



FIFA 11+ MANUAL REFEREE EDITION

FIFA 11+ REFEREE MANUAL

A COMPLETE WARM-UP PROGRAMME TO PREVENT
INJURIES IN REFEREES AND ASSISTANT REFEREES

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PREFACE



Joseph S. Blatter



Prof. Jiri Dvorak

Physical exercise is the best preventive measure for many diseases – this is a scientifically proven fact. Major scientific studies have shown football to be an ideal sport to improve physical fitness as well as to provide social benefits due to it being a team game. Playing recreational and even competitive football is a safe sports activity if players are physically well prepared.

In recent decades, the popularity of football has increased to such an extent that there are currently about 300 million registered players, referees and technical staff worldwide, approximately 700,000 of whom are registered referees. There is no doubt that football is the world's most popular sport, and the FIFA World Cup™ is the biggest sporting event on the planet, with the beautiful game not only filling stadiums but also pulling in 30 billion TV spectators.

FIFA is aware not only of this development but also of its responsibility to care for the health of players and referees. Football injuries can be incurred with and without contact with another player. Non-contact injuries can be best prevented by thorough preparation. With this in mind, FIFA and its Medical Assessment and Research Centre, F-MARC, developed an injury prevention programme, the "FIFA 11+". Following an initial pilot phase, clinical research studies clearly indicated that the consistent implemen-

tation of the "FIFA 11+" led to a 30-50% reduction of injuries among female and male football players. On the basis of these results, FIFA decided to roll this programme out across the world and to use the 2010 FIFA World Cup™ in South Africa to launch the programme within the member associations.

Given the demands of football nowadays, officiating also entails a certain risk of injury. F-MARC, in cooperation with the FIFA Refereeing Department, has now prepared the "FIFA 11+ FOR REFEREES", adapting the original programme to meet the needs of referees and assistant referees. In order to facilitate implementation of this new programme and to teach every referee and assistant referee how to perform the exercises properly, this manual and the accompanying instructional DVD will be distributed free of charge to FIFA member associations through the Refereeing Assistance Programme, specifically at FUTURO III courses for refereeing instructors as well as at refereeing courses at confederation and member association level.

Joseph S. Blatter
FIFA President

Prof. Jiří Dvořák
FIFA Chief Medical Officer,
F-MARC chairman

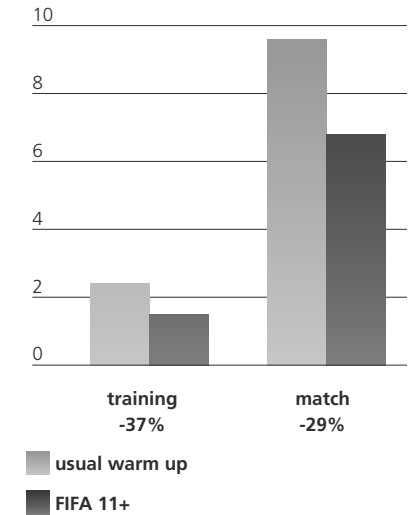
INTRODUCTION

Football refereeing requires various skills and abilities, including endurance, agility, speed, and a technical and tactical understanding of the game. All of these aspects will be taught and improved during specific training sessions, but officiating also entails a certain risk of injury (traumatic injury and moreover of an overuse nature). Thus, an optimal training session should also include exercises to reduce the injury risk.

The "FIFA 11+ FOR REFEREES" injury prevention programme has been developed by an international group of experts based on the specific injury profile of referees and on the "FIFA 11+" injury prevention programme. It is a complete warm-up package and should replace the usual warm-up prior to training.

In a scientific study, it was shown that youth football teams using the "FIFA 11+" as a standard warm-up had a significantly lower risk of injury than teams that warmed up as usual. Teams that performed the "FIFA 11+" regularly at least twice a week had 37% fewer training injuries and 29% fewer match injuries. Severe injuries were reduced by almost 50%. This study was published in the renowned British Medical Journal in 2008.

Injuries / 1,000 hours of exposure



With football referees, the implementation of a basic injury prevention programme showed a reduced incidence of non-contact match injuries sustained by the male and female FIFA referees selected for the most recent World Cups (2010 and 2011) when compared to the previous World Cups (2006 and 2007).

STRUCTURE OF THE "FIFA 11+ FOR REFEREES"

	ALL	REFEREES	ASSISTANTS
PART 1	1 2 3 4	R-5 R-6	AR-5 AR-6
PART 2.1	1 2 3 4 5 6	R-7 R-8	AR-7 AR-8
PART 2.2	1 2 3 4 5 6	R-7 R-8	AR-7 AR-8
PART 3	1 2	R-3 R-4	AR-3 AR-4

The "FIFA 11+ FOR REFEREES" has three parts with a total of 18 exercises, which should be performed in the specified sequence at the start of each training session.

The exercises focus on the specific movement patterns of referees and assistant referees.

Part 1: running exercises

Part 2: specific exercises, focusing on core and leg strength, balance, and plyometrics/agility, each with two levels of increasing difficulty

Part 3: running exercises

A key point in the programme is to use the proper technique during all of the exercises. Pay full attention to correct posture and good body control, including straight leg alignment, knee-over-toe position and soft landings.

BODY POSITION(S)

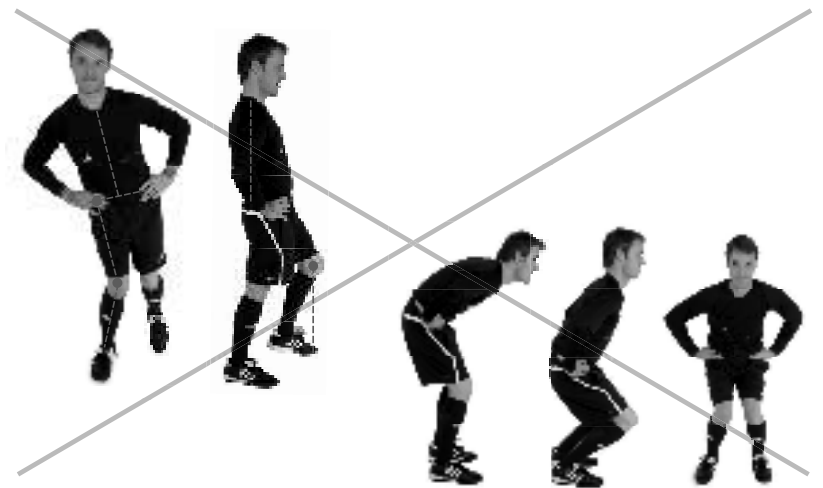
CORRECT



Straight leg alignment

Knee over toe position

WRONG



KEY ELEMENTS OF INJURY PREVENTION

The key elements of effective injury prevention programmes for football referees and assistant referees are core stability, neuromuscular control and balance, eccentric training of the hamstrings, plyometrics and agility.

Core training: the “core” represents a functional unit, which not only includes muscles of the trunk (abdominals, back extensors), but also of the pelvic-hip region. The preservation of core stability is one of the keys for optimal functioning of the lower extremities (especially the knee). Football referees must possess sufficient strength and neuromuscular control in their hip and trunk muscles to provide core stability. There is growing scientific evidence that core stability has an important role in injury prevention.

