



## Performance Training in Football Refereeing Training Manual

### WEEK 41 from Monday 5<sup>th</sup> to Sunday 11<sup>th</sup> of October Macrocycle IV, week 1 (Training week 19)

<u>Mon. 5<sup>th</sup>:</u> Tr. 70	* Act. Rec.	- 50' recovery session in a fitness centre
<u>Tue. 6<sup>th</sup>:</u> Tr. 71	* Low Int.	- 5' jogging slowly building up to 70% HR <sub>max</sub> (+ 1 km)
	* Warm up	- 20' extensive warming up, mobilisation and stretching
	* Strength	- 6 x 25 sit-ups, separated by 6 x 10 push-ups, in addition to the regular set of strength and injury prevention exercises
	* High Int.	<p>- <u>Set 1</u> Two lines are marked approx. 5 meters away from each side of one of the goal lines. The referees are divided into 3 groups based on their fitness level. The referees in the group with the best fitness (x) have to run the longest distance (<math>\pm</math> 210 m), while the group with the weakest runners (z) covers a shorter distance (about 190 m), and the intermediate referees (y) start on the goal line and cover an intermediate distance (about 200 m).</p> <p>- All referees start at the end with the 3 lines and run together at a given speed to the opposite goal line, and immediately back to the starting position (40" max). After a given rest that equals the running time (40" max), they start the second run. A signal may be used to indicate when the referees have to reach the opposite line and the home position.</p> <p>- Referees do this first exercise 10 x (15" max).</p> <p>- 3' recovery</p>



# Performance Training In Football Refereeing Training Manual

**Aron Murphy, Thomas Reilly, Warwick Spinks**



## **Performance Training In Football Refereeing Training Manual:**

## Unveiling the Magic of Words: A Overview of "**Performance Training In Football Refereeing Training Manual**"

In some sort of defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is really awe-inspiring. Enter the realm of "**Performance Training In Football Refereeing Training Manual**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve in to the book is central themes, examine its distinctive writing style, and assess its profound affect the souls of its readers.

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### **Table of Contents Performance Training In Football Refereeing Training Manual**

1. Understanding the eBook Performance Training In Football Refereeing Training Manual
  - The Rise of Digital Reading Performance Training In Football Refereeing Training Manual
  - Advantages of eBooks Over Traditional Books
2. Identifying Performance Training In Football Refereeing Training Manual
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Performance Training In Football Refereeing Training Manual
  - User-Friendly Interface
4. Exploring eBook Recommendations from Performance Training In Football Refereeing Training Manual
  - Personalized Recommendations
  - Performance Training In Football Refereeing Training Manual User Reviews and Ratings
  - Performance Training In Football Refereeing Training Manual and Bestseller Lists

5. Accessing Performance Training In Football Refereeing Training Manual Free and Paid eBooks
  - Performance Training In Football Refereeing Training Manual Public Domain eBooks
  - Performance Training In Football Refereeing Training Manual eBook Subscription Services
  - Performance Training In Football Refereeing Training Manual Budget-Friendly Options
6. Navigating Performance Training In Football Refereeing Training Manual eBook Formats
  - ePub, PDF, MOBI, and More
  - Performance Training In Football Refereeing Training Manual Compatibility with Devices
  - Performance Training In Football Refereeing Training Manual Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Performance Training In Football Refereeing Training Manual
  - Highlighting and Note-Taking Performance Training In Football Refereeing Training Manual
  - Interactive Elements Performance Training In Football Refereeing Training Manual
8. Staying Engaged with Performance Training In Football Refereeing Training Manual
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Performance Training In Football Refereeing Training Manual
9. Balancing eBooks and Physical Books Performance Training In Football Refereeing Training Manual
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Performance Training In Football Refereeing Training Manual
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Performance Training In Football Refereeing Training Manual
  - Setting Reading Goals Performance Training In Football Refereeing Training Manual
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Performance Training In Football Refereeing Training Manual
  - Fact-Checking eBook Content of Performance Training In Football Refereeing Training Manual
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

### 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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