

Referee Academy 2012-13

September Fitness Session

Developed by: Bob Sabella, Academy Director



- This month's session includes four exercises to focus on:
 - Conditioning
 - Teamwork
 - AR flag mechanics
 - Referee mechanics
 - Working under time constraints

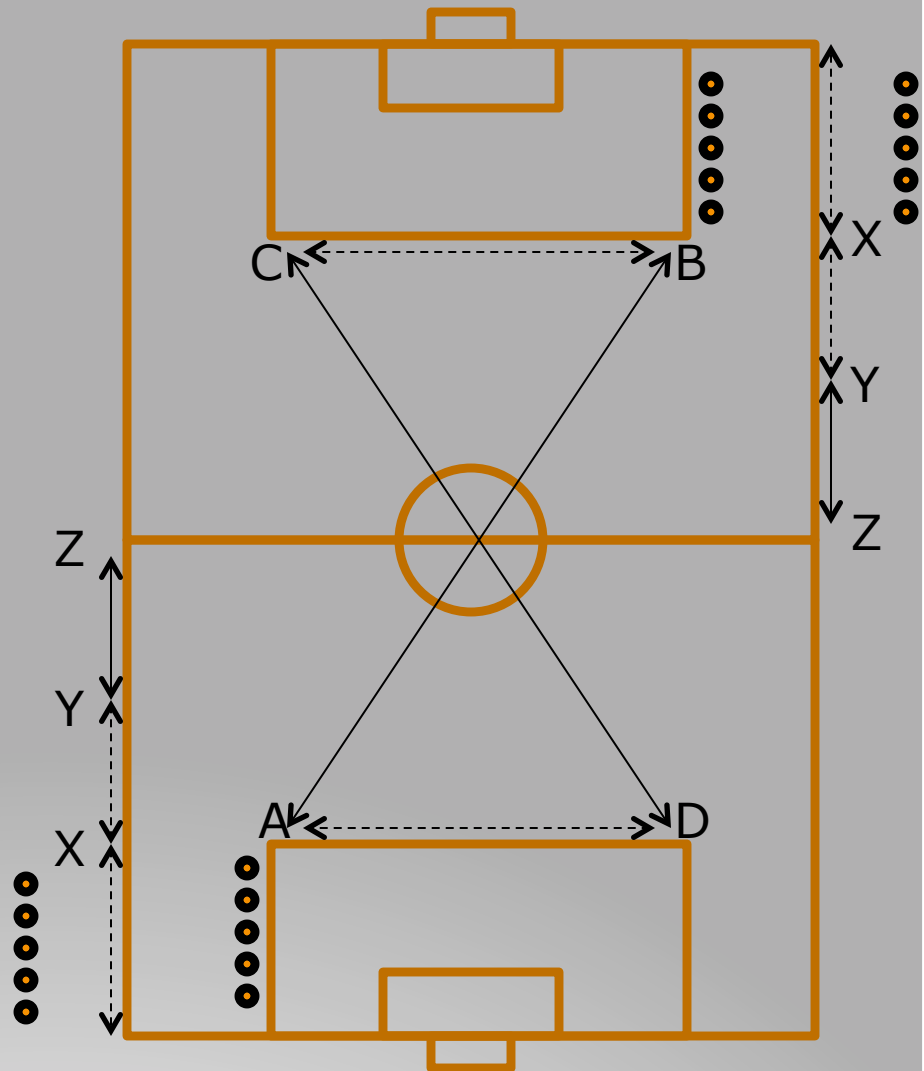
Overview

Instructions:

Two Referees start at points A and B. On a whistle, they run the diagonal passing each other and arriving at the opposite end within 30 seconds (second whistle). They do 5 pushups, jog across the top of the penalty area, and do 5 situps, completing this within 40 seconds (third whistle). They then repeat the run on the other diagonal (C-D within 30 seconds), do 5 pushups, jog across, and 5 situps (within 40 seconds). The next referees in line then rotate in, and the previous referees join the AR waiting line.

The ARs start at X, sidestep rapidly keeping pace with the referee to Y, then turn and run to the halfway line (Z). At that point they reverse direction and run with the other referee back to Y, side-step rapidly to X always keeping pace with the referee. During the 40 second intervals, the ARs sidestep to the corner flag and back. The next AR in line then rotates in, and the previous ARs join the referee waiting line.

If needed, have referees and ARs run in groups of 2-4 people. If desired, have ARs also do pushups and situps.