Neuromuscular control and balance: neuromuscular control does not represent a single entity, but complex interacting systems integrating different aspects of muscle actions (static, dynamic, reactive), muscle activations (eccentric more than concentric), coordination (multi-joint muscles), stabilisation, body posture, balance and anticipation ability. There is strong empirical and growing scientific evidence that sport-specific neuromuscular training programmes can effectively prevent knee and ankle injuries.

Plyometrics and agility: plyometrics are defined as exercises that enable a muscle to reach maximum strength in as short a time as possible. Eccentric muscle contractions are rapidly followed by concentric contractions in many sport skills. Consequently, specific functional exercises that emphasise this rapid change in muscle action must be used to prepare athletes for their sport-specific activities. The aim of plyometric training is to decrease the amount of time required between the yielding eccentric muscle contraction and the initiation of the impending concentric contraction. Plyometrics provide the ability to train specific movement patterns in a biomechanically correct manner, thereby strengthening the muscle, tendon and ligament more functionally. Plyometrics and agility drills were the important components of the programme which were shown to be effective in the prevention of knee and ankle injuries, and in particular ACL injuries.

MOTIVATION AND COMPLIANCE

The coach should be aware of the importance and efficiency of injury prevention programmes. Not all injuries can be prevented, but especially knee injuries, ankle sprains, muscle lesions and overuse problems can be significantly reduced by the regular performance of preventive exercises.

It is crucial that the coach motivates the referees to learn the “FIFA 11+ FOR REFEREES” and to perform the exercises regularly and correctly. Research has shown that compliance is the key factor for efficiency. The easiest way is to perform the “FIFA 11+ FOR REFEREES” as a standard warm-up at the beginning of every training session.

Finally, if match officials do not have a pre-match routine, parts 1 and 3 could also be used as a warm-up before matches.

Note: if a professional fitness coach is supervising the training session, some modifications of the exercises are obviously possible.

HOW TO TEACH THE "FIFA 11+ FOR REFEREES"

Start with highlighting the importance of injury prevention: all referees should clearly understand this message. Only then should the explanation and instruction of the exercises begin.

The key for efficient teaching is to start at level 1 and to focus on the correct performance of the exercises. Carefully correct all mistakes. Good body positioning is crucial. This allows for better neuromuscular work and more efficient training. When the referees are able to perform the exercises correctly, the duration and the number of repetitions can be raised to the proposed intensity.

The following steps are helpful in teaching an exercise:

- explain briefly and demonstrate **one** exercise
- instruct the referees to practise the exercise and give **general** feedback/corrections
- discuss some of the problems with all of the referees, and re-demonstrate the exercise (maybe with one referee who performs it well)
- instruct the referees to perform the exercise again, and give **individual** feedback/corrections

This method is particularly recommended for the exercises in part 2. The running exercises in parts 1 and 3 may need shorter explanations and consequently less learning time. Usually, it may take a minimum of two or three training sessions until the referees are able to perform all exercises of the "FIFA 11+ FOR REFEREES" (level 1) correctly.

PROGRESSION TO THE NEXT LEVEL

Referees should begin with level 1. Only when an exercise can be performed without difficulty for the specified duration and number of repetitions should the referee/assistant referee progress to the next level of this exercise.

Ideally, progression to the next level is individually determined for each referee. If training in a group, for simplicity, all referees can progress to the next level of all exercises after three or four weeks.

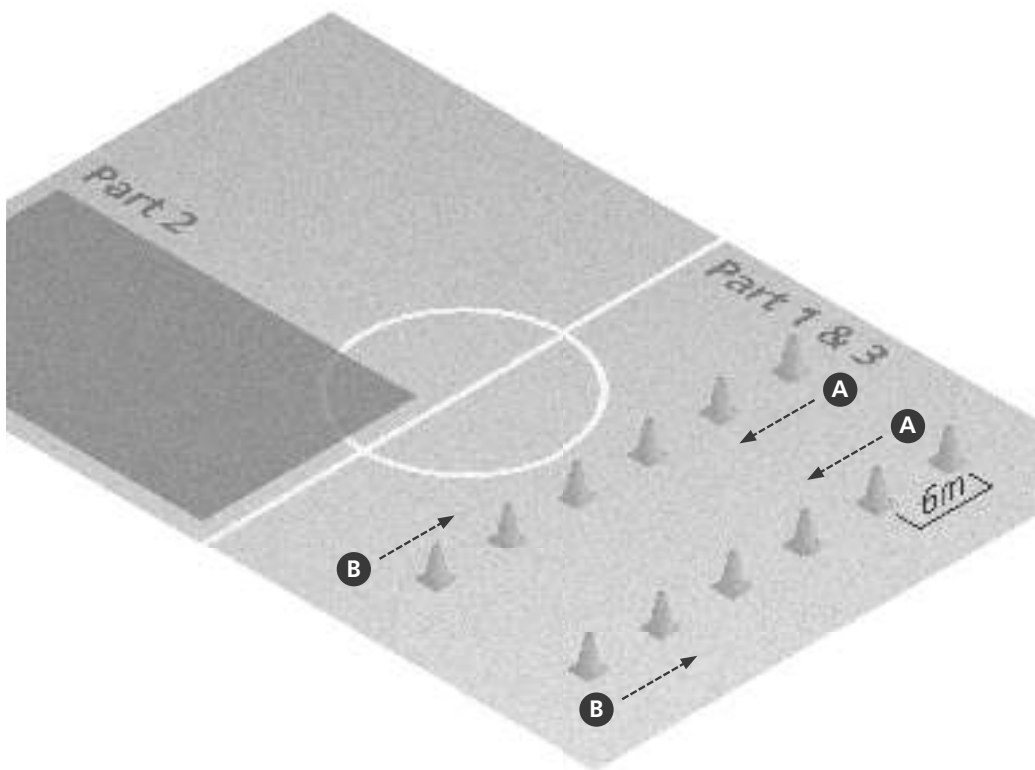
Important: for all exercises, correct performance is of great importance. Therefore, the coach should supervise the programme and correct the referees if necessary.

FIELD SET-UP

The course is made up of six pairs of parallel cones, approximately 4/6m apart (total of 20/24m).

Two referees start at the same time from the first pair of cones, jog along the inside of the cones and do the various exercises on the way. After the last cone, they run back along the outside. On the way back, speed can be increased progressively as the referees warm up.

