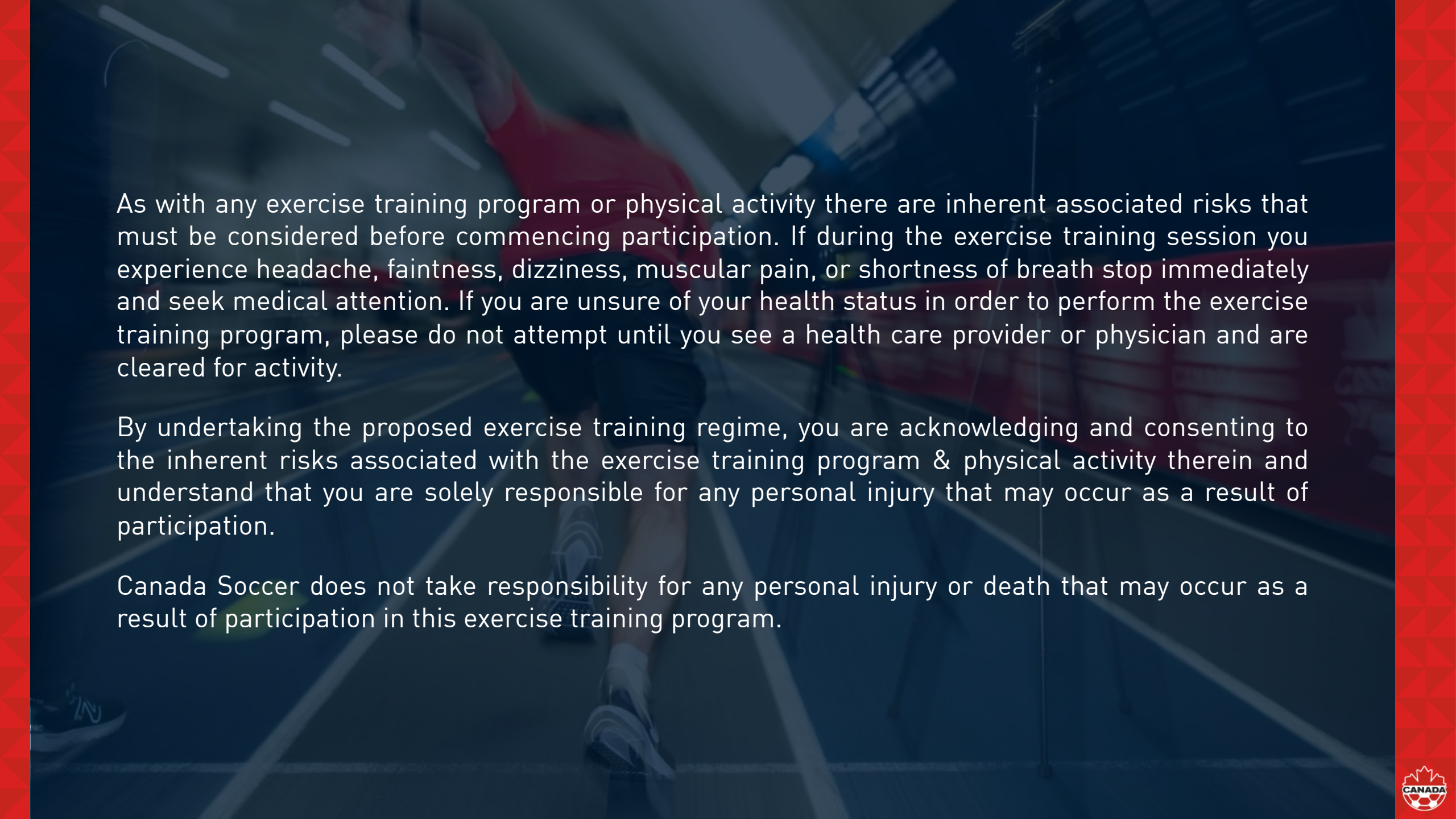


REFEREE TRAINING GUIDE

FITNESS TEST PREPARATION

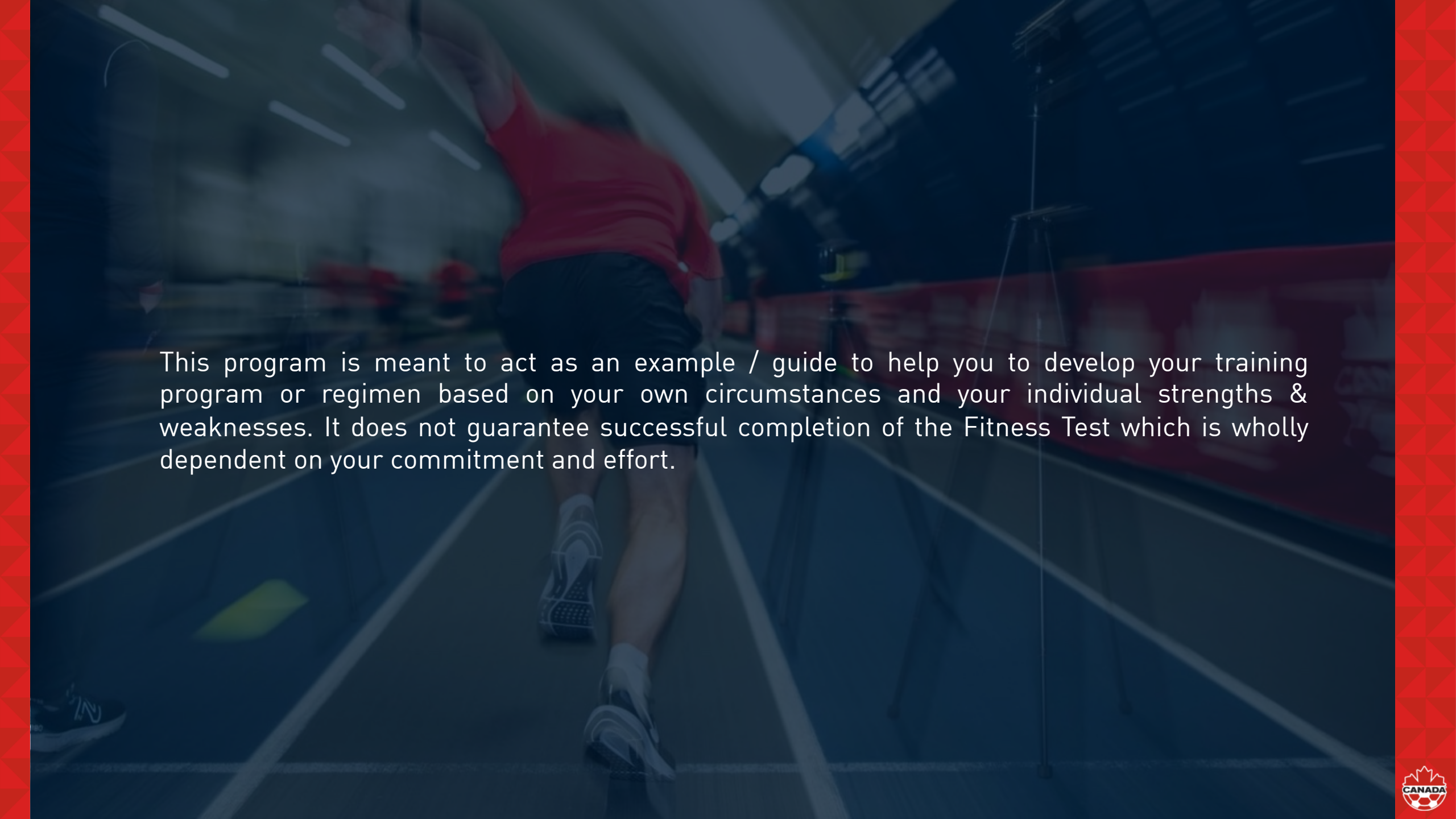


A person in a red shirt and black shorts is running on a soccer field at night. The field is illuminated by stadium lights, and the background is dark. The person is in the center of the frame, moving towards the right. The text is overlaid on the image.

As with any exercise training program or physical activity there are inherent associated risks that must be considered before commencing participation. If during the exercise training session you experience headache, faintness, dizziness, muscular pain, or shortness of breath stop immediately and seek medical attention. If you are unsure of your health status in order to perform the exercise training program, please do not attempt until you see a health care provider or physician and are cleared for activity.

By undertaking the proposed exercise training regime, you are acknowledging and consenting to the inherent risks associated with the exercise training program & physical activity therein and understand that you are solely responsible for any personal injury that may occur as a result of participation.

Canada Soccer does not take responsibility for any personal injury or death that may occur as a result of participation in this exercise training program.

A person in a red shirt and black shorts is running on a track, viewed from behind. Their arms are raised in a celebratory gesture. The track has white lane markings. In the background, there are spectators and a red banner. The image is overlaid with a dark blue semi-transparent layer.