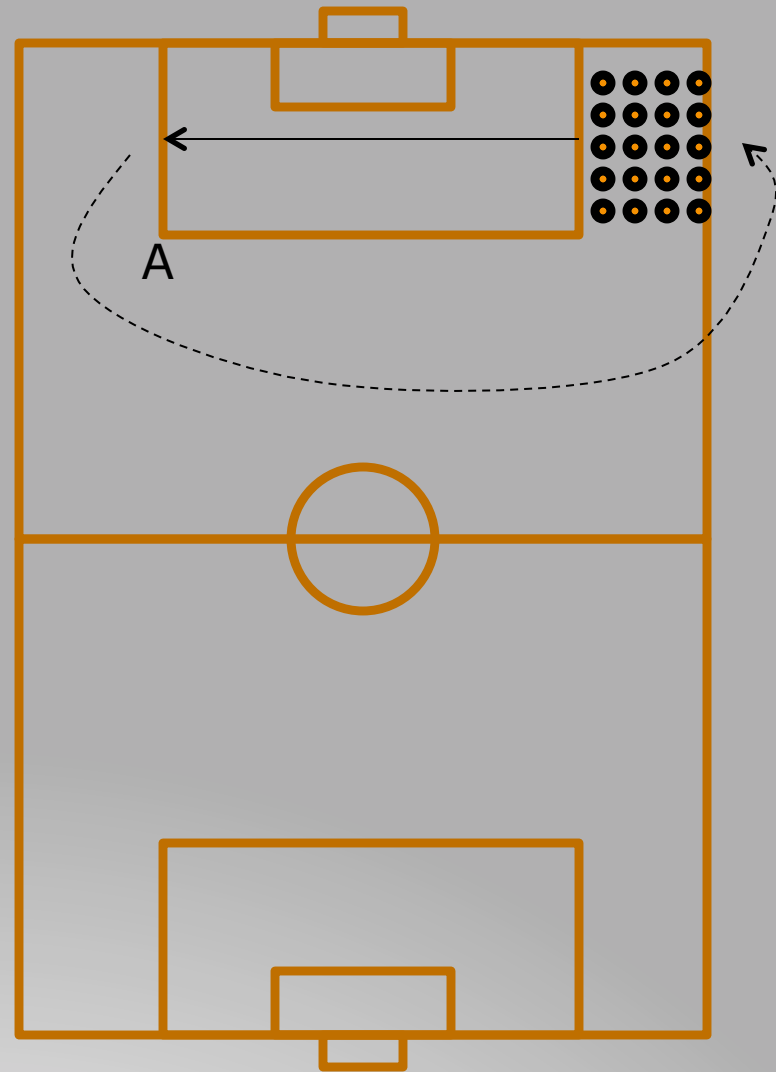


First Exercise

Instructions:

Referees form lines of 6-12 people at one side of the penalty area. On the whistle, the referees sprint to the other side of the penalty area. The timer stands at point A and counts the seconds until all referees have completed the run. The referees then walk or jog back to the starting area while other groups are sprinting.

The goal is for each referee to measure their sprint time over the 44 yard (40 meter) distance, with the goal to be able to complete 6 sprints with times less than 10 seconds.



Second Exercise

Instructions:

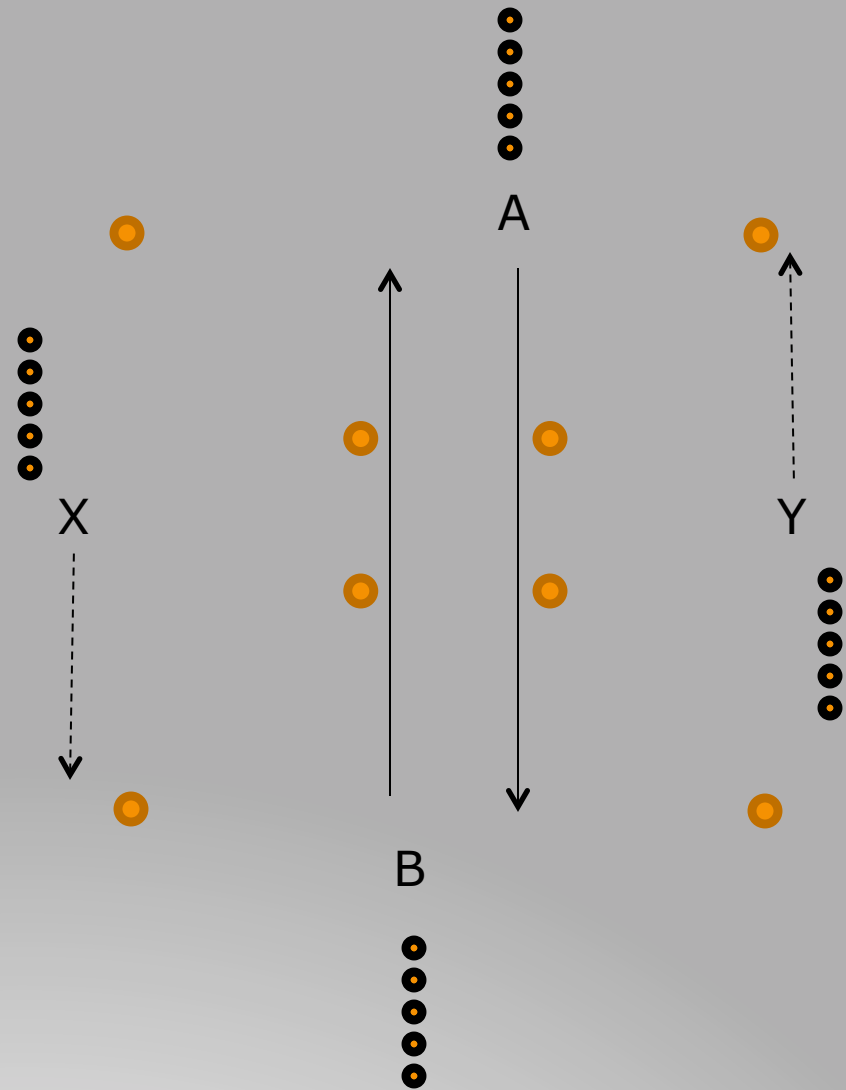
Arrange flags or cones to form a square about 24 yards each side. Include a smaller 4 yard square as shown.

ARs start at points X and Y and sidestep in the direction shown. The Referees start at points A and B and run across the square, carrying a ball, maintaining eye contact with the AR to their right.

When the Referees, each carrying a ball, reaches the internal 4 yard square, they will exchange balls. At this point, the AR stops and indicates a throw-in, corner kick, goal kick, offside, a foul, a foul with a caution or a foul with a red card. The referee must quickly react with the appropriate whistle, hand signal and/or card display, while keeping control of the ball.

Once the "play" is complete for both Referees, they continue on their run and toss the ball to the next Referee in line

ARs continue to the Referee line and Referees continue to the AR line



Third Exercise