- A** Exercises
- B** Way back



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PART 1: RUNNING EXERCISES

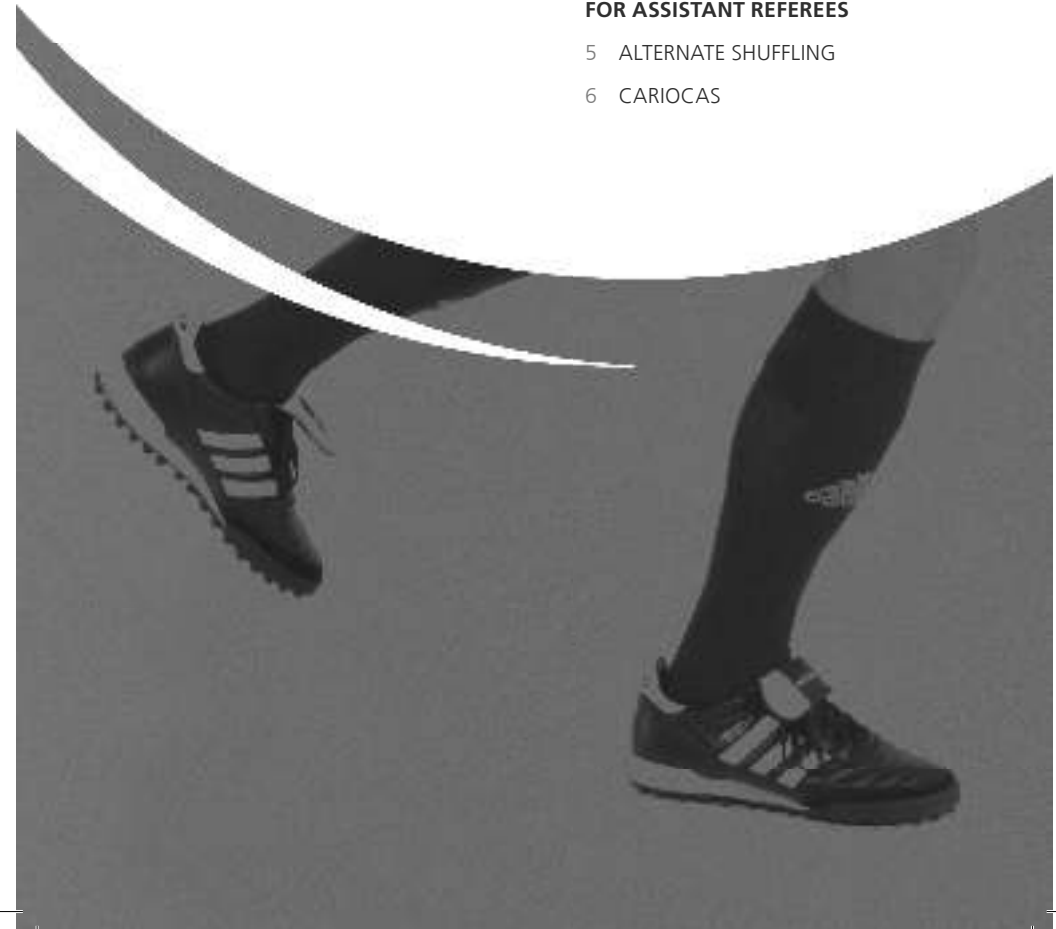
- 1 STRAIGHT AHEAD
- 2 CIRCLING PARTNER
- 3 ZIGZAG SHUFFLING
- 4 FORWARDS/BACKWARDS SPRINTS

FOR REFEREES

- 5 SLALOM FORWARDS/BACKWARDS
- 6 FORWARDS/BACKWARDS WITH ROTATIONS

FOR ASSISTANT REFEREES

- 5 ALTERNATE SHUFFLING
- 6 CARIOCAS



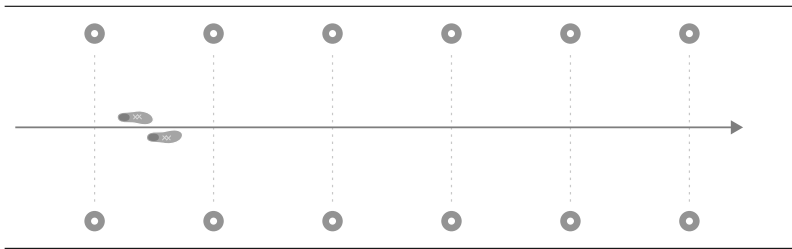
1 RUNNING STRAIGHT AHEAD

Jog straight to the last cone. Run slightly more quickly on the way back.

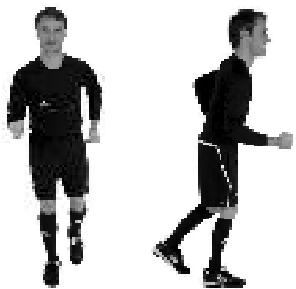
Do the exercise twice.

Important when performing the exercise:

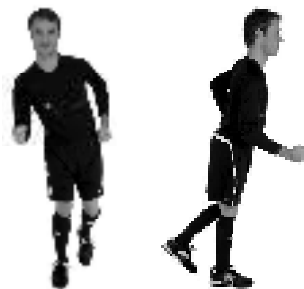
- Make sure you keep your upper body straight.
 - Your hips, knees and feet should be aligned.
- ! Do **not** let your knees buckle inwards.



CORRECT



WRONG



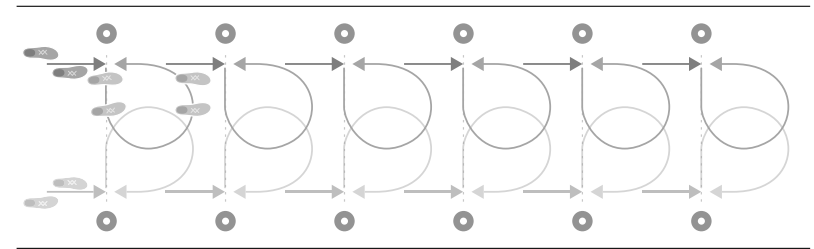
2 RUNNING CIRCLING PARTNER

Jog forwards to the first cone. Shuffle sideways at a 90-degree angle towards your partner, shuffle an entire circle around one another (without changing the direction in which you are looking) and back to the first cone. Jog to the next cone and repeat the exercise. When you have finished the course, jog back.

Do the exercise twice.

Important points when performing the exercise:

- Bend your hips and knees slightly and carry your body weight on the balls of your feet.
- ! Do **not** let your knees buckle inwards.
- Make sure you keep your upper body straight.



CORRECT



WRONG



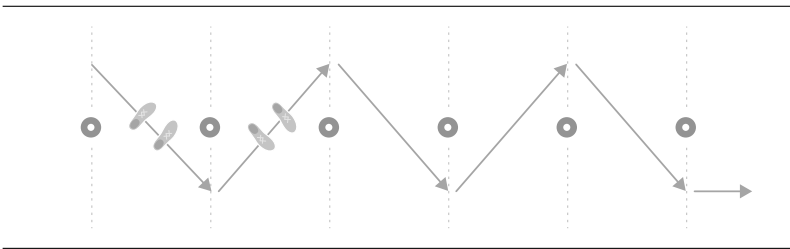
3 RUNNING ZIGZAG SHUFFLING

Shuffle sideways through the line of cones, alternating the leading leg at each cone, crossing and continuing until the last one. Keep your hips and knees slightly bent. When you have finished the course, jog back.

Do the exercise twice.

Important points when performing the exercise:

- Make sure you keep your back straight and your upper body leaned forward.
 - Bend your hips and knees slightly and carry your body weight on the balls of your feet.
 - Change direction softly whilst shuffling.
- ! Do **not** let your knees buckle inwards.



