

To expand the difficulty of the drill, the instructor could change the colours to 'Azul' and 'Verde' to increase the concentration requirement.



Drill 2: Referee Movement and Concentration





The Active Referees, two at a time, are stepping between the yellow cones with rapid steps. As they approach the last cone, they will get a command of "Blue", "Green" or the Advantage arm signal.

They must then sprint to the colour cone that was called, or if Advantage was given they must sprint to the Red cone, and show the Advantage signal.

When done, they return to the back of the line up and wait for their next turn.



Drill 3: Referee Movement and Angle



Goal of Drill: To improve movement and viewing angle of the Referee.

Equipment Required	# of Participants	# of Instructors
6 Cones 2 sets of coloured cards (minimum of 3 colours per set)	6 Referees & 1 Active Referee	2 or 3 Instructors

The colour card shown to the Active Referee will indicate the following:

Red Card Direct Free Kick to the attacking team

Yellow Card Direct Free Kick to the defending team

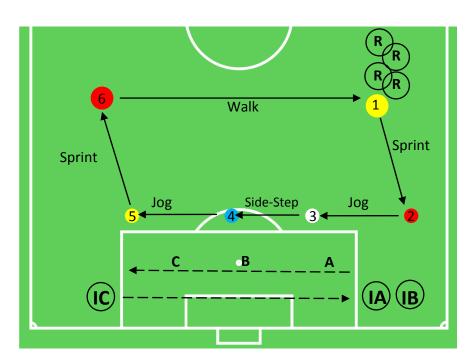
Green Card* Corner Kick

(*could be green, blue, purple etc., as long as a third colour)



Drill 3: Referee Movement and Angle





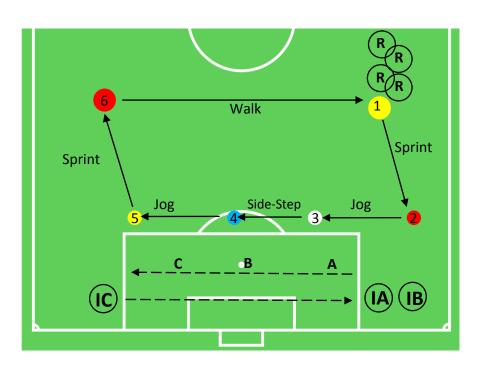
The Active Referee will start from Cone 1 and sprint to Cone 2; jog to Cone 3, side-step to Cone 4, jog to Cone 5, sprint to Cone 6 and then walk back to the group.

Instructor <u>IA</u> will have 3 coloured cards. He will quickly flash one of the cards at Position A, another one in Position B and a third one in Position C. As soon as the Active Referee reaches Cone 5, the next referee and the next instructor <u>IB</u> start.



Drill 3: Referee Movement and Angle





The degree of difficulty can be increased by having <u>IC</u> start from the opposite side using regular yellow and red cards:

- Yellow Card goal kick
- Red Card offside

The two instructors must watch each other as only one of them should be showing a card at a time.

<u>IC</u> should only come across at random, maybe every third or fourth time.



Drill 4: Assistant Referee Movement & Signal



Goal of Drill: To improve concentration and ensure correct offside calls.

Equipment Required	# of Participants	# of Instructors
4 Yellow Cones 2 Balls 3 coloured cards for expanded drill	Multiple Assistant Referees & 1 Active Assistant Referee	4 Instructors

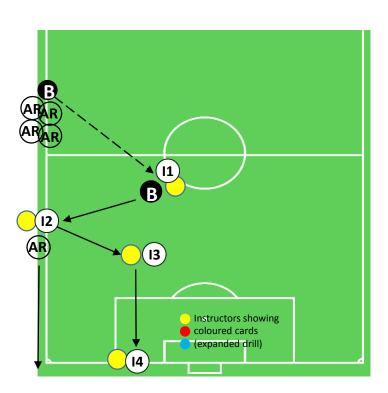
To expand this drill, an additional instructor with coloured cards could act as the Referee, forcing the Assistant Referee to have a wider angle of view as he must also call out the colour show.

To give immediate feedback, additional instructors and/or time must be built into the drill.



Drill 4: Assistant Referee Movement & Signal





The Assistant Referee runs to <u>13</u> (representing 2nd last opponent). <u>11</u> with the ball at his feet kicks the ball to <u>12</u> who will trap the ball either on the field of play or outside for a throw in. The Assistant Referee will give the appropriate signal.

The ball is then kicked from <u>12</u> to <u>13</u> who will stop the ball. If the ball is stopped with the right foot, there is no signal, however if the ball is stopped with the left foot it indicates Offside, and the Assistant Referee must give the correct signal.

<u>13</u> then kicks the ball to <u>14</u> who traps the ball either on or off the field of play. The Assistant Referee must give the appropriate signal.

Finally <u>14</u> kicks the ball to the Assistant Referee who brings back to the group and kicks it to <u>11</u>.



Drill 5: Assistant Referee Movement & Signal





Goal of Drill: To improve concentration and ensure correct offside calls.

Equipment Required	# of Participants	# of Instructors
6 Yellow Cones 1 Ball	5-8 Multiple Assistant Referees 1 Active Assistant Referee	1-2 Instructors

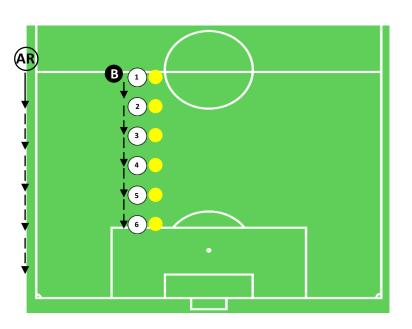
To expand this drill, after a couple of rounds, if the Assistant Referees raise an arm as they stop the ball, a corner kick signal must be given by the other Assistant Referee no matter what foot stops the ball.

To give immediate feedback, additional instructors and/or time must be built into the drill.



Drill 5: Assistant Referee Movement & Signal





<u>1</u> will stand with the ball at his feet. He passes to <u>2</u>.

The active Assistant Referee (\underline{AR}) must follow the ball and stop when the ball is stopped by $\underline{2}$.

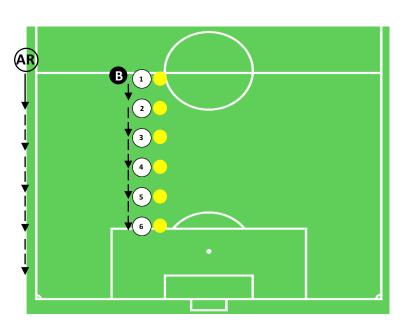
- If the ball is moving at a slower pace, the Active Assistant Referee will side-step.
- · If faster they will sprint.

If <u>2</u> stops the ball with his right foot, the Active Assistant Referee must signal Goal Kick. If <u>2</u> stops the ball with his left foot, the Active Assistant Referee must signal offside.



Drill 5: Assistant Referee Movement & Signal





<u>2</u> will then pass the ball to <u>3</u>, and the Active Assistant Referee will follow. The pattern for passing to the next <u>AR</u> follows until the last <u>AR</u> has stopped the ball and a signal is given by the Active Assistant Referee.

The Active Assistant Referee takes up the position of the last Assistant Referee (in this example <u>6</u>), and all move up one spot.

The ball is passed back to the first cone, and 1 becomes the next Active Assistant Referee.



Drill 6: Assistant Referee Movement



Goal of Drill: To improve movement and side-stepping.

Equipment Required	# of Participants	# of Instructors
1 Ball	1 Active Assistant Referee	2 Instructors

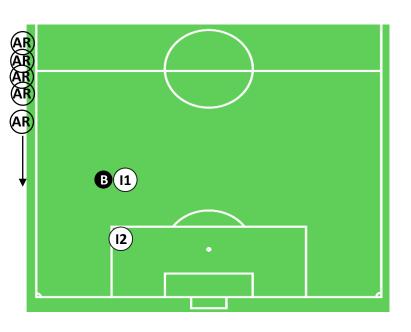
Allow approximately 1 minute per AR on this drill before switching to next AR.

To give immediate feedback, additional instructors and/or time must be built into the drill.



Drill 6: Assistant Referee Movement





<u>I1</u> will stand with the ball at his feet. The First AR in line will run to get level with the ball. As he arrives the <u>I1</u> will put a foot on the ball.

- Left foot directs the AR to side-step to the right;
- Right foot directs the AR to side-step to the left;
- No foot on the ball signals the AR to stop.

At one point <u>I1</u> will pass the ball to <u>I2</u>. The AR must sprint or side-step to stay level with the ball. <u>I2</u> may touch the ball with either foot, but will quickly pass the ball back to <u>I1</u>.



Drill 7: Assistant Referee Responsibility



Goal of Drill: Communication, signals and movement between the Assistant Referee and the Referee.

Equipment Required	# of Participants	# of Instructors
2 Balls	1 Active Referee 1 Active Assistant Referee	3 Instructors

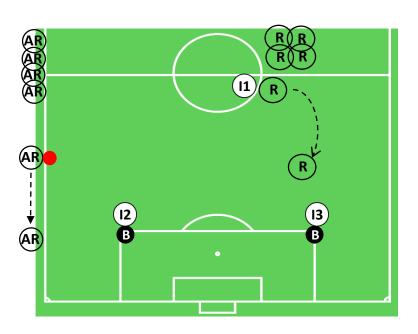
After all Referees have been through the drill once, the added component becomes the decision if the defensive team or attacking team committed the foul. If the ball is dropped by <u>12</u> or <u>13</u>'s right hand the foul is being committed by the attacking team; if dropped with left hand, the foul is committed by the defending team.

To give immediate feedback, additional instructors and/or time must be built into the drill.



Drill 7: Assistant Referee Responsibility





<u>12</u> and <u>13</u> stand on each top corner of the Penalty Area, facing the Goal Line and each holding a ball.

The first Referee runs towards the Penalty Area, when he starts running the Active AR will run from the Red Cone – sprinting to reach <u>12</u> and <u>13</u> (second last defenders).

<u>I1</u> will blow the whistle when the Referee is even with the Active AR. Hearing the whistle <u>I2</u> or <u>I3</u> will drop the ball close to, or even on the Penalty Area line indicating position of where the foul occurred. Communication, signals and movement between the Active AR and the Referee should be monitored by <u>I1</u>.



Drill 8: Referee Anticipation - Fork in the Road



Goal of Drill: Communication, signals and movement between the Assistant Referee and the Referee.

