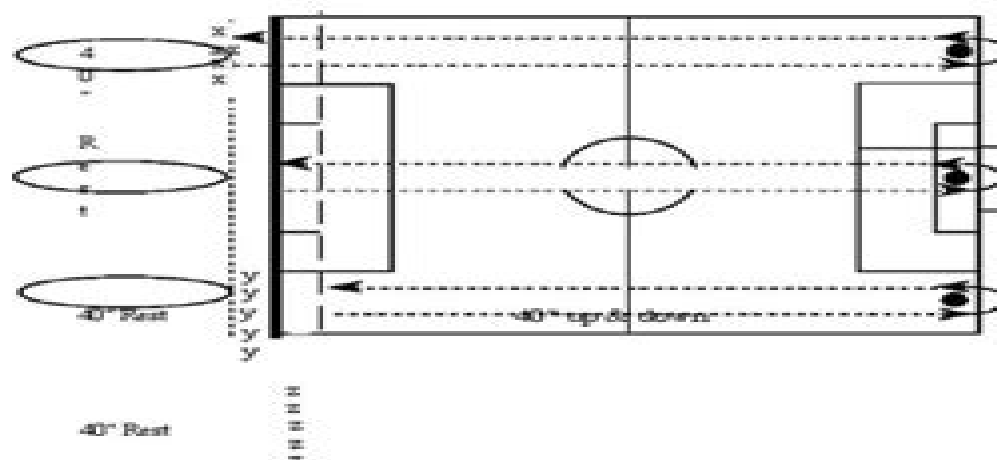




Performance Training in Football Refereeing Training Manual

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

<u>Mon. 5th:</u> Tr. 70	* Act. Rec.	- 50' recovery session in a fitness centre
<u>Tue. 6th:</u> Tr. 71	* Low Int.	- 5' jogging slowly building up to 70% HR _{max} (+ 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.	- <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 ($\pm$ 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). - 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. - Referees do this first exercise 10 x (15' max). - 3' recovery



Performance Training In Football Refereeing Training Manual

Larry Gerber



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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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