CORRECT



WRONG



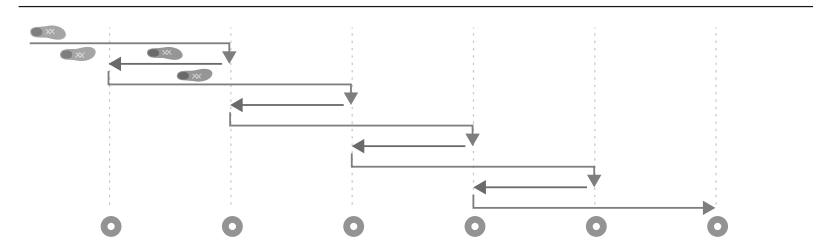
4 RUNNING FORWARDS AND BACKWARDS SPRINTS

Run quickly to the second cone then run backwards quickly to the first cone, keeping your hips and knees slightly bent. Repeat, running two cones forwards and one cone backwards. When you have finished the course, jog back.

Do the exercise twice.

Important points when performing the exercise:

- Make sure you keep your upper body straight.
 - Your hips, knees and feet should be aligned.
- ! Do **not** let your knees buckle inwards.



CORRECT



WRONG

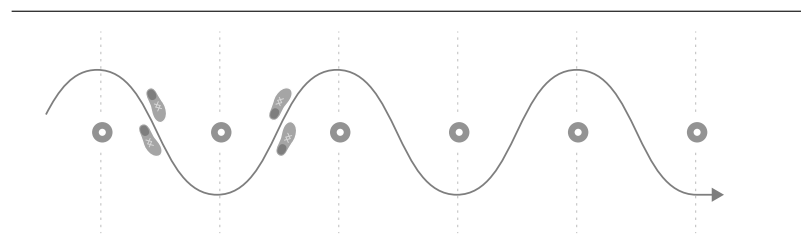


R-5 RUNNING SLALOM FORWARDS AND BACKWARDS

Slalom between the cones whilst jogging forwards until the last cone. When you have finished the course, jog back. Then, slalom between the cones whilst jogging backwards until the last cone. When you have finished the course, jog back.

Important points when performing the exercise:

- Make sure you keep your upper body straight.
 - Your hips, knees and feet should be aligned.
- ! Do **not** let your knees buckle inwards.



CORRECT



WRONG



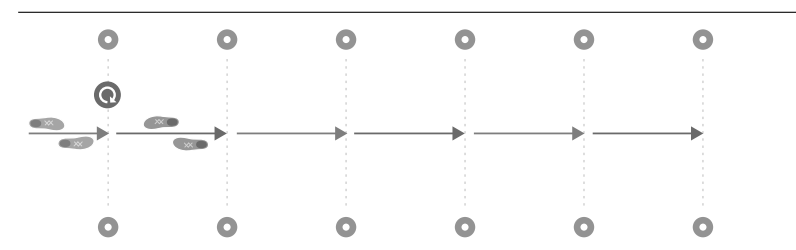
R-6 RUNNING FORWARDS AND BACKWARDS WITH ROTATIONS

Jog forwards to the first cone. Decelerate and rotate at a 180-degree angle, continue jogging backwards to the second cone, rotate (in the other direction) and repeat this drill until the last cone. When you have finished the course, jog back.

Important points when performing the exercise:

- Make sure you keep your upper body straight.
 - Your hips, knees and feet should be aligned.
 - Perform the body rotation softly whilst jogging.
- ! Do **not** let your knees buckle inwards.

Do the exercise twice.



CORRECT



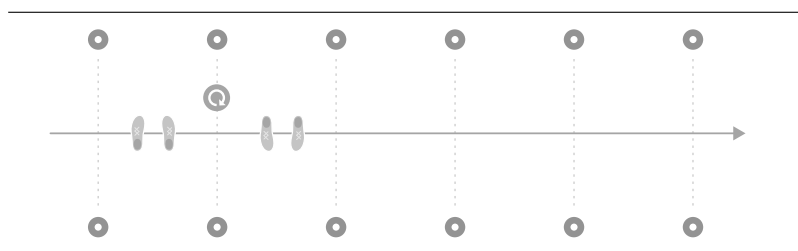
AR-5 RUNNING ALTERNATE SHUFFLING

Shuffle sideways, changing the leading leg at each cone, along the line of cones until the last one. When you have finished the course, jog back.

Do the exercise twice.

Important points when performing the exercise:

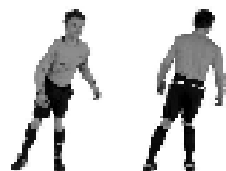
- Bend your hips and knees slightly and carry your body weight on the balls of your feet.
- ! Do **not** let your knees buckle inwards.
- Perform the body rotation softly whilst shuffling.
- Make sure you keep your upper body straight.



CORRECT



WRONG



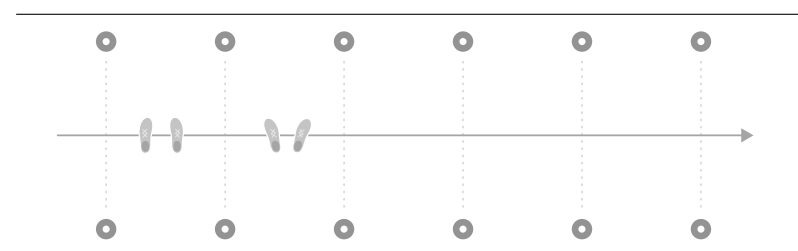
AR-6 RUNNING CARIOCAS

Shuffle sideways "cariocas" (alternatively crossing legs), with the same leading leg along the line of cones until the last one. When you have finished the course, jog back.

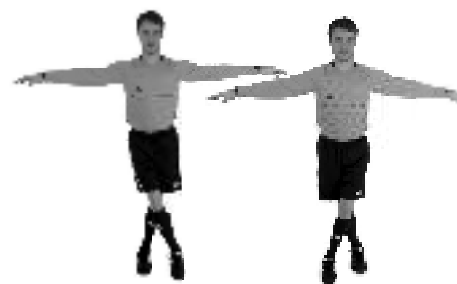
Perform the second run by changing the leading leg.

Important points when performing the exercise:

- Make sure that you keep your pelvis horizontal and your core still.
- Maintain your arms horizontally elevated and parallels to the cone line.
- Bend your knees slightly and carry your body weight on the balls of your feet.
- ! Do **not** let your knees buckle inwards.



CORRECT



WRONG



PART 2: STRENGTH, PLYOMETRICS AND BALANCE EXERCISES

LEVEL 1

- 1 BENCH – ALTERNATE LEGS
- 2 SIDEWAYS BENCH – RAISE AND LOWER HIP
- 3 BRIDGE – ALTERNATE
- 4 HAMSTRINGS - BASIC
- 5 CALF – BASIC
- 6 SQUAT JUMPS

FOR REFEREES

- 7 SINGLE-LEG STANCE – MOVE THE OTHER LEG
- 8 FRONT LUNGE

FOR ASSISTANT REFEREES

- 7 LATERAL LUNGE 45°
- 8 LATERAL JUMP



1 THE BENCH ALTERNATE LEGS

This exercise strengthens your core muscles, which is important to ensure stability of the body in all movements.