This program is meant to act as an example / guide to help you to develop your training program or regimen based on your own circumstances and your individual strengths & weaknesses. It does not guarantee successful completion of the Fitness Test which is wholly dependent on your commitment and effort.

5 Fitness Categories of Referee Training

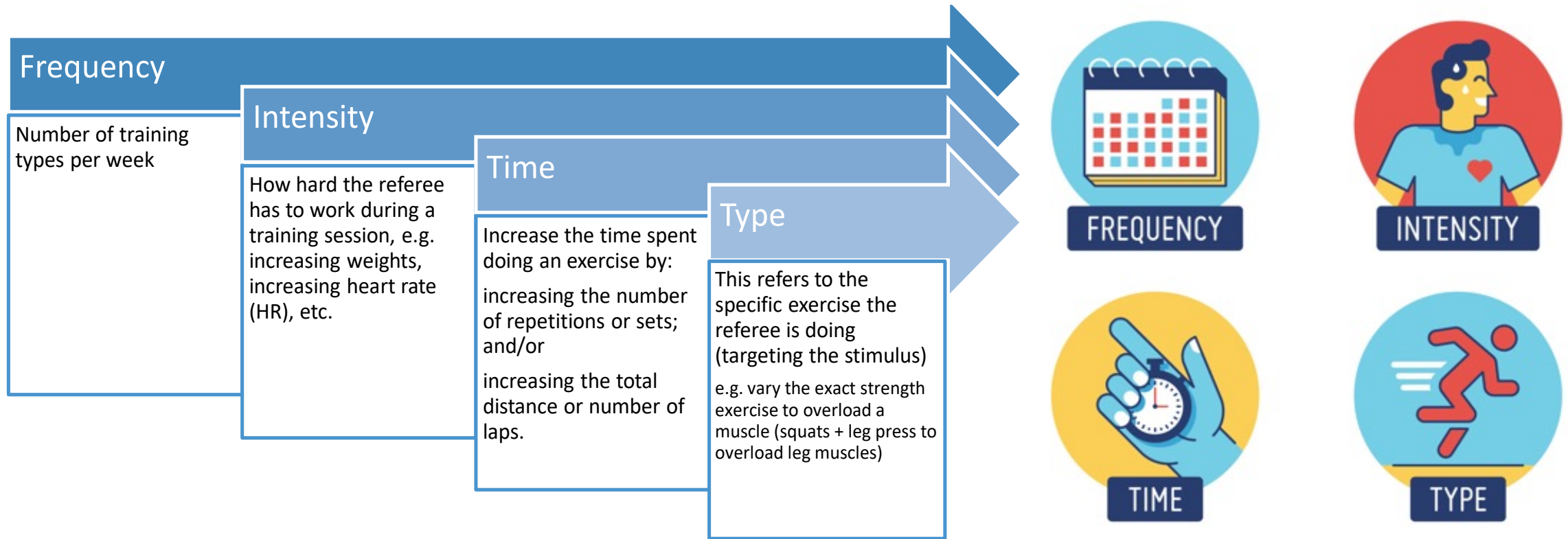
- Five categories of training are important for an optimal referee performance (ORP)
- All five should be trained on a regular basis.
 - For elite referees on a weekly basis.
 - For other referees it depends on the level of fitness and level the referee wants to achieve
 - The amount of time for each will depend on personal ambitions



Training Categories – Specific

Endurance Duration 	Continuous run	Low Intensity (LI d)	Medium Intensity (MI d)	High Intensity (LI d)	
Endurance Interval 	Intermittent run: (e.g., Yo-Yo, FIFA Fitness Test)	Low Intensity (LI i)	Medium Intensity (MI i)	High Intensity (LI i)	
Speed 	E.g., 30m / 40 m repeat sprints	Starting Speed (St SP)	Repeated Sprint Ability (RSA)	Maximal Speed (Max SP)	Speed Endurance (SE)
Strength and Flexibility 	Explosivity; Strength; Endurance; Plyometric; Power	Strength (STR)	Core (CORE)	Injury Prevention (IP)	
Agility and Coordination 	Coordination & Running Technique; Agility E.g., CODA; 7x7x7	Coordination & Agility (Agi/Coo)			

FITT Principle



Training Advice



Start Early

The earlier you start training the more time you will have to improve your base-level of fitness and ultimately make bigger gains in fitness



Training Goals

Set realistic training goals based on your current level of fitness and then modify goals accordingly based on progress / improvement



Gradual Progression

Listen to your body, allow recovery time for body to adapt to the training stress - too much too soon = increased risk of injury!