Equipment Required	# of Participants	# of Instructors
2 Balls 4 Cones - 2 Red, 2 Yellow 2 sets of coloured cards (3 colours)	2 Active Referees	2 Instructors

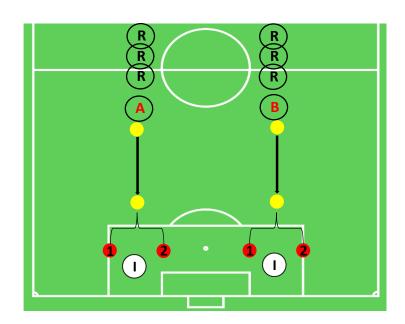
To further complicate this drill, two coloured cards can be shown, one only a couple of inches showing. Both colours must be called out by the referee before blowing the whistle.

To give immediate feedback, additional instructors and/or time must be built into the drill.



Drill 8: Referee Anticipation - Fork in the Road





Referees are split into 2 groups, performing the same task. The Active Referees (A&B) will run from the 1st Yellow Cone to the 2nd Yellow Cone.

As they arrive there, the Instructor (I) facing the goal line will hold the ball either to the right side of the left side of his body. The Referee must read this quickly and sprint to Red Cone 1 or Red Cone 2. They then blow the whistle and award a Penalty Kick or a Free Kick to the defending team.

After several rounds, coloured cards are introduced by the Instructors. After the ball is shown, the Instructors will hold a card close to the chest. The whistle is only blown after the referee calls out the colour of the card.



Drill 9: Referee Long Ball - Short Ball

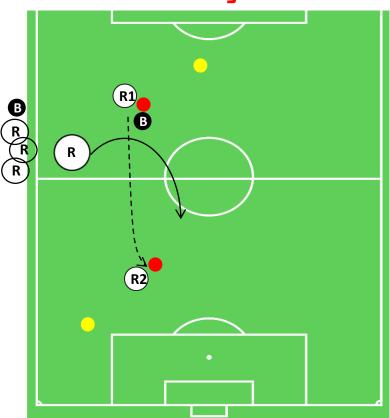


Goal of Drill: Keeping up with the next phase of play.

Equipment Required	# of Participants	# of Instructors
2 Balls 4 Cones - 2 Red, 2 Yellow	1 Active Referees 2 Referees	2 Instructors

To give immediate feedback, additional instructors and/or time must be built into the drill.





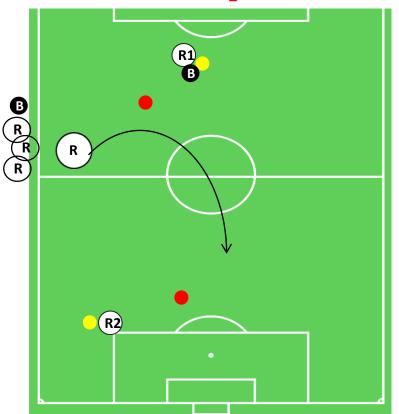
The Red Cone indicates a shorter pass, the Yellow cone a longer pass.

SHORT PASS

- Referee 1 (<u>R1</u>) is standing at one red cone, and Referee 2 (<u>R2</u>) at the other.
- 2. The Active Referee (**R**) will read that position and anticipate a short pass, causing him to side step, scan the field, wait for the ball to pass, the run around the ball and continue up field.
- To repeat the drill, the ball at the group of Referees on the touchline are passed to R1 and R2 passes his ball down to the group of referees.



Drill 9: Referee Long Ball - Short Ball





The Red Cone indicates a shorter pass, the Yellow Cone a longer pass.

LONG PASS

- Should <u>R1</u> dribble the ball to the yellow cone, <u>R2</u> will run to his yellow cone, indicating a long pass.
- 2. The Active Referee will immediately run up-field, keeping the next phase of play in view.



Drill 10: Assistant Referee Offside Movement



Goal of Drill: Improving offside recognition and movement.

Equipment Required	# of Participants	# of Instructors
20 cones	1 Active Assistant Referee 6 Assistant Referees 'in waiting'	2 Instructors

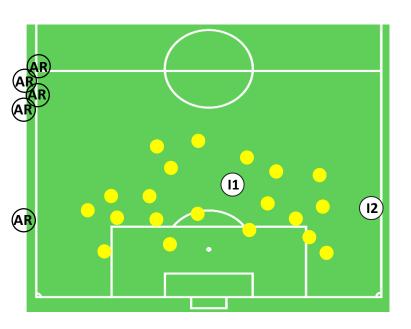
The Second Instructor <u>12</u> will pick up the cones that are not longer 'active' (all but the last one dropped) and also at times provide an additional degree of difficulty by being in the line of vision for the Active Assistant Referee.

When the First Instructor <u>I1</u> has finished his cones, the next Assistant Referee and the other instructor will start the drill.



Drill 10: Assistant Referee Offside Movement





The first Instructor <u>I1</u> will walk around the field with 20 or so cones in his hand. He will drop the cones, one at a time in different areas, mostly around and inside the Penalty Area, but not exclusively.

Each cone dropped represents the second last opponent and is the 'new' offside line. The AR must now judge if the instructors foot, at every step before the next cone is dropped, is closer to the goal line than the cone. If it is, the AR must raise the flag for Offside.





Warm Up Drills With The Ball

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Warm Up Drills



Jogging with arm movements	Shuffles (forwards and backwards)
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Shoulders/Arms together backwards and forwards

Sideways left and right

Shoulders/Arms alternatively backwards and forwards

Lambada left and right

Heel lifts Grapevine

Knee lifts (medium and high)

Tripling (small steps on the forefeet)

Backwards running (while turning head left and right)

Circling of legs (move forwards)



Warm Up Drills



Straight Forward accelerating (2x)

Backward running, followed by forward accelerating (2x)

Sideways running, followed by forward accelerating (2x)

Forward running, followed by acceleration in opposite direction (2x)

Dynamic Stretching Exercises

Abductor

Quadriceps

Hamstrings

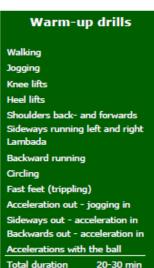
Sprint muscles



DISCOVER - DEVELOP - EXCEL

Warm Up Drill with Ball #1

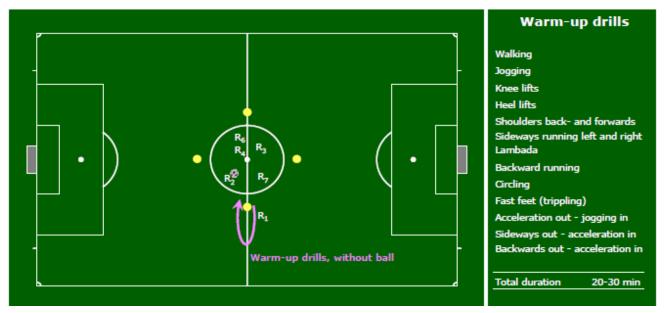




Basic Organization: 4 groups of Referees with 3 of these 4 Referees carrying a ball.

Instruction: R1 to R4 start at the same time and carry the ball the other next group as indicated on the picture (in a figure 8). When these referees are in the middle of the square, Referees R5 to R8 start jogging with the ball. When Referees R1 to R4 arrive at the next group, they pass the ball to Referees R9 to R12 and make a loop around the cone by doing some warm-up drills. Afterwards these Referees receive the ball of Referees R5 to R8.

The warm-up is followed by dynamic stretching exercises.



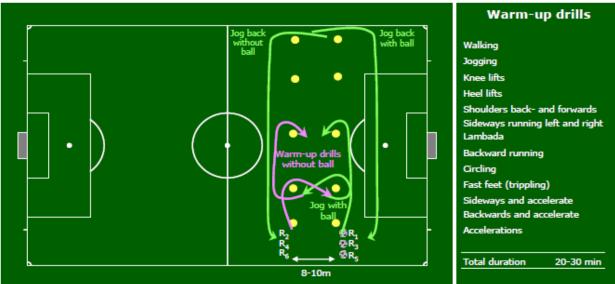
Basic Organization: 2 groups of Referees of 6 to 8 Referees, 1 ball for each group. **Instruction:** The ball is thrown from one Referee to another Referee in a fixed order. After the ball is thrown to the next Referee, they have to run to an outside cone while performing warm-up drills.

The warm-up is always followed by a dynamic stretching exercise

LONG TERM OFFICIALS DEVELOPMENT

Warm Up Drill with Ball #3





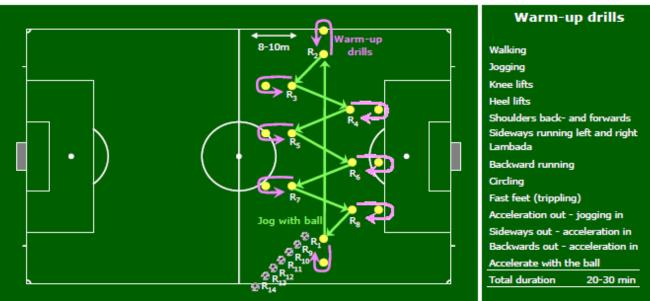
Basic Organization: The Referees work in pairs with 1 of the 2 Referees carrying a ball.

Instruction: Referees R1 and R2 start at the same time and R1 carries the ball. Both Referees follow the trajectory as indicated on the picture. R1 jogs with the ball and R2 does some warm-up drills. When the Referees cross in the middle of the square, R1 passes the ball to R2. Then R1 does the warm-up drills while R2 is jogging while carrying the ball.

The warm-up is followed by dynamic stretching exercises.

Warm Up Drill with Ball #4





Instruction: R1 runs with the ball to the opposite side and passes the ball to R2. Then, the Referees come back in zigzag as indicated in the figure (R2 to R3 to R4...). After the ball has been passed, the Referees go around the cone on the outside and perform warm-up drills.

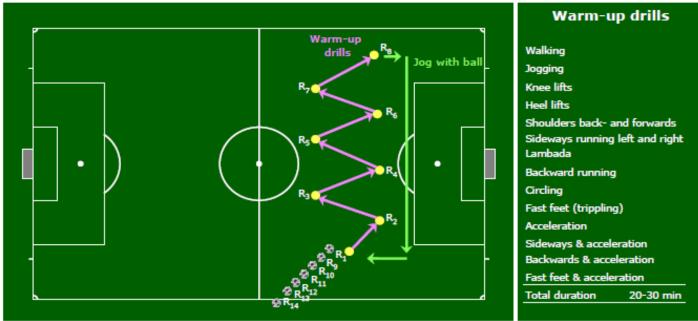
The warm-up is followed by dynamic stretching exercises.