Assume the starting position by lying on your front, and supporting yourself on your forearms and feet.

During this exercise, lift your upper body, pelvis and legs up until your body is in a straight line from head to foot. Draw your shoulder blades in towards your spine so that they lie flat against your back. Your elbows should be directly under your shoulders. Pull in your stomach and gluteal muscles. Lift each leg in turn, holding for a count of 2 seconds. Continue for 30–60 seconds. Return to the starting position.

Repetitions: 1 set (30–60 sec.)

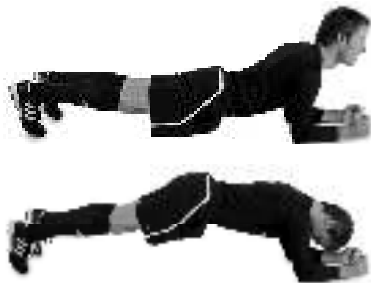
Important when performing the exercise:

- Your head, shoulders, back and pelvis should be in a straight line.
- Your elbows should be directly under your shoulders.
- ! Do **not** tilt your head backwards.
- ! Do **not** sway or arch your back.
- ! Do **not** raise your buttocks.
- ! Keep your pelvis stable and do **not** let it tilt to the side.

CORRECT



WRONG



2 SIDEWAYS BENCH RAISE AND LOWER HIP

This exercise strengthens your lateral core muscles, which is important to ensure stability of the body in all movements.

Assume the starting position by lying on your side with both legs straight and supporting yourself on your forearm.

During this exercise, raise your pelvis and legs (only the outside of the lower-most foot remains on the floor) until your body forms a straight line from the upper-most shoulder to the upper-most foot. Now lower your hips to the ground and raise them back up again. Repeat for 20–30 seconds. The elbow of your supporting arm should be directly under your shoulder. Take a short break, change side and repeat.

Repetitions: 1 set (20–30 sec. on each side)

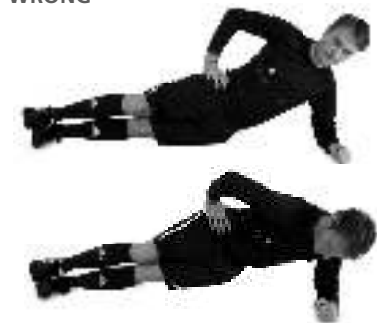
Important when performing the exercise:

- When viewed from the front, your upper shoulder, hip and upper leg should be in a straight line.
- When viewed from above, your body should be in a straight line.
- Your elbow should be directly under your shoulder.
- ! Do **not** rest your head on your shoulder.
- ! Do **not** tilt your shoulders or pelvis forwards or backwards.

CORRECT



WRONG



3 THE BRIDGE ALTERNATE

This exercise strengthens your back and hip muscles, which is important to ensure stability of the body in all movements.

Assume the starting position by lying on your back. Both knees must be flexed at 90°, and both feet should be flat to the ground.

During this exercise, lift your pelvis until your body is in a straight line (both feet are on the ground). Pull in your stomach and gluteal muscles. Lift one leg (by extending one knee) off the ground and hold the position for 1–2 seconds. Return to the starting position, and lift the other leg. Repeat for 20–30 seconds.

Repetitions: 1 sets (20–30 sec.)

Important when performing the exercise:

- After lifting your pelvis, keep body in a straight line.
- ! Do **not** sway or arch your back.
- Keep your pelvis stable and do not let it tilt to the side.
- Make sure that the foot is directly under your supporting knee.

CORRECT



WRONG



4 HAMSTRINGS BASIC

This exercise strengthens your rear thigh muscles.

Assume the starting position by kneeling on a soft surface with the knees hip-width apart and crossing your arms across your chest. Your partner should kneel behind you, and with both hands he should grip your lower legs just above the ankles while pushing them with his body weight to the ground.

During this exercise, your body should be completely straight from the head to the knees. Slowly lean forwards, trying to hold the position with your hamstrings. When you can no longer hold the position, gently take your weight on your hands, falling into a press-up position.

Repetitions: 1 set (7–10 repetitions)

Important when performing the exercise:

- Your partner keeps your lower legs firmly on the ground.
- Your head, upper body, hips and thighs should be in a straight line.
- The movement should only be in the knee joints.
- Perform this exercise slowly at first, but once you feel more comfortable, speed it up.
- ! Do **not** tilt your head backwards.
- ! Do **not** bend at your hips.

CORRECT



WRONG



5 CALF BASIC

This exercise strengthens your calf muscles (and Achilles tendons).

Assume the starting position by standing on one leg with the knee extended.

During this exercise, stand up on your toes and then slowly lower yourself down (by elevating/lowering vertically your body). Continue for 20–30 seconds, and repeat the exercise on the other leg. You may use the support of one stick, or perform the exercise alone while maintaining balance.

Repetitions: 1 set
(20–30 sec. on each side)

Important when performing the exercise:

- Keep body in a straight line.
- When viewed from the front, the hip, knee and foot of your supporting leg are in a straight line.

! Do **not** sway or arch your back.

! Keep your pelvis stable and do **not** let it tilt to the side.

! Do **not** flex your supporting knee.

CORRECT



WRONG



30

6 DOUBLE LEG SQUAT JUMPS

This exercise improves your jumping power and movement control.

Assume the starting position by standing with your feet hip-width apart and your hands on your hips.

During this exercise, slowly bend your hips, knees and ankles until your knees are flexed to 90 degrees. Lean your upper body forwards. Hold this position for 1 second, then jump as high as you can. While you jump, straighten your whole body. Land softly on the balls of your feet and slowly bend your hips, knees and ankles as much as possible. Repeat for 20–30 seconds.

Repetitions: 1 set (20–30 sec.)

Important when performing the exercise:

- When viewed from the front, the hip, knee and foot of both legs should be in two straight parallel lines.

- Bend the hips, knees and ankles at the same time and lean your upper body forwards.

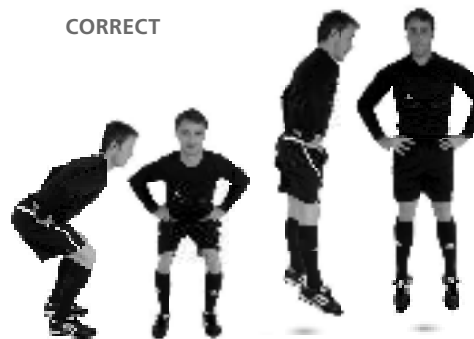
- Jump off both feet and land gently on the balls of your feet.

- A cushioned landing and a powerful take-off are more important than how high you jump.

! Do **not** let your knees buckle inwards.

! Do **not** land with extended knees or on your heels.

CORRECT



WRONG



31

R-7 SINGLE-LEG STANCE MOVE THE OTHER LEG

This exercise improves leg muscle coordination and balance.