Keep It Simple

Don't need to constantly change or employ elaborate training drills, keep the drills / exercises simple, but work to get better & more efficient



Overload Principle

To improve your fitness levels, you need to increase the stimulus (i.e., intensity, duration, type & frequency) periodically to promote physical change / improvement



Track Progress

Keep a record of your training sessions (e.g., interval performed, sprint times, how you felt during session etc.)

Sprints – Electronic gates are ideal training tool, but not readily available; a hand-held stop-watch is more readily available tool to see how your sprint times are progressing

Where to start – Which level best describes you?

Beginner

- Limited or no regimented training experience / No experience with FIFA Interval Fitness Test
- Run Category #3 standard protocol (M or F – 17-22 or 17-24); aim to complete 50% (20 intervals) and/or complete intervals
- Training level focus is on developing a realistic training practices to help improve match fitness & performance on the field

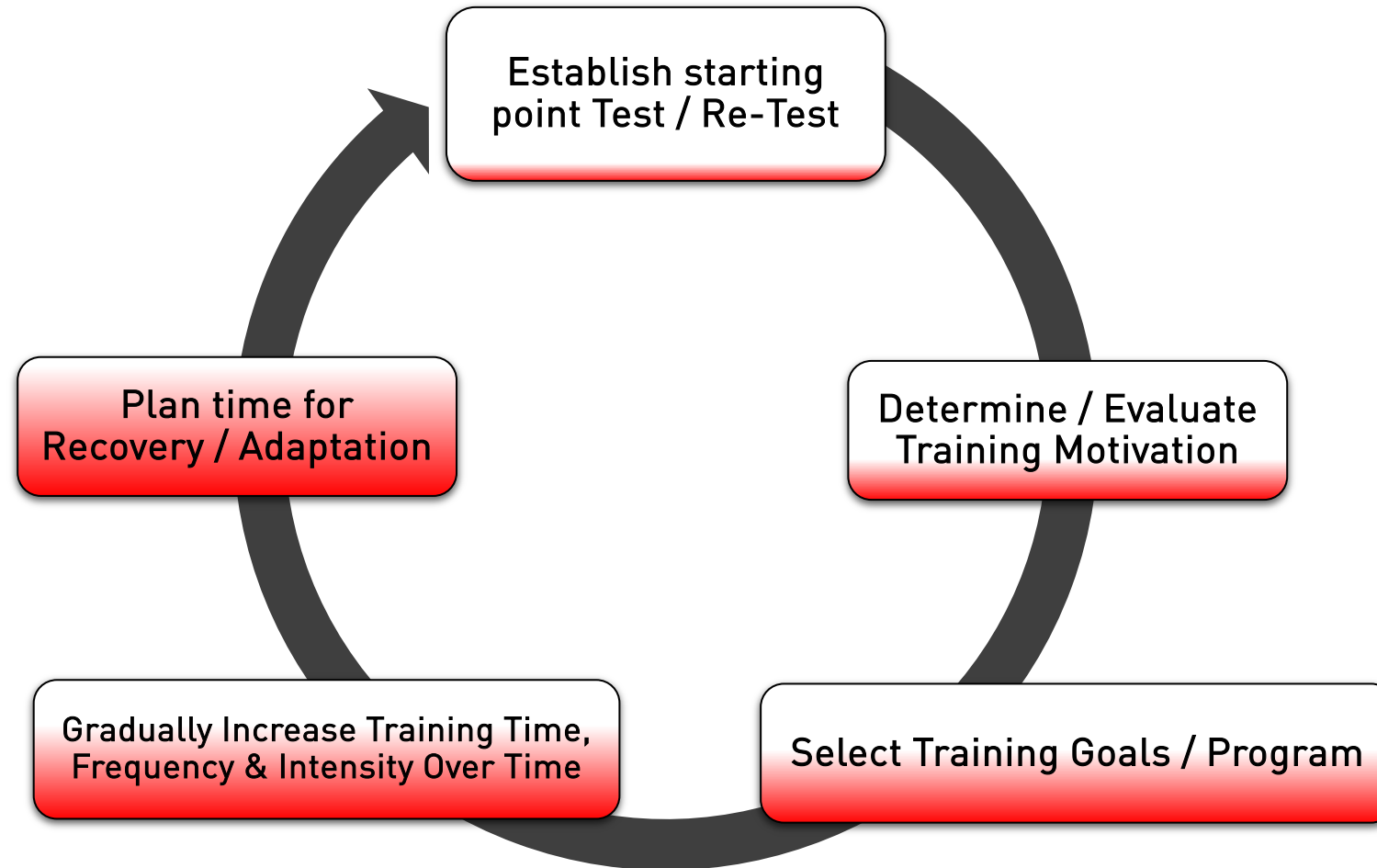
Intermediate

- Some regimented training, but limited / Some experience with FIFA Interval Fitness Test
- Run Category #2 standard protocol (M or F – 15-22 or 17-22); aim to complete 75% (30 intervals) and/or complete intervals
- Training level focus is on elevating fitness levels & completing the improved fitness standard

Advanced

- Trained, experience with regimented training / Experience with Fitness Interval Test and/or PASS standard
- Run Category #1 standard protocol (M or F – 15-20 or 17-20); aim to complete 100% (40 intervals) and/or additional intervals, i.e., 40+ intervals
- Training level focus is on improving / optimizing fitness for higher competition

Training Progression



Beginner – Never Run A Fitness Test Before / Low-fitness or Limited Training Experience

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<i>Training Block I Base / General Conditioning</i>	Week 1	REST	Strength	LI Conditioning	REST	Strength-CORE	MI Conditioning	REST	
						Strength-IP			
	Week 2	REST	Strength	LI Conditioning	REST	REST	Strength-CORE	MI Conditioning	REST
							Strength-IP		
	Week 3	REST	Strength	LI Conditioning	REST	REST	Strength-CORE	HI Conditioning	REST
							Strength-IP		
	Week 4	REST	Strength	LI Conditioning	REST	REST	Strength-CORE	Speed-Endurance	REST
							Strength-IP		
<i>Training Block II Specific Conditioning</i>	Week 5	REST	Strength	Strength-IP	REST	Strength-CORE	HI Conditioning	REST	
				MI Conditioning		SAQ / COD			