Warm Up Drill with Ball #5





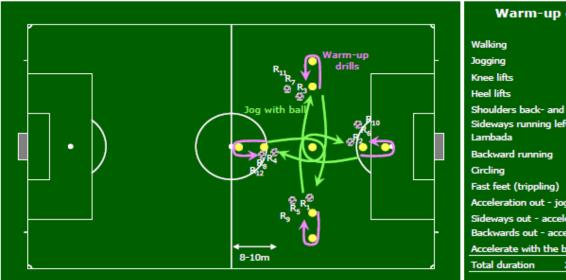


Instruction: R1 runs with the ball to R2 and passes. R2 goes to R3 and passes the ball R8 jogs back with the ball to the starting position. After the ball has been passed, the Referee waits at the cone for the next ball.

The warm-up is followed by dynamic stretching exercises.

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Warm-up drills Shoulders back- and forwards Sideways running left and right Acceleration out - jogging in Sideways out - acceleration in Backwards out - acceleration in Accelerate with the ball 20-30 min

Instruction: R1, R2, R3 and R4 start to jog at the same time with the ball in their hand to the cone in the middle. They all turn to the right and pass the ball to the next Referee. Referees R5, R6, R7 and R8 start to job with the ball in their hand when the first group is in the middle. After the ball has been passed, the Referees go around the cone on the outside and perform warm-up drills. Afterwards these Referees receive the ball of Referees R5 to R8.



DISCOVER - DEVELOP - EXCEL



Basic Organization: 3 groups of 4 Referees with 2 of these Referees carrying a ball.

Instruction: R1 to R3 start at the same time and carry the ball the next group as indicated on the picture (in a triangle). When these referees are in the middle, Referees R4 to R6 start jogging with the ball. When Referees R1 to R3 arrive at the next group, they pass the ball to Referees R7 to R9 and make a loop around the cone by doing some warm-up drills. Afterwards these Referees receive the ball of Referees R4 to R6. The warm-up is followed by dynamic stretching exercises.

Warm Up Drill with Ball #7-2

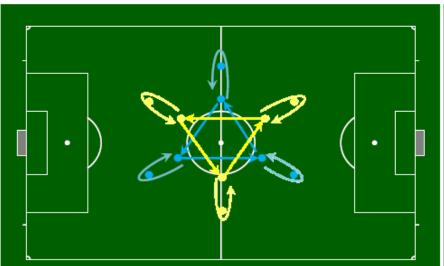




Basic Organization: 3 groups of 4 Referees with 2 of these Referees carrying a ball.

Instruction: R1 to R3 start at the same time and carry the ball the next group as indicated on the picture (in a triangle). When these referees are in the middle, Referees R4 to R6 start jogging with the ball. When Referees R1 to R3 arrive at the next group, they pass the ball to Referees R7 to R9 and make a loop around the cone by doing some warm-up drills. Afterwards these Referees receive the ball of Referees R4 to R6. The warm-up is followed by dynamic stretching exercises.

Warm Up Drill with Ball #7-3





Basic Organization: 3 groups of 4 Referees with 2 of these Referees carrying a ball.

Instruction: R1 to R3 start at the same time and carry the ball the other next group as indicated on the picture (in a triangle). When these referees are in the middle, Referees R4 to R6 start jogging with the ball. When Referees R1 to R3 arrive at the next group, they pass the ball to Referees R7 to R9 and make a loop around the cone by doing some warm-up drills. Afterwards these Referees receive the ball of Referees R4 to R6.

The warm-up is followed by dynamic stretching exercises.

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Basic Organization: 5 groups of 4 Referees with 2 of these 4 Referees carrying a ball.

Instruction: R1 to R5 start at the same time and carry the ball the other next group as indicated on the picture (in a pentagon figure). When these Referees are in the middle, Referees R6 to R10 start jogging with the ball. When Referees R1 to R5 arrive at the next group, they pass the ball to Referees R11 to R15 and make a loop around the cone by doing some warm-up drills. Afterwards these Referees receive the ball of Referees R6 to R10.

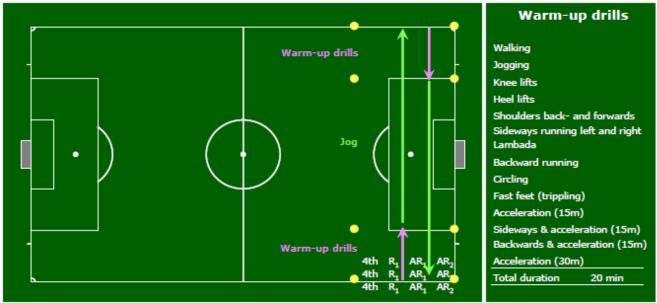
The warm-up is followed by dynamic stretching exercises.

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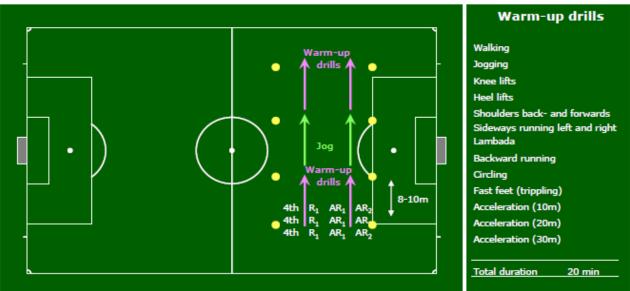
DISCOVER - DEVELOP - EXCEL



Instruction: The Match Officials line up at the touchline (the Referee, 2 Assistant Referees and the 4th Official) and they need to stay at the same level. They perform warm-up drills from the touchline to the Penalty Area, followed by jogging to the other side of the pitch and come back in the same set-up. The warm-up is always followed by dynamic stretching exercises.

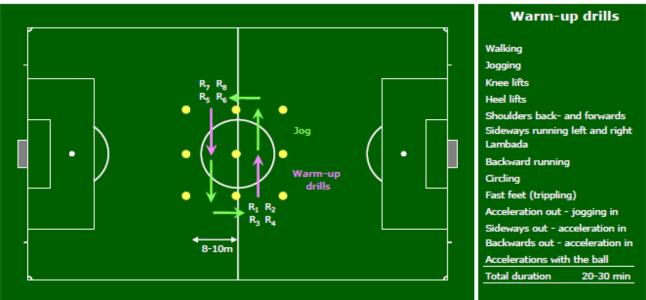


DISCOVER - DEVELOP - EXCEL



Instruction: The Match Officials line up as a team (the Referee, 2 Assistant Referees and the 4th Official) and they need to stay at the same level. They perform warm-up drills in the first part, jog in the middle part and they do the same warm-up drills in the last part. They jog back to the beginning and start again. The warm-up is always followed by dynamic stretching exercises.



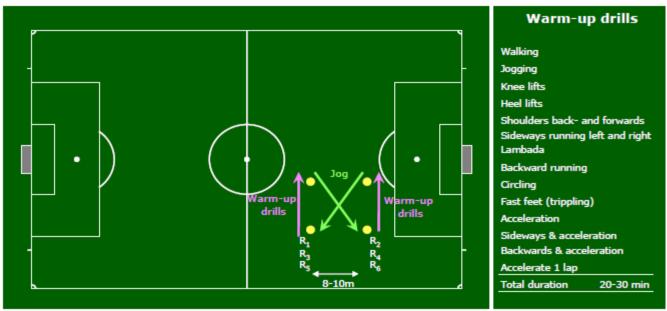


Instruction: The Match Officials work in pairs. In the first square they do warm-up drills, followed by jogging in the second square. Then they turn left and return in the same way to their starting position. To make it more difficult, the Referees can do the warm-up drills in a synchronized way.



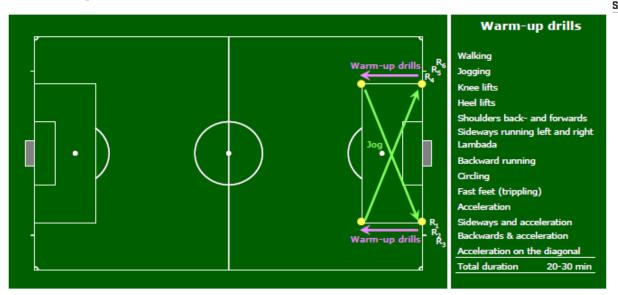






Instruction: The Match Officials work in pairs. In the length of the square they do warm-up drills. They jog back on the diagonal to the other corner.





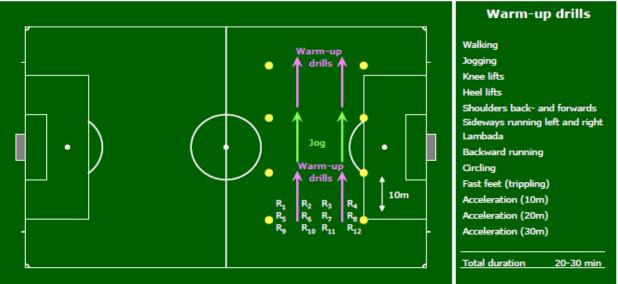
Instruction:

<u>10 min</u>: The Match Officials work in pairs and they need to stay at the same level. They perform warm-up drills from the goal line to the end of the Penalty Area, followed by jogging on the diagonal to the other side of the Penalty Area.

10 min: The Match Officials jog from the goal line to the end of the Penalty Area, followed by running technique and coordination exercises on the diagonal.

Warm Up before FIFA Hi-Intensity Fitness Test





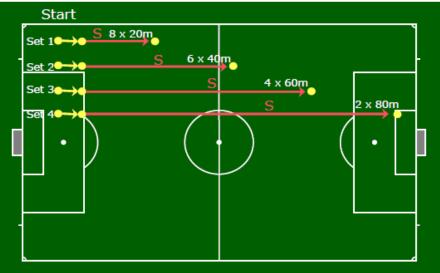
Instruction: The Match Officials line up by 4 and during the exercise they need to stay at the same level. In the first square the Match Officials perform warm-up drills, jog in the middle square and in the last square they repeat the same exercise.

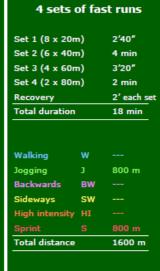
Every warm-up drill is done twice. After this dynamic stretching is done and then 3 more sprints are carried out (10 - 20 - 30m) after a dynamic start (knee lifts).