Assume the starting position by standing on one leg. Bend your knee and hip slightly so that your upper body leans forwards slightly. When viewed from the front, the hip, knee and foot of your supporting leg should be in a straight line. Hold the raised leg slightly behind the supporting leg.

During this exercise, hold your balance and perform controlled half-circle movements with the other leg. Hold for 30 seconds, change legs and repeat.

Repetitions: 1 set (30 sec. on each side)

Important when performing the exercise:

- When viewed from the front, the hip, knee and foot of your supporting leg should be in a straight line.
 - Always keep the hip and knee of your supporting leg slightly bent.
 - Keep your weight on the ball of your foot.
 - Keep your upper body stable and facing forwards.
 - Keep your pelvis horizontal.
- ! Do **not** let your knee buckle inwards.
- ! Do **not** let your pelvis tilt to the side.

CORRECT



WRONG



R-8 FRONT LUNGES

This exercise strengthens your hamstring and gluteal muscles and improves your movement control.

Assume the starting position by standing with both feet hip-width apart on the ground and your hands on your hips.

During this exercise, as you lunge, bend your hips and knees slowly until your leading knee is flexed to 90 degrees. The bent knee should not extend beyond the toes. Keep your upper body straight and your pelvis horizontal. Then return to the starting position and lunge forwards with the other leg.

Repetitions: 1 set
(10 lunges on each side)

Important when performing the exercise:

- Bend your leading knee to 90 degrees.
 - Keep your upper body upright.
 - Keep your pelvis horizontal.
 - Your bent knee should not extend beyond your toes.
- ! Do **not** let your leading knee buckle inwards.
- ! Do **not** bend your upper body forwards.
- ! Do **not** twist or tilt your pelvis to the side.

CORRECT



WRONG



AR-7 LATERAL LUNGES 45°

This exercise strengthens your hip and gluteal muscles and improves your movement control.

Assume the starting position by standing with both feet (hip-width apart) on the ground and with your hands on your hips.

During this exercise, slowly lunge sideways. As you lunge, bend your hips and knees slowly until your supporting knee is flexed to approximately 45 degrees. Hold the final position for 1–2 seconds and then return to the initial position. Continue on the other side. Do 10 lunges on each leg.

Repetitions: 1 set
(10 lunges on each side)

Important when performing the exercise:

- Bend your supporting knee to 90 degrees.
- Keep your upper body upright.
- Keep your pelvis horizontal.

! Do **not** let your leading knee buckle inwards.

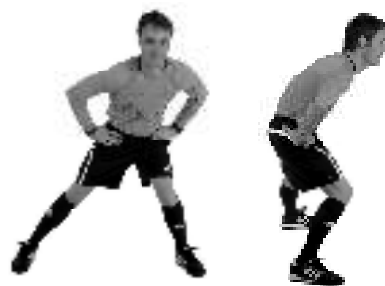
! Do **not** bend your upper body forwards.

! Do **not** twist or tilt your pelvis to the side.

CORRECT



WRONG



AR-8 LATERAL JUMPS

This exercise improves your jumping power and movement control on one leg.

Assume the starting position by standing on one leg. Bend your hips, knee and ankle slightly and lean your upper body forwards.

During this exercise, jump approximately one metre to the side from your supporting leg onto your other leg. Land gently on the ball of your foot and bend your hips, knee and ankle. Hold this position for about a second and then jump onto the other leg. Keep your upper body stable and facing forwards and your pelvis horizontal. Repeat for 20–30 seconds.

Repetitions: 1 set (20–30 sec.)

Important when performing the exercise:

- When viewed from the front, your hip, knee and foot should be in a straight line.

- Land gently on the balls of your foot, bend the hip, knee and ankle at the same time and lean your upper body forwards.

- Keep your upper body stable and facing forwards.

- Keep your pelvis horizontal.

! Do **not** let your knee buckle inwards.

! Do **not** turn your upper body.

! Do **not** twist or tilt your pelvis to the side.

CORRECT



WRONG



PART 2: STRENGTH, PLYOMETRICS AND BALANCE EXERCISES

LEVEL 2

- 1 BENCH – ONE LEG LIFT AND HOLD
- 2 SIDEWAYS BENCH – WITH LEG LIFT
- 3 BRIDGE – ON ONE LEG
- 4 HAMSTRINGS - ADVANCED
- 5 CALF - ADVANCED
- 6 BOUNDING

FOR REFEREES

- 7 SINGLE-LEG HOPS
- 8 SCISSORS JUMPS

FOR ASSISTANT REFEREES

- 7 LATERAL LUNGE 90°
- 8 DOUBLE LATERAL JUMP



1 THE BENCH ONE LEG LIFT AND HOLD

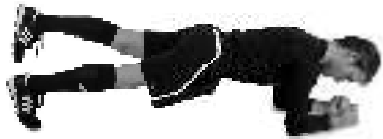
This exercise strengthens your core muscles, which is important to ensure stability of the body in all movements.

Assume the starting position by lying on your front, supporting yourself on your forearms and feet.

During this exercise, lift your upper body, pelvis and legs up until your body is in a straight line. Draw your shoulder blades in towards your spine so that they lie flat against your back. Your elbows should be directly under your shoulders. Pull in your stomach and gluteal muscles. Lift one leg off the ground and hold the position for 20–30 seconds. Return to the starting position, take a short break and repeat the exercise with the other leg.

Repetitions: 3 sets
(20–30 sec. on each side)

CORRECT



WRONG



2 SIDEWAYS BENCH WITH LEG LIFT

This exercise strengthens your lateral core muscles, which is important to ensure stability of the body in all movements.

Assume the starting position by lying on your side with both legs straight and supporting yourself on your forearm and lower leg.

During this exercise, raise your pelvis and legs (only the outside of the lower-most foot remains on the floor) until your body forms a straight line from the upper-most shoulder to the upper-most foot. Now lift your upper-most leg up and slowly lower it down again. Repeat for 20–30 seconds. The elbow of your supporting arm should be directly under your shoulder. Take a short break, change sides and repeat.

Repetitions: 1 set
(20–30 sec. on each side)

CORRECT



WRONG



3 THE BRIDGE ON ONE LEG

This exercise strengthens your back and hip muscles, which is important to ensure stability of the body in all movements.

Assume the starting position by lying on your back. Both knees must be flexed at 90°, and both feet should be flat to the ground.

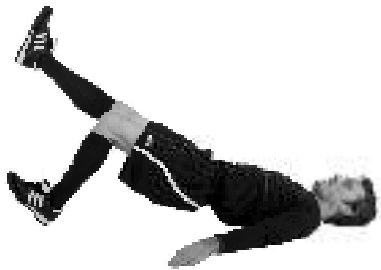
During this exercise, lift your pelvis until your body is in a straight line. Pull in your stomach and gluteal muscles. Lift one leg (by extending one knee) off the ground and hold the position for 1–2 seconds. Return to the starting position and lift again on the same leg. Continue for 20–30 seconds. Take a short break, change legs and repeat.

Repetitions: 1 sets
(20–30 sec. on each side)

Important when performing the exercise:

- After lifting your pelvis, keep body in a straight line.
- ! Do **not** sway or arch your back.
- ! Keep your pelvis stable and do **not** let it tilt to the side.
- Make sure that the foot is under your supporting knee.

