



Referee Training Resource



Grassroot Referees

1st Edition: Tuesday 23rd June 2020

Introduction

The primary aim of this resource is to support individual FAI grassroots referees as they prepare for a return to training and match fitness.

The training resource can be used to supplement your training activities or as a guide for a return to exercise after a period of inactivity.

Referees must follow the Safer Return to Training Protocols for Grassroot referees issued on Saturday 20th June

Referees that take part in organised group training must follow the FAI Return to Training Protocols which are available at the following [link FAI Safer Return to Training](#)



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1. Key Dates

Friday 5th June

FAI receives updates from Government regarding publication of public health measures to mitigate the spread of COVID-19.

Monday 8th June

Circulation of FAI Safer Return to Training Protocol.

Friday 19th June

FAI issue updated Pathway for a Safer Return to Football.

Saturday 20th June

FAI issue the Safer Return to Training Protocol to all Grassroots Referees.

Tuesday 23rd June

Circulation of FAI Training Resource to all registered referees.



2. Training

If you have been largely inactive during lockdown, a gradual return to physical activity is important as this will minimise the risk of injury and ensure that you are match ready when games resume.

To assist you for a return to physical activity we have included some training activities and advice in this resource.

- The training sessions are designed so that each referee is working to their own fitness level.
- “Pace” is referenced throughout each session and guide times for each phase of the training are provided.
- You will notice a \pm sign before some of the times, this allows each referee to complete each section in a time appropriate to their fitness level.
- The High Intensity and Speed Endurance sessions should only be attempted once you can comfortably complete sessions at the Low and Medium Intensity level.

The intensity and duration of the sessions are general recommendations and should be adapted to suit each individual's level of fitness.



3. Top Training Tips

1. If you are returning to physical exercise, make sure to build it up progressively.
2. Exercise should not be too intensive and not too long (less than 1 hour).
3. If you have the opportunity and it is allowed, then exercise outdoors.
4. Exercising indoors is better than doing nothing.
5. If you are used to long distance activities, try to integrate more interval-type training.
6. Exercise sessions should be carried out in line with HSE guidelines.
7. Maintain an appropriate balance between training, rest and recovery.
8. Do not plan High Intensity & Speed Endurance sessions on consecutive days.
9. Stay hydrated, this is essential for good health and performance.
10. Do not train when injured or feeling unwell.



4. Setting the Foundations

Your daily physical activity should be built up progressively, including a **minimum of one rest day between training sessions.**

Try starting with walking for 20 – 30 mins and then progress to including a light run as part of that 20 – 30 min session. If you find that you are unable to talk while running, then you should slow down to a more comfortable pace. Once you can easily complete a 20 – 30 min session you can then move to more structured training.

Running Session 1 – 4km

10 min Warm - Up

2km running at a steady pace

Walk for 5 minutes

2km running at a steady state

10 min Cool Down

Running Session 2 – 5km

10 min Warm - Up

5km running at a steady pace

10 min Cool Down

Running Session 3 – 6km

10 min Warm - Up

2km running at a steady pace

Walk for 5 minutes

Repeat x 3 Times

10 min Cool Down

Ideally you should be able to complete Running Sessions 1 – 3 above before moving on to the training sessions below