	Week 6	REST	Strength	Strength-IP	REST	Strength-CORE	Speed-Endurance	REST	
				LI Conditioning		Speed-RSA			
	Week 7	REST	Strength	Strength-IP	REST	Strength-CORE	HI Conditioning	REST	
				MI Conditioning		SAQ / COD			
	Week 8	REST	Strength	Strength-IP	REST	Strength-CORE	Speed-Endurance	REST	
				LI Conditioning		Speed-RSA			
<i>Training Block III Specific – Fitness Test Preparation / Taper</i>	Week 9	REST	Strength	Strength-IP	REST	Strength-CORE	HI Conditioning	REST	
				MI Conditioning		Speed-RSA			
	Week 10	REST	Strength	Strength-IP	REST	Strength-CORE	Speed-Endurance	REST	
				LI Conditioning		Speed-Start			
	Week 11	REST	Strength	Strength-IP	REST	Strength-CORE	HI Conditioning	REST	
				MI Conditioning		Speed-RSA			
	Week 12	REST	Strength	Strength-IP	REST	Strength-CORE	Speed-Endurance	REST	
				LI Conditioning		Speed-Start			
Fitness Test Week		REST	Strength	Primer	REST	Prep	Fitness Test	REST	



Intermediate – Some Fitness Test Experience / Some Training Experience

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>Training Block I Base / General Conditioning</i>	Week 1	LI Conditioning	Strength-IP	REST	Strength	Strength-CORE	MI Conditioning	REST
						Speed-RSA		
	Week 2	LI Conditioning	Strength-IP	REST	Strength	Strength-CORE	MI Conditioning	REST
						SAQ / COD		
Week 3	LI Conditioning	Strength-IP	REST	Strength	Strength-CORE	HI Conditioning	REST	
					Speed-RSA			
Week 4	LI Conditioning	Strength-IP	REST	Strength	Strength-CORE	Speed-Endurance	REST	
					SAQ / COD			
<i>Training Block II Specific Conditioning</i>	Week 5	Strength-IP	Speed-Start	REST	Strength	Strength-CORE	HI Conditioning	REST
			MI Conditioning			SAQ / COD		
	Week 6	LI Conditioning	Strength-IP	REST	Strength	Strength-CORE	Speed-Endurance	REST
						Speed-RSA		
Week 7	Strength-IP	Speed-Start	REST	Strength	Strength-CORE	HI Conditioning	REST	
		MI Conditioning			SAQ / COD			
Week 8	LI Conditioning	Strength-IP	REST	Strength	Strength-CORE	Speed-Endurance	REST	
					Speed-RSA			
<i>Training Block III Specific – Fitness Test Preparation / Taper</i>	Week 9	Strength-IP	Speed-Start	REST	Strength	Strength-IP	HI Conditioning	REST
			MI Conditioning			SAQ / COD		
	Week 10	LI Conditioning	Strength-IP	REST	Strength	Strength-IP	Speed-Endurance	REST
						Speed-RSA		
Week 11	Strength-IP	Speed-Start	REST	Strength	Strength-IP	HI Conditioning	REST	
		MI Conditioning			SAQ / COD			
Week 12	LI Conditioning	Strength-IP	REST	Strength	Strength-IP	Speed-Endurance	REST	
					Speed-RSA			
Fitness Test Week		LI Conditioning	Strength	Primer	REST	Prep	Fitness Test	REST



