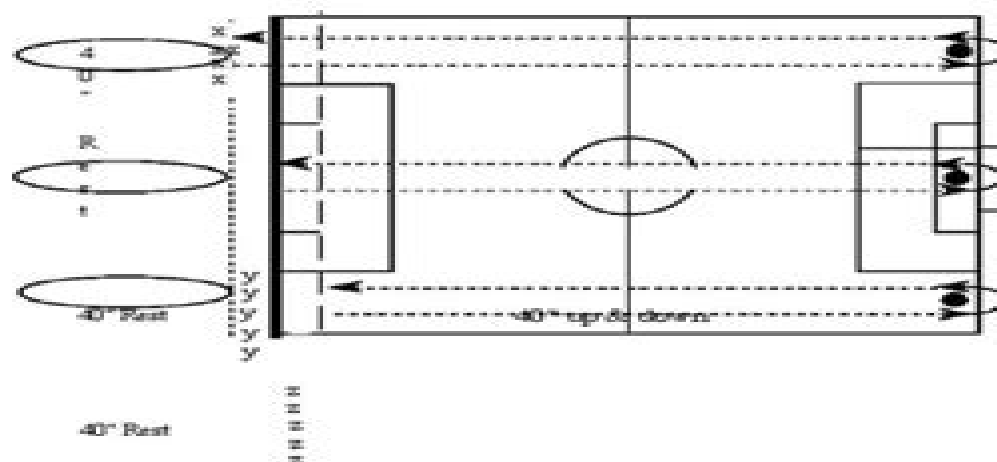




## Performance Training in Football Refereeing Training Manual

### 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><br>Tr. 70 | * Act. Rec. | - 50' recovery session in a fitness centre                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| <u>Tue. 6<sup>th</sup>:</u><br>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

**L Reisser**



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

This book delves into Performance Training In Football Refereeing Training Manual. Performance Training In Football Refereeing Training Manual is a vital topic that must be grasped by everyone, from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Performance Training In Football Refereeing Training Manual, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:
    - Chapter 1: Introduction to Performance Training In Football Refereeing Training Manual
    - Chapter 2: Essential Elements of Performance Training In Football Refereeing Training Manual
    - Chapter 3: Performance Training In Football Refereeing Training Manual in Everyday Life
    - Chapter 4: Performance Training In Football Refereeing Training Manual in Specific Contexts
    - Chapter 5: Conclusion
  2. In chapter 1, this book will provide an overview of Performance Training In Football Refereeing Training Manual. The first chapter will explore what Performance Training In Football Refereeing Training Manual is, why Performance Training In Football Refereeing Training Manual is vital, and how to effectively learn about Performance Training In Football Refereeing Training Manual.
  3. In chapter 2, the author will delve into the foundational concepts of Performance Training In Football Refereeing Training Manual. The second chapter will elucidate the essential principles that need to be understood to grasp Performance Training In Football Refereeing Training Manual in its entirety.
  4. In chapter 3, this book will examine the practical applications of Performance Training In Football Refereeing Training Manual in daily life. The third chapter will showcase real-world examples of how Performance Training In Football Refereeing Training Manual can be effectively utilized in everyday scenarios.
  5. In chapter 4, this book will scrutinize the relevance of Performance Training In Football Refereeing Training Manual in specific contexts. The fourth chapter will explore how Performance Training In Football Refereeing Training Manual is applied in specialized fields, such as education, business, and technology.
  6. In chapter 5, the author will draw a conclusion about Performance Training In Football Refereeing Training Manual. The final chapter will summarize the key points that have been discussed throughout the book.
- This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Performance Training In Football Refereeing Training Manual.

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