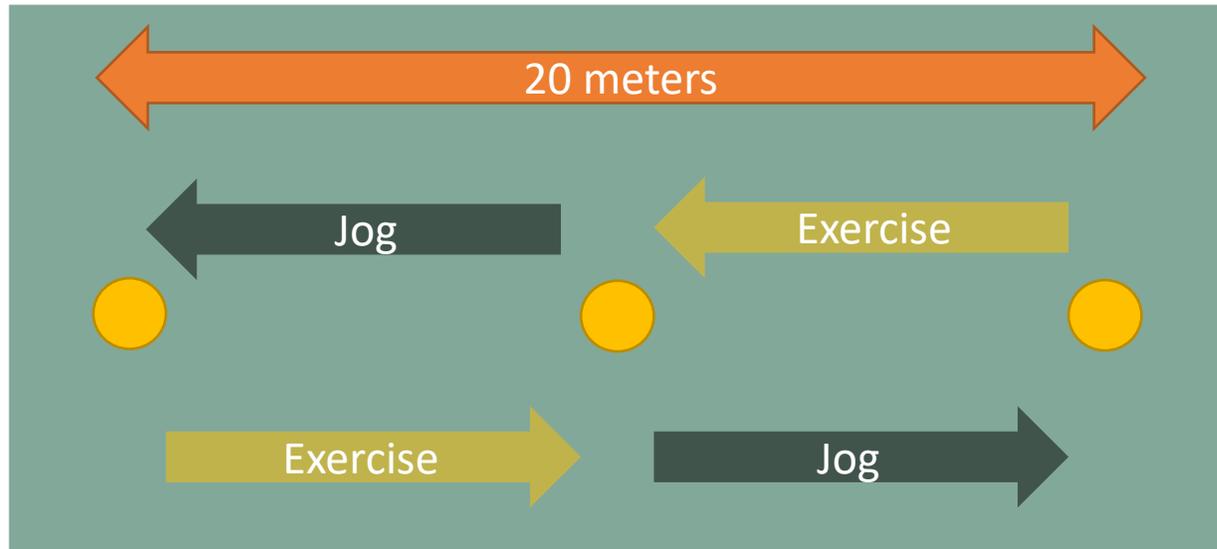


5. Warm - Up

An effective warm-up is important to increase physical performance, decrease the risk of injury and to ensure you are fit, fresh and ready for exercise.

There are four parts to the warm-up and a range of exercises are outlined over the next number of pages to prepare you for activity. Only choose those that you are comfortable with and can perform without risk of injury.

The warm-up can be performed over 20 meters as shown in the diagram below or using whatever space you have available to train. Start with an exercise for 10 meters → jog for 10 meters → exercise for 10 meters → jog for 10 meters. Change the exercise and repeat.



1. Low Intensity Movement

2. Mobility Exercises

3. Progressive Movement & Accelerations

4. Dynamic Stretching Exercises

Warm-Up



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Phase	Activity	Coaching points
Low Intensity Movement	Walking / Jogging / Running	<ul style="list-style-type: none">• Chose from the list of activities and gradually pick up the pace over 5 mins of movement.
Mobility Exercises	Knee lifts	<ul style="list-style-type: none">• Keep your upper body straight.• Raise knees to hip level.• Pump arms in unison with your legs
	Heel lifts	<ul style="list-style-type: none">• Keep your upper body straight.• Weight through the balls of the feet.• Knees pointing down.
	Backwards running	<ul style="list-style-type: none">• Drive arms in opposition to legs.• Look over your left and right shoulder.
	Sidestepping Left & Right	<ul style="list-style-type: none">• Keep your upper body straight.• Knees slightly bent.• Weight through the balls of the feet
	Diagonal steps forwards & backwards	<ul style="list-style-type: none">• Face forward with your upper body straight.• Move in a zig zag pattern always facing forward.• Repeat the movement going backwards.

Warm-Up continued



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Phase	Activity	Coaching points
Progressive Movement & Accelerations	10m acceleration and walk back	<ul style="list-style-type: none">• Gradually increase your pace the further you travel• Walk back to the start after each acceleration
	15m acceleration and walk back	
	20m acceleration and walk back	
Dynamic Stretching Exercises	Knee to elbow	<ul style="list-style-type: none">• Elbow to opposite knee
	Foot to hand	<ul style="list-style-type: none">• Kick, touching your opposite outstretched hand
	Hands to foot	<ul style="list-style-type: none">• Bending your back sweep arms to legs
	Forwards and backwards leg swing	<ul style="list-style-type: none">• Swing leg forwards then repeat swinging back
	Hip rolls inside to outside	<ul style="list-style-type: none">• Raise knee to 90 degrees and rotate hip outwards
	Hip rolls outside to inside	<ul style="list-style-type: none">• Raise knee to 90 degrees and rotate hip inwards
	Side to side leg swings	<ul style="list-style-type: none">• Swing leg across your body, left then right
	Forward lunge	<ul style="list-style-type: none">• Lunge forward, ensure knee doesn't go past toes
	Dynamic calf stretch	<ul style="list-style-type: none">• Press up position, raise hips and work legs

6. Low Intensity Training

Total Time: ± 50mins



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Phase	Time	Explanation	Additional Information
Warm-up	±10 min	Jogging, mobilisation, progressive accelerations and dynamic stretching.	<ul style="list-style-type: none">Choose the exercises that best suit you.
Activity	±30 min	Run at low intensity. In the middle of each 5 mins of running, perform a tempo run over 50 meters at 75% of your maximum pace.	<ul style="list-style-type: none">Build up slowly for each tempo run.If you find running at 75% of your max pace too difficult then run at a pace that is comfortable for you.
Cool down	10 min	Jogging/walking followed by static stretching	<ul style="list-style-type: none">Gradually cooling down gives your body a chance to ease yourself out of strenuous exercise.Exercises should be performed at a slow speed and low intensity.Stretch each active muscle group.Hold the stretch for a minimum of 30 seconds.