Extended Speed & Speed Exercises

Extended Speed Exercise #1





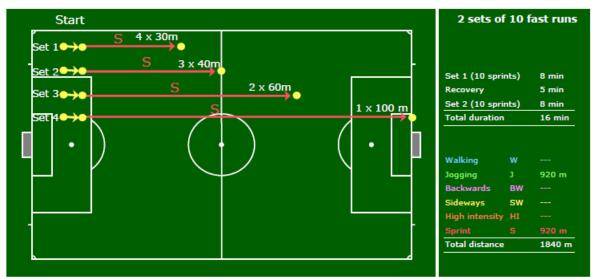
All together, 20 fast runs should be performed from a dynamic start position. Decelerate smoothly, turn and jog back to the start. Depending on the age and/or fitness level, the re-starts are timed as follows:

TOP	INTERMEDIATE
Set 1 every 20"	Set 1 every 25"
Set 2 every 40"	Set 2 every 45"
Set 3 every 50"	Set 3 every 55"
Set 4 every 60"	Set 4 every 65"

Recovery: 2 minutes between each set.



Extended Speed Exercise #2



Set 1: 10 fast runs should be performed from a dynamic start position. Decelerate smoothly, turn and jog back to the start. Depending on the age and/or fitness level, the re-starts are timed as follows:

TOP	INTERMEDIATE
Set 1 every 30"	Set 1 every 35"
Set 2 every 40"	Set 2 every 45"
Set 3 every 60"	Set 3 every 65"
Set 4 every 100"	Set 4 every 110"

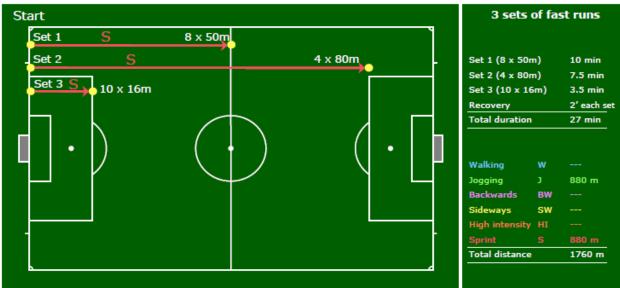
Set 2: Again, perform 10 sprints Copyright Ontario Soccer 2018

Recovery: 2 minutes between each set.



Extended Speed Exercise #3





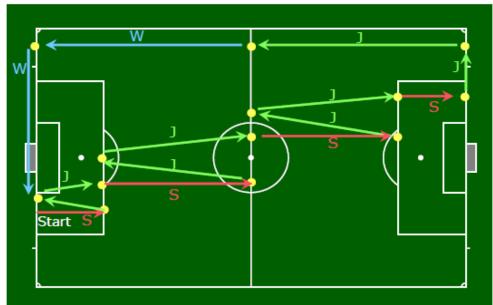
Set 1: 8 sprints to the halfway line (50" recovery between each sprint)

Set 2: 4 sprints of 80m (70" recovery between each sprint)

Set 3: 10 sprints to the penalty area (20" recovery between each sprint)

Recovery: Between each set 2'30" or 1 lap of jogging around the pitch





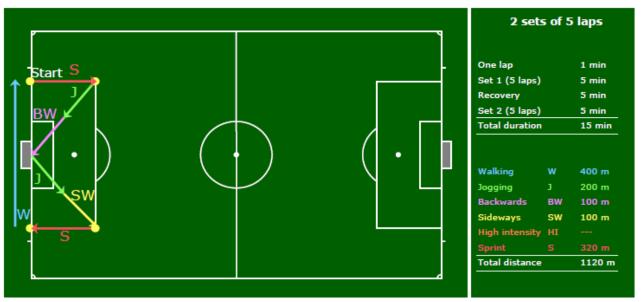
2 sets of 4 laps		
One lap		2'30"
Set 1 (4 laps)		10 min
Recovery		4 min
Set 2 (4 laps))	10 min
Total duration	1	24 min
Walking	w	720 m
Jogging	J	1504 m
Backwards	BW	
Sideways	SW	
High intensity		
Sprint	S	824 m
Total distance		3048 m

Set 1: Run 4 laps of the extended speed exercise as indicated in the picture

Recovery: 4 minutes

Set 2: Again, 4 laps of the same exercise.

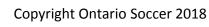




Set 1: Sprint exercise in the penalty area, 5 laps in total. The Referee runs with the 4th Official, and the 2 Assistant Referees run together.

Recovery: 5 minutes

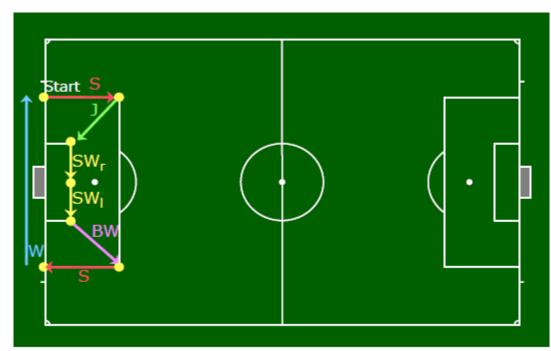
Set 2: Sprint exercise in the penalty area, again 5 laps in total











		'
2 set	2 sets of 5 laps	
One lap		1 min
Set 1 (5 laps))	5 min
Recovery		5 min
Set 2 (5 laps))	5 min
Total duration	1	15 min
Walking	w	400 m
Jogging	j i	100 m
Backwards	BW	100 m
Sideways	sw	200 m
High intensity	/ HI	
Sprint		320 m
Total distance	•	1120 m

Set 1: Sprint Exercise in the Penalty Area. 5 laps in total.

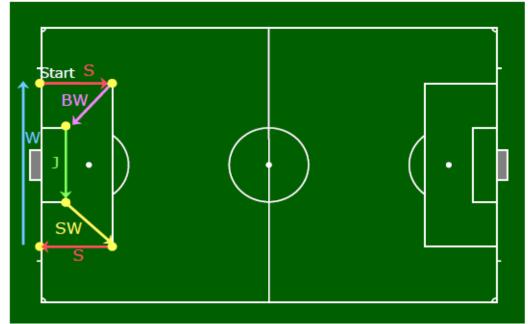
Recovery: 5 Minutes

Set 1: Sprint Exercise in the Penalty Area. Again, 5 laps in total









2 sets of 5 laps		
One lap		1 min
Set 1 (5 laps)		5 min
Recovery		5 min
Set 2 (5 laps)		5 min
Total duration		15 min
Walking	w	400 m
Jogging	J	200 m
Backwards	BW	100 m
Sideways	sw	100 m
High intensity	HI	
Sprint	s	320 m
Total distance		1120 m

Set 1: Sprint Exercise in the Penalty Area. 5 laps in total.

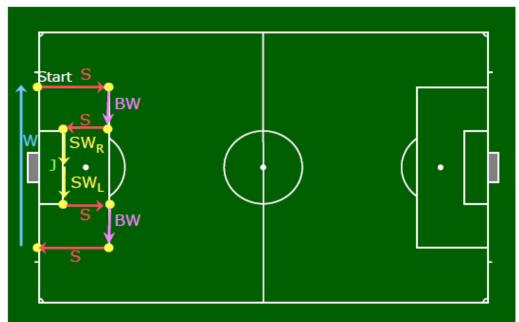
Recovery: 5 Minutes

Set 1: Sprint Exercise in the Penalty Area. Again, 5 laps in total









2 sets	of 5	i laps
One lap		1 min
Set 1 (5 laps)		5 min
Recovery		5 min
Set 2 (5 laps)		5 min
Total duration		15 min
Walking	w	400 m
Jogging	j .	
	BW	200 m
Sideways	sw	200 m
High intensity	HI	
Sprint		520 m
Total distance		1320 m

Set 1: Sprint Exercise in the Penalty Area. 5 laps in total.

Recovery: 5 Minutes

Set 1: Sprint Exercise in the Penalty Area. Again, 5 laps in total





DISCOVER - DEVELOP - EXCEL



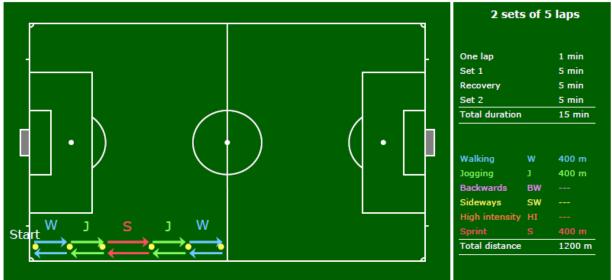
Set 1: Sprint exercise as indicated in the picture (5 laps). The Match Officials line up as a team and run at the same level.

Recovery: 5 minutes

Set 2: Sprint exercise, again 5 minutes in total. Now the Referees run backwards before the sprint and the Assistant Referees sideways.



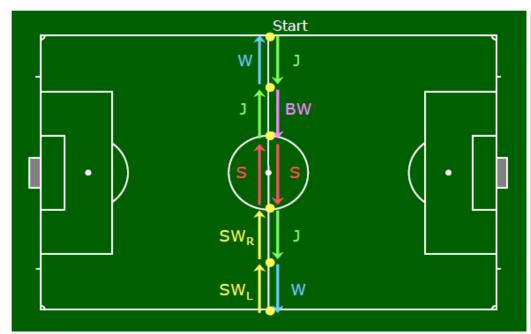
DISCOVER - DEVELOP - EXCEL



Set 1: Sprint exercise as indicated in the picture (5 laps). The Match Officials line up as a team and run at the same level.

Recovery: 5 minutes

Set 2: Sprint exercise, again 5 minutes in total. Now the Referees run backwards before the sprint and the Assistant Referees sideways.



