



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.	<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 (\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).</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

Ensheng Dong



Performance Training In Football Refereeing Training Manual:

The Enigmatic Realm of **Performance Training In Football Refereeing Training Manual**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing lacking extraordinary. Within the captivating pages of **Performance Training In Football Refereeing Training Manual** a literary masterpiece penned with a renowned author, readers attempt a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting impact on the hearts and minds of people who partake in its reading experience.

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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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