CORRECT



WRONG



4 HAMSTRING ADVANCED

This exercise strengthens your rear thigh muscles.

Assume the starting position by kneeling on a soft surface with your knees hip-width apart and crossing your arms across your chest. Your partner should kneel behind you, and with both hands he should grip your lower legs just above the ankles while pushing them with his body weight to the ground.

During this exercise, your body should be completely straight from the head to the knees. Slowly lean forwards, trying to hold the position with your hamstrings. When you can no longer hold the position, gently take your weight on your hands, falling into a press-up position.

Repetitions: 1 set (10–15 repetitions)

Important when performing the exercise:

- Your partner keeps your lower legs firmly on the ground.
- Your head, upper body, hips and thighs should be in a straight line.
- The movement is only in the knee joints.
- Perform this exercise slowly at first, but once you feel more comfortable, speed it up.
- ! Do **not** tilt your head backwards.
- ! Do **not** bend at your hips

CORRECT



WRONG



5 CALF ADVANCED

This exercise strengthens your calf muscles (and Achilles tendons).

Assume the starting position on the edge of a board or a box, standing on one leg with the knee extended.

During this exercise, stand up on your toes and then slowly lower yourself down (by elevating/lowering your body vertically) below the edge of a board or a box. Continue for 20–30 seconds, and repeat the exercise on the other leg. You may use the support of a stick.

Repetitions: 1 set (20–30 sec.)

Important when performing the exercise:

- Keep body in a straight line.
- When viewed from the front, the hip, knee and foot of your supporting leg are in a straight line.

! Do **not** sway or arch your back.

! Keep your pelvis stable and **do not** let it tilt to the side.

! Do **not** flex your supporting knee

CORRECT



WRONG



6 DOUBLE LEG BOUNDING

This exercise improves your jumping power and movement control.

Assume the starting position by standing with your feet hip-width apart and your hands on your hips.

During this exercise, push off the ground as quickly as you can. While you bound, straighten your whole body. Do not stop when hitting the ground, and continue for 20–30 seconds.

Repetitions: 1 set (20–30 sec.)

Important when performing the exercise:

- When viewed from the front, the hip, knee and foot of both legs should be in two straight parallel lines.
 - Keep your knees and body straight.
 - Jump off and land on the balls of your feet.
 - Land in neutral knee position.
- ! Do **not** let your knees buckle inwards.

CORRECT



WRONG



R-7 SINGLE LEG CROSS HOPS

This exercise improves body stability through quick movements in different directions.

Assume the starting position by standing on one leg, and imagine that there is a cross marked on the ground and you are standing in the middle of it.

During this exercise, bend your hip, knee and ankle of your supporting leg. From this position, alternate between jumping forwards and backwards from side to side and diagonally across the cross. Jump as quickly and explosively as possible. Land gently on the balls of your feet and bend your hip, knee and ankle. Lean your upper body forwards slightly throughout the exercise. Continue the exercise for 30 seconds, change legs and repeat.

Repetitions: 1 set (30 sec. each)

CORRECT



WRONG



R-8 SCISSORS JUMPS

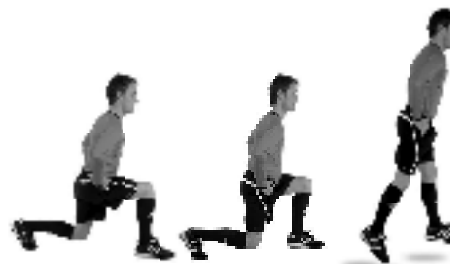
This exercise improves your jumping power and movement control.

Assume the starting position by standing with one leg in front, and the other leg almost extended behind you. Place your hands on your hips.

During this exercise, kneel down in a forward lunge, push off the ground and jump as high as you can. Before you land, switch your leg position and repeat the movement. Continue for 20–30 seconds.

Repetitions: 1 set (20–30 sec.)

CORRECT



WRONG



AR-7 LATERAL LUNGES 90°

This exercise strengthens your hip and gluteal muscles and improves your movement control.

Assume the starting position by standing with both feet hip-width apart on the ground and your hands in front of you.

During this exercise, slowly lunge sideways. As you lunge, bend your hips and knees slowly until your supporting knee is flexed to 90 degrees. Hold the final position for 1–2 seconds, and then return to the initial position. Continue on the other side. Do 10 lunges on each leg.

Repetitions: 1 set
(10 lunges on each side)

Important when performing the exercise:

- Bend your supporting knee to 90 degrees.
- Keep your upper body upright.
- Keep your pelvis horizontal.

! Do **not** let your leading knee buckle inwards.

! Do **not** bend your upper body forwards.

! Do **not** twist or tilt your pelvis to the side.

CORRECT



WRONG



AR-8 DOUBLE LATERAL JUMPS

This exercise improves your jumping power and movement control on one leg.

Assume the starting position by standing on one leg. Bend your hips, knee and ankle slightly and lean your upper body forwards.

During this exercise, jump approximately one metre to the side from your supporting leg onto your other leg. Land gently on the ball of your foot and bend your hips, knee and ankle. Hold this position for about a second and then jump further laterally on the same leg. Then perform the same double lateral jump in the opposite direction. Keep your upper body stable and facing forwards and your pelvis horizontal. Repeat for 20–30 seconds.

Repetitions: 1 set (20–30 sec.)

Important when performing the exercise:

- When viewed from the front, your hip, knee and foot should be in a straight line.

- Land gently on the balls of your foot, bend the hip, knee and ankle at the same time and lean your upper body forwards.

- Keep your upper body stable and facing forwards.

- Keep your pelvis horizontal.

! Do **not** let your knee buckle inwards.

! Do **not** turn your upper body.

! Do **not** twist or tilt your pelvis to the side.

CORRECT



WRONG



PART 3: RUNNING EXERCISES

- 1 PROGRESSION RUN
- 2 LONG SPRINT

FOR REFEREES

- 3 SHORT DIAGONAL SPRINT
- 4 LONG DIAGONAL SPRINT

FOR ASSISTANT REFEREES

- 3 SHUFFLING AND SHORT SPRINT
- 4 SHUFFLING AND LONG SPRINT



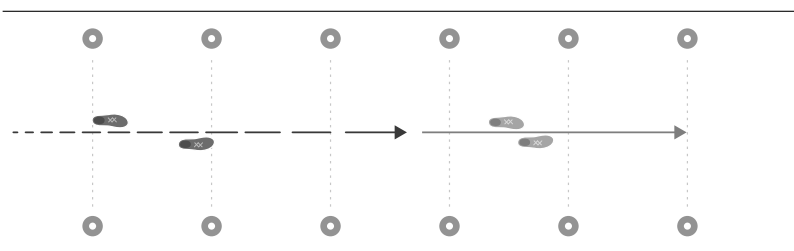
1 RUNNING PROGRESSION RUN

Run approximately 30 metres along the line of cones at 70–80% of maximum pace and then jog the rest of the way. Jog back at an easy pace.