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Set 1: Variation on the centre circle sprint – 5 laps

Recovery: 5 minutes

Set 2: Variation on the centre circle sprint – 5 laps





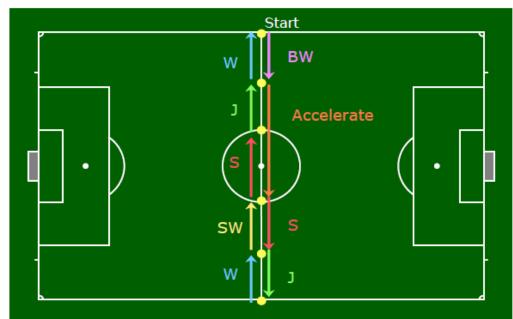
2 sets	of 5	laps
One lap		1 min
Set 1 (5 laps)		5 min
Recovery		5 min
Set 2 (5 laps)		5 min
Total duration		15 min
Walking	w	400 m
Jogging	J	500 m
Backwards	BW	
Sideways	SW	300 m
High intensity	HI	
Sprint	S	200 m
Total distance		1400 m

Set 1: Variation on the centre circle sprint – 5 laps

Recovery: 5 minutes

Set 2: Variation on the centre circle sprint – 5 laps





2 sets	of 5	laps
One lap		1 min
Set 1 (5 laps)		5 min
Recovery		5 min
Set 2 (5 laps)		5 min
Total duration		15 min
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
Total distance		1200 m

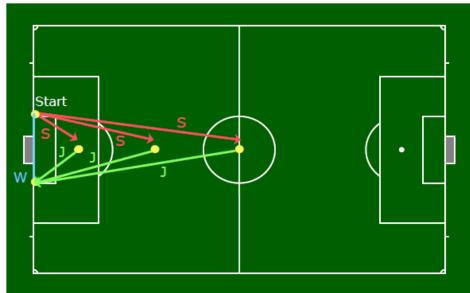
Set 1: Variation on the centre circle sprint – 5 laps

Recovery: 5 minutes

Set 2: Variation on the centre circle sprint – 5 laps







2 sets of 7 sprints		
Set 1 (7 sprints) 5 min		5 min
Recovery		5 min
Set 2 (7 sprint	ts)	5 min
Total duration	ı	15 min
Walking	W	256 m
Jogging	gging J	
Backwards	BW	
Sideways	SW	
High intensity		
		288 m
Total distance		832 m

Set 1: 1. 11m sprint, 11m jogging, walking to start, 4x

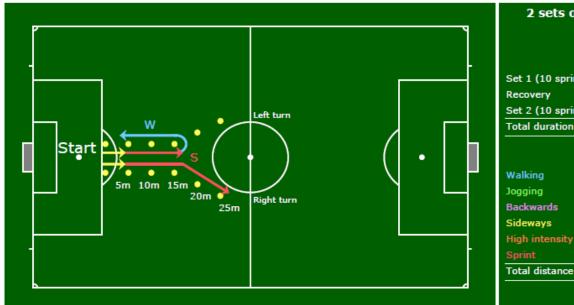
- 2. 25m sprint, 25m jogging, walking to start, 2x
- 3. 50m sprint, 50m jogging, walking to start, 1x

Recovery: 5 minutes

Set 2: Same exercise, again 7 sprints







	2 sets of 10 sprints	
Set 1 (10 sprir	nts)	5 min
Recovery		5 min
Set 2 (10 sprir	nts)	5 min
Total duration		15 min
Walking	w	300 m
Jogging	j	m
Backwards	22 2	
Sideways	SW	m
High intensity	HI	
		300 m
Total distance		600 m

Short sprints from a dynamic starting position (heel lifts, knee lifts, sideways L&R, jogging backwards . . .)

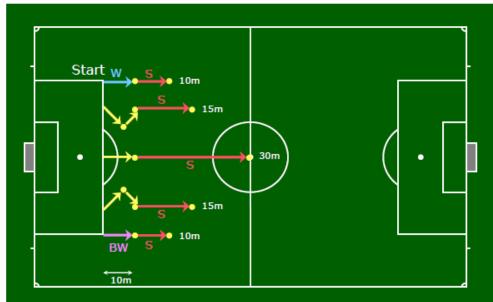
Set 1 (right turn): $(2 \times 5m) - (2 \times 10 \text{ m}) - (2 \times 15m) - (2 \times 20m) - (2 \times 25m)$

Recovery: 5 minutes

Set 2 (left turn): $(2 \times 5m) - (2 \times 10 \text{ m}) - (2 \times 15m) - (2 \times 20m) - (2 \times 25m)$







2 sets of 5 sprints		
Set 1 (5 sprint	ts)	5 min
Recovery		5 min
Set 2 (5 sprint	ts)	5 min
Total duration		15 min
Walking	W	160 m
Jogging	J	
Backwards	Backwards BW	
Sideways	sw	
High intensity	HI	
		160 m
Total distance		320 m

Set 1: 5x sprint as per the illustration

Slow walk back to the start after every sprint

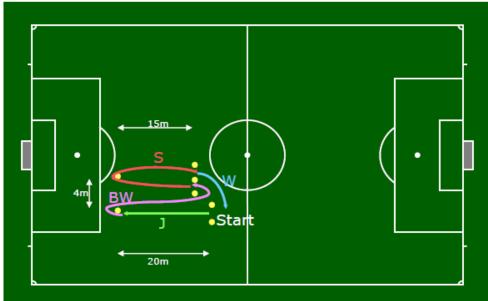
Start each run back on every 60"

Recovery: 5 minutes

Set 2: Same exercise, again 5 sprints







2 sets of 7 sprints		
Set 1 (5 sprints)		5 min
Recovery		5 min
Set 2 (5 sprints)		5 min
Total duration		15 min
Walking	W	100 m
Jogging	J	200 m
Backwards	BW	200 m
Sideways	SW	
High intensity	HI	
Sprint		300 m
Total distance	1	800 m

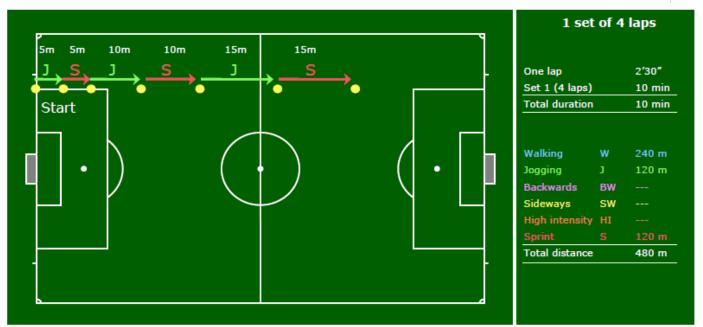
Set 1: 5x sprint as per the illustration

Slow walk back to the start after every sprint

Start each run back on every 60"

Recovery: 5 minutes **Set 2:** Repeat Set 1





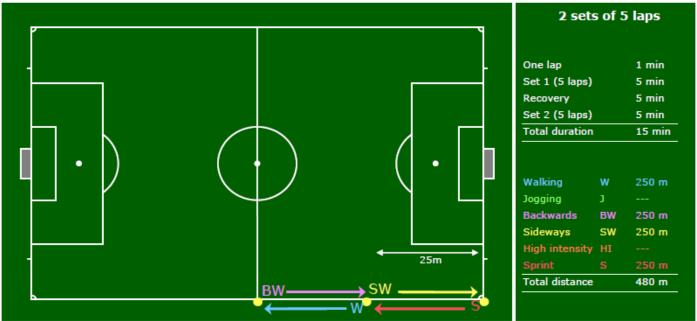
Set 1: Jog to the first cone, sprint to the second cone, jog to the third cone, sprint to the fourth cone, jog to the fifth cone, sprint to the sixth cone. Walk back to the start.

Variation: Instead of jogging, run backwards or sideways





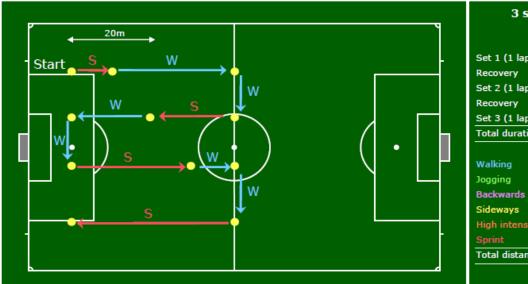




Set 1: Walk to the first cone, run backwards to the second cone, run sideways to the third cone, sprint to the fourth cone,







3 sets of 1 lap			
C-1 (1)		ai	
Set 1 (1 lap)		2 min	
Recovery		2 min	
Set 2 (1 lap)		2 min	
Recovery		2 min	
Set 3 (1 lap)		2 min	
Total duration		10 min	
Walking	W	420 m	
Jogging	J		
Backwards	BW		
Sideways	SW		
High intensity			
Sprint	S	300 m	
Total distance		720 m	

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.

Recovery: 2 minutes

Set 2: Now start with 40m and then work down to 10m.

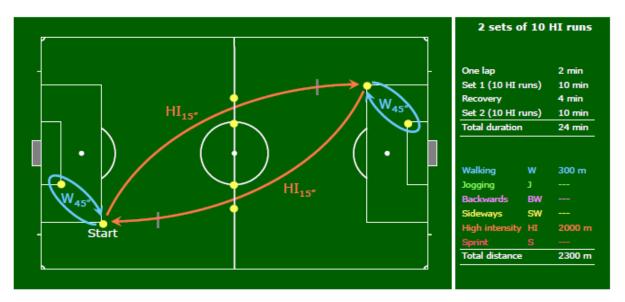
Recovery: 2 minutes **Set 3:** Repeat Set 1





Speed Endurance Exercises

Speed Endurance Exercise #1

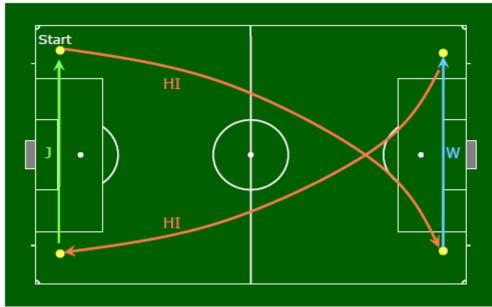


Set 1: Starting at the edge of the Penalty Area, referees progressively accelerate to 90-95% (15") along the diagonal line as indicated. As from the mark near the opposite penalty area (marked by the vertical bar), they decelerate while keeping the focus inside the penalty area. Between runs, there is a 45" recovery period (walking). Repeat this 10 times.

Recovery: 4 minutes

Set 2: Again repetitions of each 1 min.





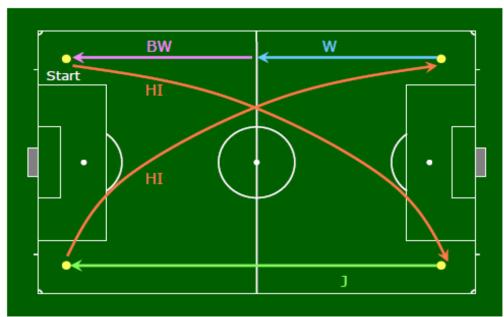
2 sets	of 6	5 laps
One lap		1.5 min
Set 1 (6 laps)		9 min
Recovery		4 min
Set 2 (6 laps)		9 min
Total duration		22 min
Walking	w	480 m
Jogging	J	480 m
Backwards	BW	
Sideways	SW	
High intensity	HI	3600 m
Sprint	S	
Total distance		4080 m

Set 1: Run 6 laps of the speed endurance exercise as indicated.

