

11+ REFEREES











PART 1: RUNNING EXERCISES

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











							
1. STRAIGHT AHEAD Jog straight	2. CIRCLING PARTNER Jog & sideways shuffling	3. ZIGZAG SHUFFLING Sideways zig-zag shuffling, alternating the leading leg at each cone	4. FORWARDS / BACKWARDS SPRINTS Combination of quick forwards and backwards running at each cone	5. SLALOM FORWARDS / BACKWARDS Slalom between the cones	6. FORWARDS / BACKWARDS WITH ROTATIONS Jog forwards, rotate at 180 degrees at cone, continue backwards, and repeat	5. ALTERNATE SHUFFLING Sideways shuffling, changing the leading leg at each cone	6. CARIOCAS Sideways shuffling, alternatively crossing legs

PART 2: STRENGTH, PLYOMETRICS AND BALANCE EXERCISES

LEVEL 1

				
1. THE BENCH ALTERNATE LEGS Lift each leg in turn, holding for 2 sec; 1 set (30-60 sec)	2. SIDEWAYS BENCH RAISE AND LOWER HIP Raise and lower hip/pelvis; 1 set (20-30 sec, on each side)	3. THE BRIDGE ALTERNATE Lift the pelvis until the body is straight, lift alternatively one leg; 1 set (20-30 sec)	7. SINGLE LEG STANCE MOVE THE OTHER LEG Balance on one leg, while performing 1/2 circles with the other leg; 1 set (30 sec, on each side)	8. FRONT LUNGES Lunge forward, return to standing and alternate leg; 1 set (10 reps on each side)
				
4. HAMSTRING BASIC 1 set (7-10 reps)	5. CALF BASIC Standing on toes, raise/lower your body; 1 set (20-30 sec, on each side)	6. DOUBLE LEG SQUAT JUMPS Repeatedly jump and land softly; 1 set (20-30 sec)	7. LATERAL LUNGES 45° Lunge sideways until knee is ca. 45° flexed, continue on other side; 1 set (10 reps on each side)	8. LATERAL JUMPS Jump sideways and land softly, repeat on other side; 1 set (20-30 sec)

LEVEL 2

				
1. THE BENCH ONE LEG LIFT AND HOLD Lift one leg and hold the position for 20-30 sec; 3 sets (on each side)	2. SIDEWAYS BENCH WITH LEG LIFT Lift/lower the upper leg while maintaining the position; 1 set (20-30 sec on each side)	3. THE BRIDGE ON ONE LEG Lift the pelvis until the body is straight; 1 set (20-30 sec on each side)	7. SINGLE LEG CROSS HOPS Jump and land softly in a random way (front, side, diagonal); 1 set (30 sec on each leg)	8. SCISSORS JUMPS Repeatedly jump and land softly off a lunge position, switching legs; 1 set (20-30 sec)
				
4. HAMSTRING ADVANCED 1 set (10-15 reps)	5. CALF ADVANCED Standing on toes, raise/lower your body on a box; 1 set (20-30 sec, on each side)	6. BOUNDING Repeatedly push off the ground quickly; 1 set (20-30 sec)	7. LATERAL LUNGES 90° Lunge sideways until knee is ca. 90° flexed, continue on other side; 1 set (10 reps on each side)	8. DOUBLE LATERAL JUMPS Jump sideways and land softly, then repeat again; repeat 1 other direction; 1 set (20-30 sec)

PART 3: RUNNING EXERCISES

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

					
1. PROGRESSION RUN Run approx. 30 meters at 70-80% of max. pace	2. LONG SPRINTS Sprint at 80-90% of max. pace over	3. SHORT DIAGONAL SPRINT Short diagonal sprints within the two lines of cones	4. LONG DIAGONAL SPRINT Long diagonal sprint within the two lines of cones	3. SHUFFLING AND SHORT SPRINTS Alternating sideways shuffles and sprints	4. SHUFFLING AND LONG SPRINT Sideways shuffle first then sprint at 80-90% until last cone



Referee & Assistant Referee



Referee



Assistant Referee