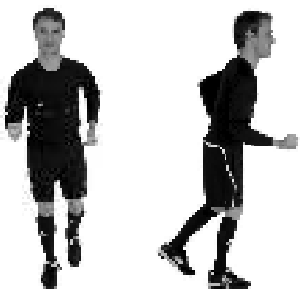
Do the exercise twice.

Important when performing the exercise:

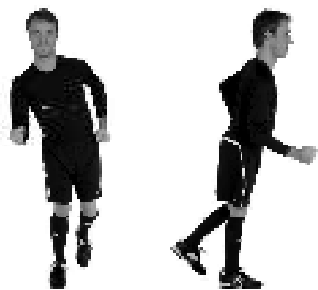
- Make sure you keep your upper body straight.
 - Your hips, knees and feet should be aligned.
- ! Do **not** let your knees buckle inwards.



CORRECT



WRONG



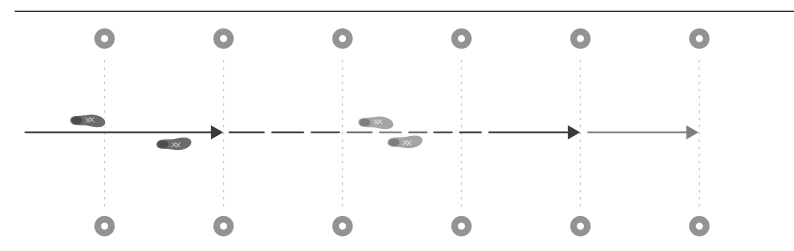
2 RUNNING LONG SPRINTS

Sprint across the line of cones at 80–90% of maximum pace until the second cone, then slow down, and sprint again until the fifth cone. Then jog the rest of the way. Jog back at an easy pace.

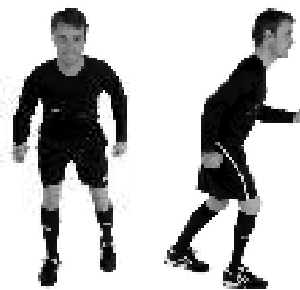
Do the exercise twice.

Important when performing the exercise:

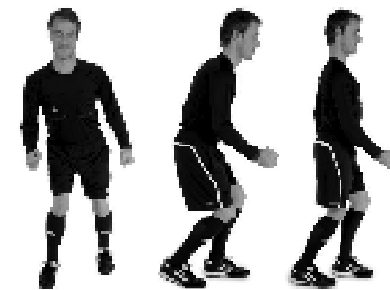
- Make sure you keep your upper body straight.
 - Your hips, knees and feet should be aligned.
- ! Do **not** let your knees buckle inwards.



CORRECT



WRONG



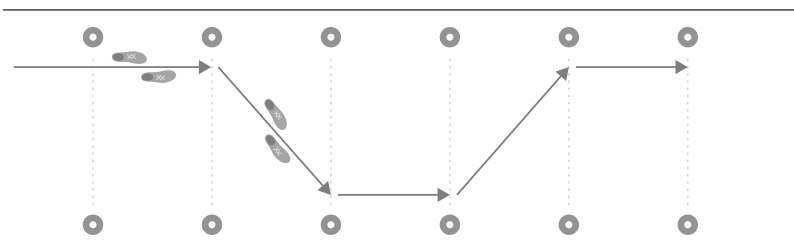
R-3 RUNNING SHORT DIAGONAL SPRINT

Perform short diagonal runs within the two lines of cones: from the first cone, accelerate to the next opposite cone; when there, decelerate and stop on the foot nearest the outside cone. Repeat the drill to the next opposite cone and so forth. Jog back at an easy pace.

Do the exercise twice.

Important when performing the exercise:

- Make sure you keep your upper body straight.
 - Your hips, knees and feet should be aligned.
- !** Do **not** let your knees buckle inwards.



CORRECT

WRONG

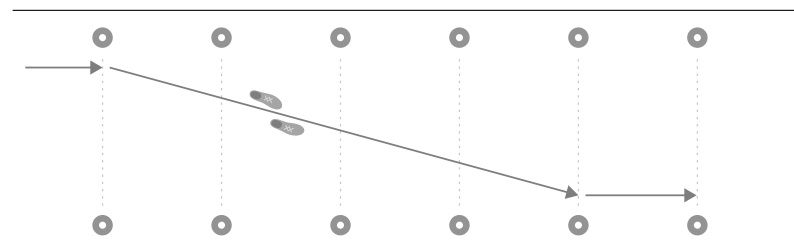


R-4 RUNNING LONG DIAGONAL SPRINT

Perform a long diagonal run within the two lines of cones: from the first cone, accelerate to the 2nd last cone of the opposite line and then jog the rest of the way. Jog back at an easy pace.

Important when performing the exercise:

- Make sure you keep your upper body straight.
 - Your hips, knees and feet should be aligned.
- !** Do **not** let your knees buckle inwards.



CORRECT

WRONG



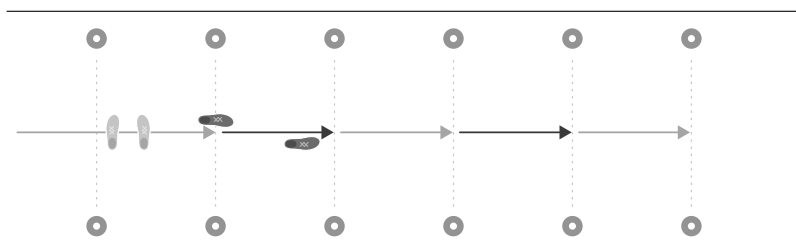
AR-3 RUNNING SHUFFLING AND SHORT SPRINTS

Shuffle sideways to the 2nd cone, and then do a short sprint to the 3rd cone, and continue alternating shuffling/sprinting. Jog back at an easy pace.

Do the exercise twice.

Important points when performing the exercise:

- Bend your hips and knees slightly and carry your body weight on the balls of your feet.
- ! Do **not** let your knees buckle inwards.
- Make sure you keep your upper body straight.



CORRECT



54

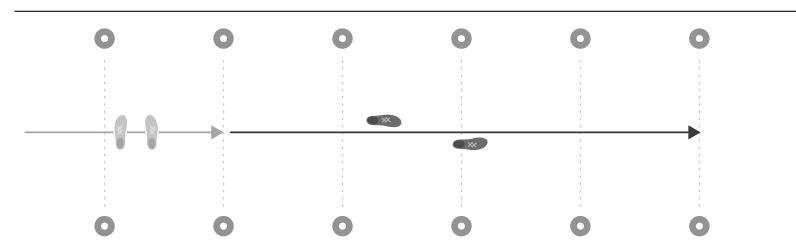
AR-4 RUNNING SHUFFLING AND LONG SPRINT

Shuffle sideways along the first 2 cones, and then sprint at 80–90% of maximum pace to the last cone, and then slow down progressively. Jog back at an easy pace.

Do the exercise twice.

Important points when performing the exercise:

- Bend your hips and knees slightly and carry your body weight on the balls of your feet.
- ! Do **not** let your knees buckle inwards.
- Make sure you keep your upper body straight.



CORRECT



55



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