Recovery: 4 minutes

Set 2: Again 6 laps of the same exercise.



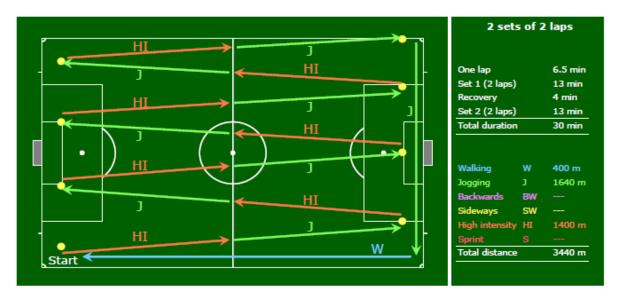


2 sets	of 6	laps
One lap		2 min
Set 1 (6 laps)		12 min
Recovery		4 min
Set 2 (6 laps)		12 min
Total duration		28 min
Walking	w	450 m
Jogging	J	1080 m
Backwards	BW	450 m
Sideways	SW	
High intensity	HI	3600 m
Sprint	S	
Total distance		5580 m

Set 1: Run 6 laps of the speed endurance exercise as indicated.

Recovery: 4 minutes

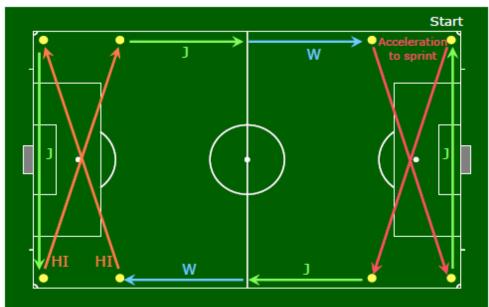




Set 1: One lap consists of 7 sub-maximal sprints followed by 7 recovery jogs. The tempo running should consist of 90% of maximal speed. The jogging should take 3x longer than the duration of the tempo run. After reaching the finish, referees jog along the goal line until the next corner and then walk back to the starting position.

Recovery: 4 minutes



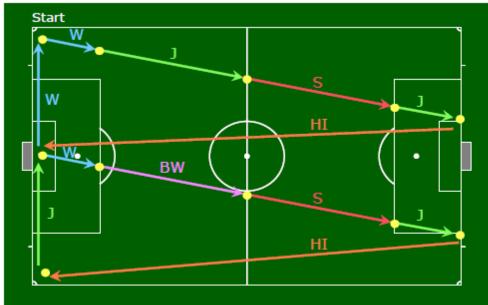


2 set	s of 5	laps
One lap		2′ 20″
Set 1 (5 laps)		11 min
Recovery		4 min 11 min
Set 2 (5 laps)	
Total duratio	n	26 min
Walking	w	600 m
Jogging	J	1700 m
Backwards	BW	
Sideways	SW	
High intensit	у НІ	1200 m
Sprint	S	1200 m
Total distance	e	4700 m

Set 1: Run 5 laps of the speed endurance exercise as indicated.

Recovery: 4 minutes





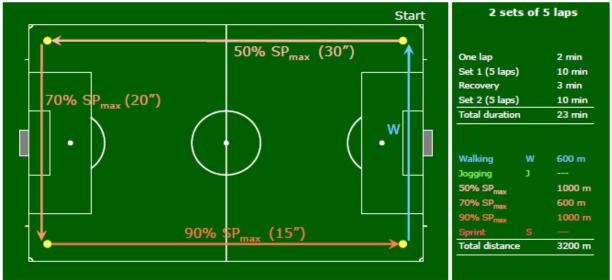
2 sets	of 4	laps
One lap		3 min
Set 1 (4 laps)		12 min
Recovery		4 min
Set 2 (4 laps)		12 min
Total duration		28 min
Walking	w	560 m
Jogging	J	960 m
Backwards	BW	240 m
Sideways	SW	
High intensity	HI	1600 m
Sprint	S	480 m
Total distance		3840 m

Set 1: Run 4 laps of the speed endurance exercise as indicated.

Recovery: 4 minutes







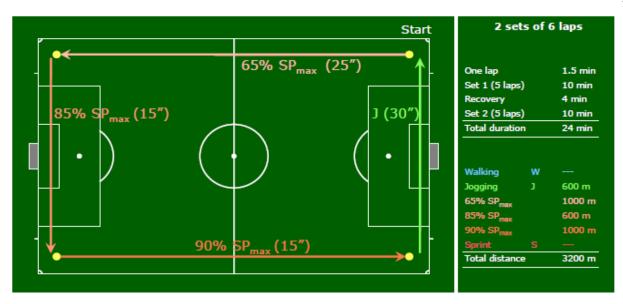
Set 1: Run 5 laps of the speed endurance exercise as indicated. Run at 50% of the maximal running speed the length of the field (in 25 seconds), followed by running at 70% of the maximal speed the width of the field (in 15 seconds) and then run at 90% of the maximal running speed (in 20 seconds), walk back to the start.

Recovery: 3 minutes



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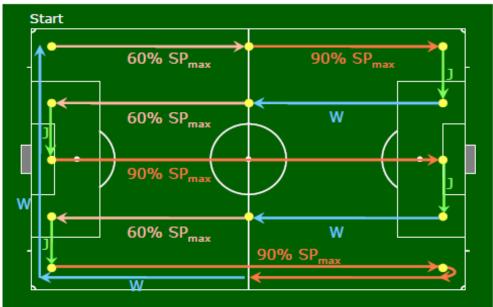
Speed Endurance Exercise #8



Set 1: Run 6 laps of the speed endurance exercise as indicated. Run at 65% of the maximal running speed the length of the field (in 25 seconds), followed by running at 85% of the maximal speed the width of the field (in 15 seconds) and then run at 90% of the maximal running speed (in 15 seconds), walk back to the start.

Recovery: 3 minutes



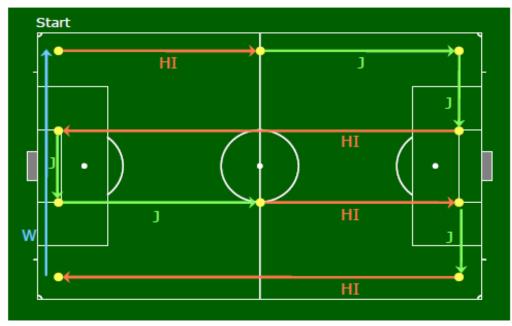


2 56	ts of 3	3 laps
One lap		4 min
Set 1 (3 lap	Set 1 (3 laps)	
Recovery Set 2 (3 laps)		3 min
		12 min
Total durati	Total duration	
Walking	w	1260 m
Jogging	J	360 m
60% SP _{max}		900 m
70% SP _{max}		
$90\%~\mathrm{SP}_{\mathrm{max}}$		1800 m
Sprint	S	
Total distan	ce	4320 m

Set 1: Run 3 laps of the speed endurance exercise as indicated.

Recovery: 3 minutes





2 sets of 4 laps		
One lap		3 min
Set 1 (4 laps)		12 min
Recovery		4 min 12 min
Set 2 (4 laps)	
Total duration	Total duration	
Walking	w	480 m
Jogging	J	1280 m
Backwards	BW	
Sideways	SW	
High intensity	у НІ	1600 m
Sprint	S	
Total distance	e	3360 m

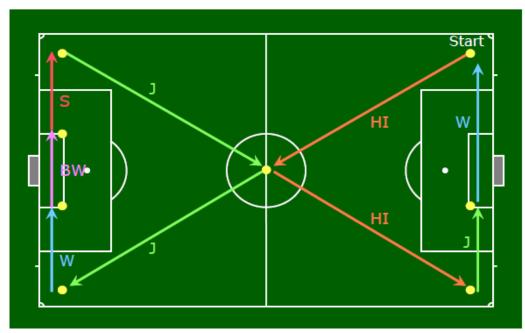
Set 1: Run 4 laps of the speed endurance exercise as indicated.

Recovery: 3 minutes









	ST 1981			
2 sets	2 sets of 5 laps			
One lap		2 min		
Set 1 (5 laps) Recovery Set 2 (5 laps) Total duration		10 min 4 min 10 min		
			24 min	
		Walking	W	650 m
Jogging	J	1400 m		
Backwards	BW	200 m		
Sideways	sw			
High intensity	HI	1200 m		
Sprint		250 m		
Total distance		3700 m		

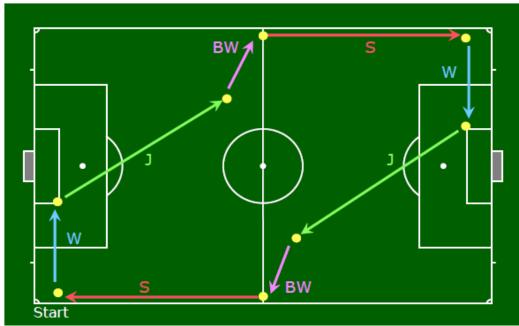
Set 1: Run 5 laps of the speed endurance exercise as indicated.

Recovery: 4 minutes









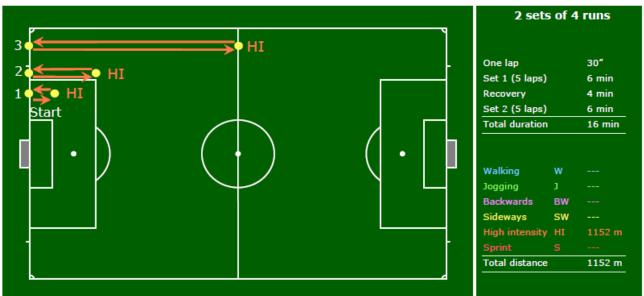
2 sets	of 5	laps
One lap		2 min
Set 1 (5 laps)		10 min
Recovery Set 2 (5 laps) Total duration		4 min 10 min
		Walking
Jogging	J	800 m
Backwards	BW	200 m
Sideways	SW	
High intensity	HI	800 m
Sprint		
Total distance		2300 m

Set 1: Run 5 laps of the speed endurance exercise as indicated.

Recovery: 4 minutes







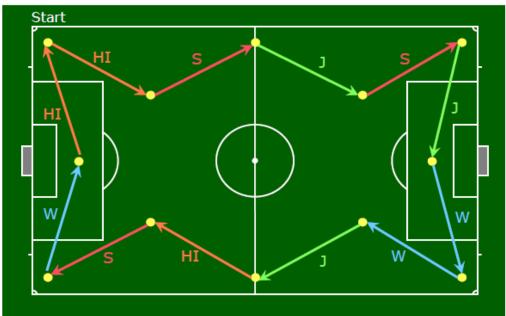
Set 1: Suicide Run: sprint from the goal line to the goal area line and back. Then immediately sprint from the goal line to the edge of the penalty area and back. Finally sprint to the halfway line and back. One minute rest and then repeat the exercise 4 times.