7. Medium Intensity Training

Total Time: ± 44mins



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Phase	Time	Explanation	Additional Information
Warm-up	±10 min	Jogging, mobilisation, progressive accelerations and dynamic stretching.	<ul style="list-style-type: none">Choose the exercises that best suit you.
Activity	6 min	Run at 60% of your maximum pace	<ul style="list-style-type: none">If you find running at 60% of your max pace too difficult then run at a pace that is comfortable for you.
	3 min	Active recovery	<ul style="list-style-type: none">Active recovery - walking/ light jogging while recovering.Avoid standing still.
	6 min	Run at 60% of your maximum pace	
	3 min	Active recovery	<ul style="list-style-type: none">Walking/ light jogging.
	6 min	Run at 60% of your maximum pace	
Cool down	10 min	Jogging/walking & static stretching	<ul style="list-style-type: none">Slow speed and low intensity. Hold the stretch for a minimum of 30 seconds.

8. High Intensity Training

Total Time: ± 50mins



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Phase	Time	Explanation	Additional Information
Warm-up	±10 min	Jogging, mobilisation, progressive accelerations and dynamic stretching.	<ul style="list-style-type: none"> Choose the exercises that best suit you.
Activity	±30 min	<p>Set 1</p> <ul style="list-style-type: none"> Run 75 meters in 26 seconds Walk 25 meters in 32 seconds (recovery) Run 75 meters in 26 seconds Walk 25 meters in 32 seconds (recovery) <p>Repeat Set 1 x 15 times</p>	<ul style="list-style-type: none"> If you find high intensity running too difficult then run at a pace that is comfortable for you by increasing the run time and the walk time. The activity can be set up as shown below.
Cool down	10 min	Jogging/walking followed by static stretching	<ul style="list-style-type: none"> Slow speed and low intensity. Hold the stretch for a minimum of 30 seconds.

9. Speed Training

Total Time: ± 35 mins



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Phase	Time	Explanation	Additional Information
Warm-up	±10 min	Jogging, mobilisation, progressive accelerations and dynamic stretching.	<ul style="list-style-type: none"> A comprehensive warm-up is crucial prior to a speed session.
Activity	±3 min	Set 1 <ul style="list-style-type: none"> Accelerate for 10 m, walk for 30 m. Accelerate for 20 m, walk for 20 m. Accelerate for 30 m, walk for 10 m. Accelerate for 40 m. 	<ul style="list-style-type: none"> Each acceleration should be performed from a standing start and target 90% and upwards of your maximum pace for each acceleration. The activity can be set up as shown below. 
	3 min	Active Recovery	<ul style="list-style-type: none"> Active recovery - walking/ light jogging while recovering.
	±3 min	Repeat Set 1	
	3 min	Active Recovery	<ul style="list-style-type: none"> Walking/ light jogging.
	±3 min	Repeat Set 1	
Cool down	10 min	Jogging/walking & static stretching	<ul style="list-style-type: none"> Slow speed and low intensity. Hold the stretch for a minimum of 30 seconds.

10. Speed Endurance Training

Total Time: ± 38 mins



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Phase	Time	Explanation	Additional Information
Warm-up	10 min	Jogging, mobilization, progressive accelerations and dynamic stretching.	<ul style="list-style-type: none">A comprehensive warm-up is crucial prior to a speed endurance session.
Activity	±6 min	Set 1 <ul style="list-style-type: none">Run for 30 seconds at 50% paceIncrease the pace to 70% and run for 15 secondsIncrease the pace to 90% and run for 15 secondsWalk for 60 seconds (Recovery) Complete the above sequence three times	<ul style="list-style-type: none">Take a longer recovery walk if needed but do not exceed 90 seconds.
	±3 min	Rest	<ul style="list-style-type: none">Rest should equate to half the time it took for Set 1Take on water, take deep breaths.
	±6 min	Repeat Set 1	
	±3 min	Rest	
Cool down	10 min	Jogging/walking & static stretching	Slow speed and low intensity. Hold the stretch for a minimum of 30 seconds.