Recovery: 3 minutes









2 sets	of	5 laps
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	900 m
Jogging	J	900 m
Backwards	BW	
Sideways	SW	
High intensity	HI	900 m
Sprint	S	900 m
Total distance		3600 m

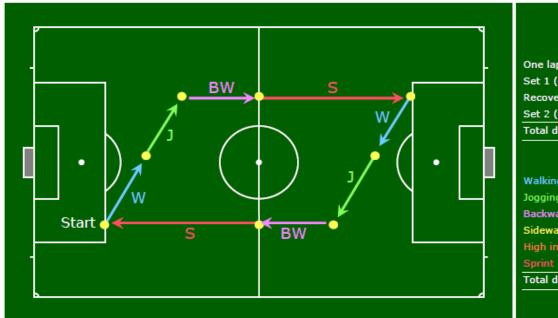
Set 1: Run 5 laps of the speed endurance exercise as indicated.

Recovery: 4 minutes









2 sets of 6 laps		
One lap		1′20″
Set 1 (6 laps)		8 min
Recovery Set 2 (6 laps) Total duration		4 min 8 min
		Walking
Jogging	J	480 m
Backwards	BW	480 m
Sideways	SW	
High intensity	HI	
Sprint	S	720 m
Total distance		2160 m

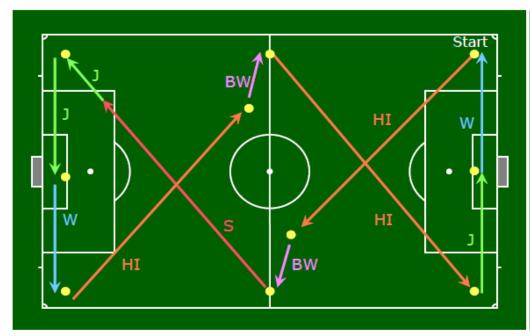
Set 1: Run 6 laps of the speed endurance exercise as indicated.

Recovery: 4 minutes









		57, 1981
2 sets	of 5	laps
One lap		2'30"
Set 1 (5 laps)		12'30"
Recovery		4 min
Set 2 (5 laps)		12'30"
Total duration		29 min
Walking	w	600 m
Jogging	J	800 m
Backwards	BW	300 m
Sideways	sw	
High intensity	HI	1950 m
Sprint		600 m
Total distance		4250 m

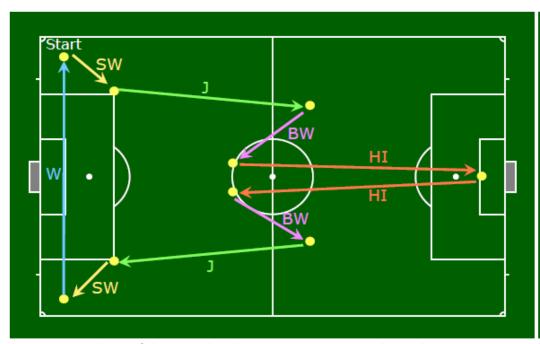
Set 1: Run 5 laps of the speed endurance exercise as indicated.

Recovery: 4 minutes









2 sets of 8 laps		
One lap		1.5 min
Set 1 (8 laps) Recovery		12 min
		4 min
Set 2 (8 laps)		12 min
Total duration		28 min
Walking	w	960 m
Jogging	J	1300 m
Backwards	BW	640 m
Sideways	SW	480 m
High intensity	HI	1920 m
Sprint		
Total distance		5300 m

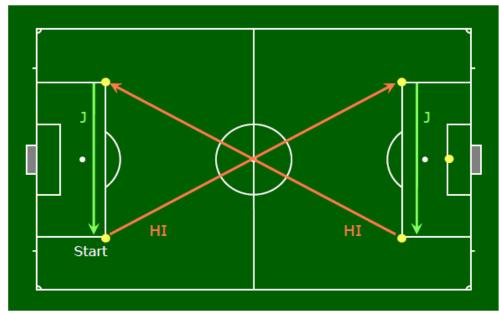
Set 1: Run 8 laps of the speed endurance exercise as indicated.

Recovery: 4 minutes









2 sets	of 6	laps
One lap		1′15″
Set 1 (6 laps)		7.5 min
Recovery		4 min
Set 2 (6 laps) Total duration		7.5 min
		19 min
Walking	w	
Jogging	J	960 m
Backwards	BW	
Sideways	SW	
High intensity	HI	2040 m
Total distance		3000 m

Set 1: Run 6 laps of the speed endurance exercise as indicated.

Recovery: 4 minutes





Speed Endurance Exercises for Assistant Referees

Speed Endurance Exercise for Asst. Referee #1



45 sec

6 min

4 min

6 min

14 min

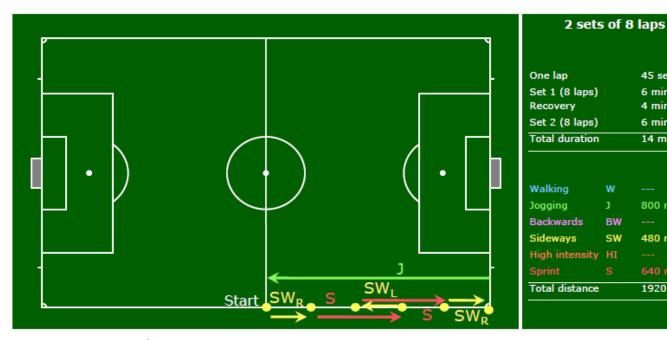
800 m

480 m

640 m

1920 m





Set 1: Run 8 laps of the speed endurance exercise as indicated.

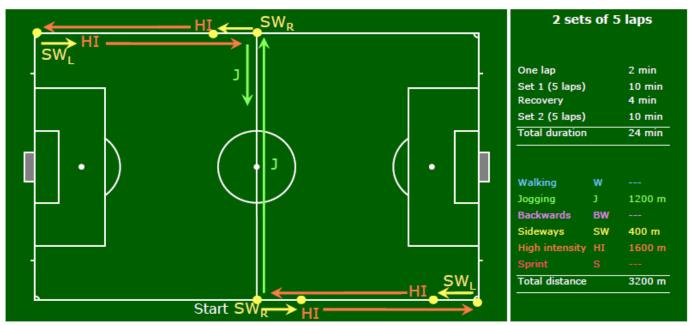
Recovery: 4 minutes



Speed Endurance Exercise for Asst. Referee #2







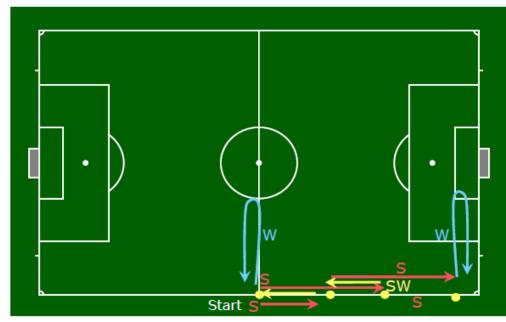
Set 1: Run 5 laps of the speed endurance exercise as indicated.

Recovery: 4 minutes



Speed Endurance Exercise for Asst. Referee #3





2 sets	of 4	laps
One lap		2 min
Set 1 (8 laps)		8 min
Recovery		4 min
Set 2 (8 laps)		8 min
Total duration		20 min
Walking	w	640 m
Jogging	J	
Backwards	BW	
Sideways	SW	240 m
High intensity	HI	
		600 m
Total distance		1480 m

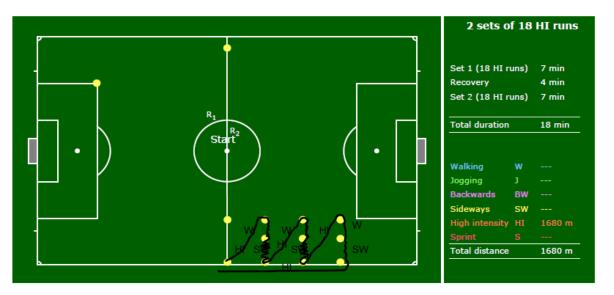
Set 1: Run 4 laps of the speed endurance exercise as indicated.

Recovery: 4 minutes





High Intensity Exercise for Assistant Referees



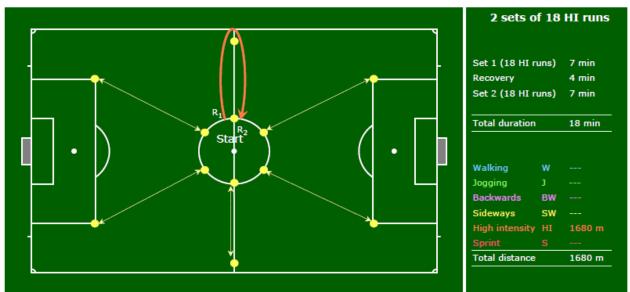
Set 1: The Assistant Referees work in pairs. The start of the exercise is always in the center circle. R1 carries a bib and runs in high speed outwards, turns around the cone and gives the bib to R2 who then does the same thing. Then R1 runs around the next cone in a clockwise direction and they go on until both Assistant Referees have completed 3 full laps (18 high intensity runs).

Recovery: 4 minutes

Set 2: Again 3 laps, both now counter clockwise.





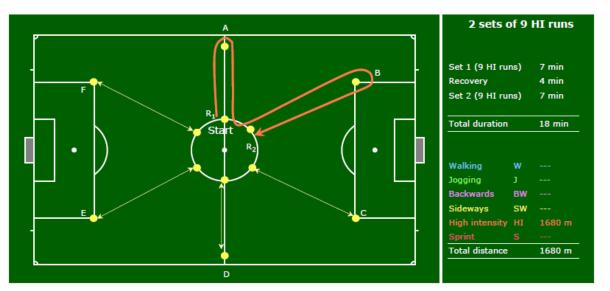


Set 1: The Referees work in pairs. The start of the exercise is always in the center circle. R1 carries a bib and runs in high speed outwards, turns around the cone and gives the bib to R2 who then does the same thing. Then R1 runs around the next cone in a clockwise direction and they go on until both Referees have completed 3 full laps (18 high intensity runs).

Recovery: 4 minutes

Set 2: Again 3 laps, both now counter clockwise.





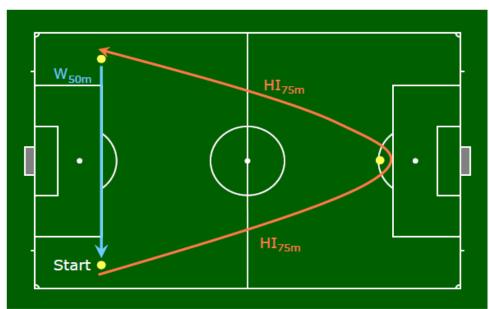
Set 1: The Referees work in pairs. The start of the exercise is always in the center circle. R1 carries a bib and runs in high speed outwards, turns around cone A and returns to the center circle and runs immediately around cone B. Then he gives the bib to R2 who then does the same thing. Then R1 runs around the next cone in a clockwise direction and they go on until both Referees have completed 3 full laps (9 high intensity runs).

Recovery: 4 minutes

Set 2: Again 3 laps, both now counter clockwise.







2 sets o	f 10	HI runs
One lap		1'05"
Set 1 (10 HI runs)		10′ 50″
Recovery		4 min
Set 2 (10 HI runs)		10'50"
Total duration		21'40"
Walking	w	1000 m
Jogging	J	
Backwards	BW	
Sideways	SW	
High intensity	HI	3000 m
Sprint	s	
Total distance		4000 m

Set 1: From the start, run at high intensity to the other side of the pitch, turn around the cone and return at high intensity (150m in total of 30sec) as indicated above, afterwards walk back to the start (50m in 35sec) and repeat this 20 to 24 times.

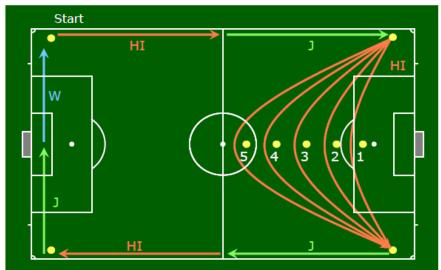
Recovery: 4 minutes

Set 2: Same as Set 1, however run in the other direction.



DISCOVER - DEVELOP - EXCEL

High Intensity Exercise #4



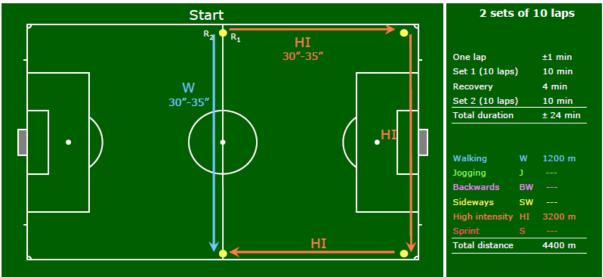


Set 1: From the start, run at the indicated intensity. For the first lap run around cone 1, for the second lap run around cone 2 and so on, up to cone 5 for lap 5, thus increasing the run distance at high intensity with each subsequent lap. The high intensity running should be at 80% of the maximal running speed.

Recovery: 4 minutes

Set 2: Now run around cone 5 on lap 1, and work down to cone 1 on lap 5, thus decreasing the run distance with each subsequent lap.





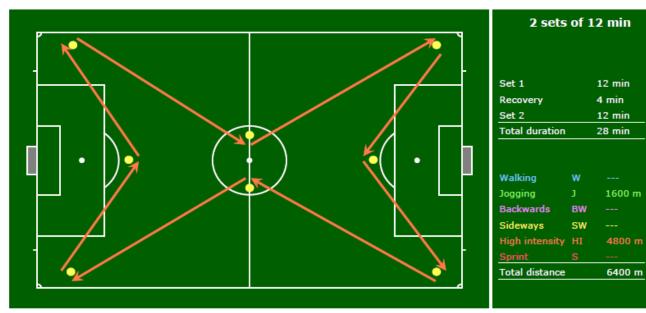
Set 1: The Referees work in pairs. From the start, R1 runs around half of the pitch in 30 to 35 sec. At the same time, R2 walks along the halfway line. R1 and R2 need to arrive at the same time at the touchline, and then R2 runs around half of the pitch and R1 walks back along the halfway line to the start. Repeat this 10 times.

Recovery: 4 minutes

Set 2: Same as Set 1, however run in the other direction.



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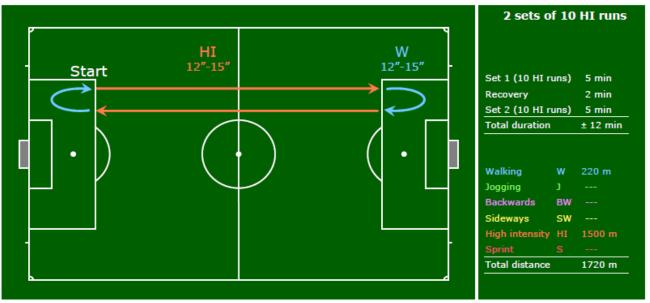
Set 1: Run around the pitch as indicated in the picture. Run for 20 sec at high intensity (HI) followed by 20 sec of jogging (J). Then 40 sec HI and 20 sec J; 60 sec HI and 20 sec J; 2 min HI and 1 min J; 2 min HI and 1 min J; 60 sec HI and 20 sec J; 40 sec HI and 20 sec J; 20 sec HI and 20 sec J.

Recovery: 4 minutes

Set 2: Same exercise as Set 1, but now in other direction.





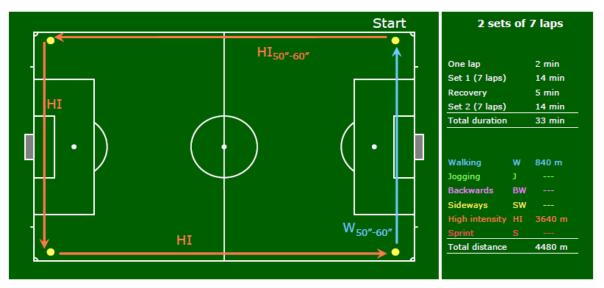


Set 1: Run from one penalty area to the other at high intensity in 12 to 15 seconds (between 18 and 20 km/h). Then, walk to the goal area line and back in 12 to 15 seconds and run again to the other penalty area. Run 10 times from penalty area to penalty area.

Recovery: 4 minutes

Set 2: Repeat the same exercise.





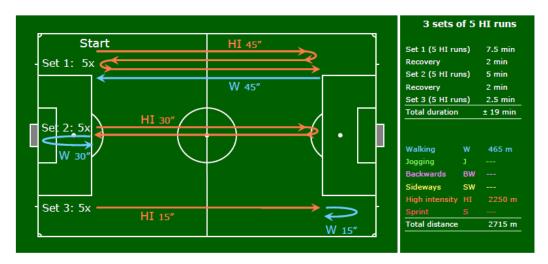
Set 1: Run around the pitch at high intensity on the field (or 300m on an athletic track) in 50 to 60 sec. Then walk the remaining distance to the start in 50 to 60 sec. If it is not possible to perform this exercise on a field or a track, then the run can easily be performed on a treadmill.

Recovery: 5 minutes

Set 2: The start of Set 2 is on the opposite side so that the referee can turn on the other shoulder.



DISCOVER - DEVELOP - EXCEL



Set 1: Run 3 times from penalty area to penalty area in 45 sec (18 km/h). Then walk from one penalty area to the other in 45 sec. Repeat this 5 times.

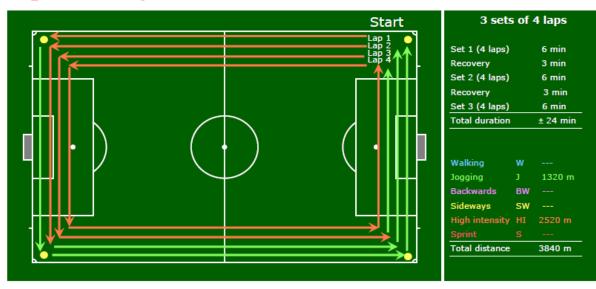
Recovery: 2 minutes

Set 2: Run 2 times from penalty area to penalty area in 30 sec. Then walk from one penalty area to the other in 30 sec. Repeat this 5 times.

Recovery: 2 minutes

Set 3: Run 2 times from penalty area to penalty area in 12-15 sec. Then walk to the goal area line and back in

12 to 15 sec. Repeat this 5 times



Set 1: Run around the pitch as indicated. The distance of high intensity running increases every lap. In total, run 4 laps around the pitch.

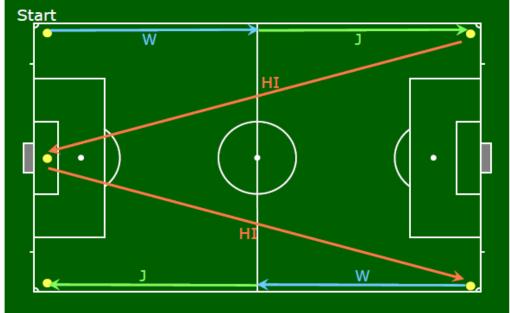
Recovery: 3 minutes

Set 2: Now start with 1 full lap of high intensity running (lap 4) and then work down to run one length of high

intensity (lap 1).

Recovery: 3 minutes **Set 3:** Same as Set 1



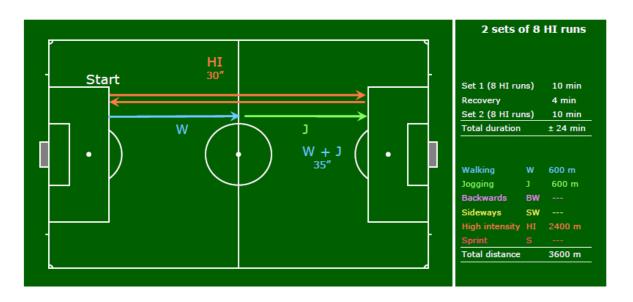


		201.000		
2 sets of 4 laps				
One lap		2.5 min		
Set 1 (5 laps)		10 min		
Recovery		4 min		
Set 2 (5 laps)		10 min		
Total duration		24 min		
Walking	W	800 m		
Jogging	J	800 m		
Backwards	BW			
Sideways	sw			
High intensity	HI	1920 m		
Sprint	s			
Total distance		3520 m		

Set 1: Run 4 laps of the high intensity exercise as indicated.

Recovery: 4 minutes **Set 2:** Repeat Set 1





Set 1: Run from one penalty area to the other and back at high intensity in 30 sec. Then walk to the halfway line and continue jogging to the penalty area (45 sec). Repeat 8 times.

Recovery: 4 minutes **Set 2:** Repeat Set 1