Progressed / Advanced – Passes Fitness Test / Wants To Upgrade To Elite-level

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>Training Block I Base / General Conditioning</i>	Week 1	REST	LI Conditioning	Strength-IP	Strength	Strength-CORE	Strength-IP	REST
				SAQ / COD		Speed-RSA	MI Conditioning	
	Week 2	REST	LI Conditioning	Strength-CORE	Strength	Strength-IP	Strength-CORE	REST
				SAQ / COD		Speed-Start	MI Conditioning	
	Week 3	REST	LI Conditioning	Strength-IP	Strength	Strength-CORE	Strength-IP	REST
				SAQ / COD		Speed-RSA	HI Conditioning	
	Week 4	REST	LI Conditioning	Strength-CORE	Strength	Strength-IP	Strength-CORE	REST
				SAQ / COD		Speed-Start	HI Conditioning	
<i>Training Block II Specific Conditioning</i>	Week 5	REST	Strength	Strength-CORE	Strength	Strength-IP	Strength-CORE	REST
			LI Conditioning	Speed-RSA		Speed-Start	Speed-Endurance	
	Week 6	REST	Strength-IP	Strength-CORE	Strength	Strength-IP	Strength-CORE	REST
			MI Conditioning	Speed-Max		SAQ / COD	HI Conditioning	
	Week 7	REST	Strength	Strength-CORE	Strength	Strength-IP	Strength-CORE	REST
			LI Conditioning	Speed-RSA		Speed-Start	Speed-Endurance	
	Week 8	REST	Strength-IP	Strength-CORE	Strength	Strength-IP	Strength-CORE	REST
			MI Conditioning	Speed-Max		SAQ / COD	HI Conditioning	
<i>Training Block III Specific – Fitness Test Preparation / Taper</i>	Week 9	REST	Strength	Strength-CORE	Strength	Strength-IP	Strength-CORE	REST
			LI Conditioning	Speed-RSA		Speed-Start	Speed-Endurance	
	Week 10	REST	Strength	Strength-CORE	Strength	Strength-IP	Strength-CORE	REST
			LI Conditioning	Speed-Max		SAQ / COD	HI Conditioning	
	Week 11	REST	Strength	Strength-CORE	Strength	Strength-IP	Strength-CORE	REST
			LI Conditioning	Speed-RSA		Speed-Start	Speed-Endurance	
	Week 12	REST	Strength	Strength-CORE	Strength	Strength-IP	Strength-CORE	REST
			LI Conditioning	Speed-Max		SAQ / COD	HI Conditioning	
Fitness Test Week		REST	Strength	Primer	Strength	Prep	Fitness Test	REST



Common Training Errors

Unrealistic Training Goals

- Setting training goals that are beyond your current fitness levels and/or your fitness abilities (e.g., training high-intensity 3+ times per week, sprint times of \leftarrow 5.50s when current times are 6.50s etc.)

Low Training Load

- **Volume** – Running 40 total intervals; need to have the fitness reserve of being able to run 40+ intervals
- **Intensity** – Training at a comfortable training intensity, need to periodically increase training intensity to challenge your fitness level to be able to make improvements / progress

Narrow Training Focus

- Focusing on Intervals and neglecting Repeat Sprints and/or Sprint speed; need to be concurrently training of Speed & HI Conditioning
- Focusing only on weaknesses or strengths; need to work on both in training, but you can dedicate more focus on weaknesses, but need to optimize strengths

Training Type

- **Treadmill** - Utilizing the Treadmill for training a great option, but always ideal to train on Field, Track or Road; Treadmill is great for running cadence but lacks the ability for body to adapt to the impact forces associated with running (i.e., acceleration, deceleration etc.)

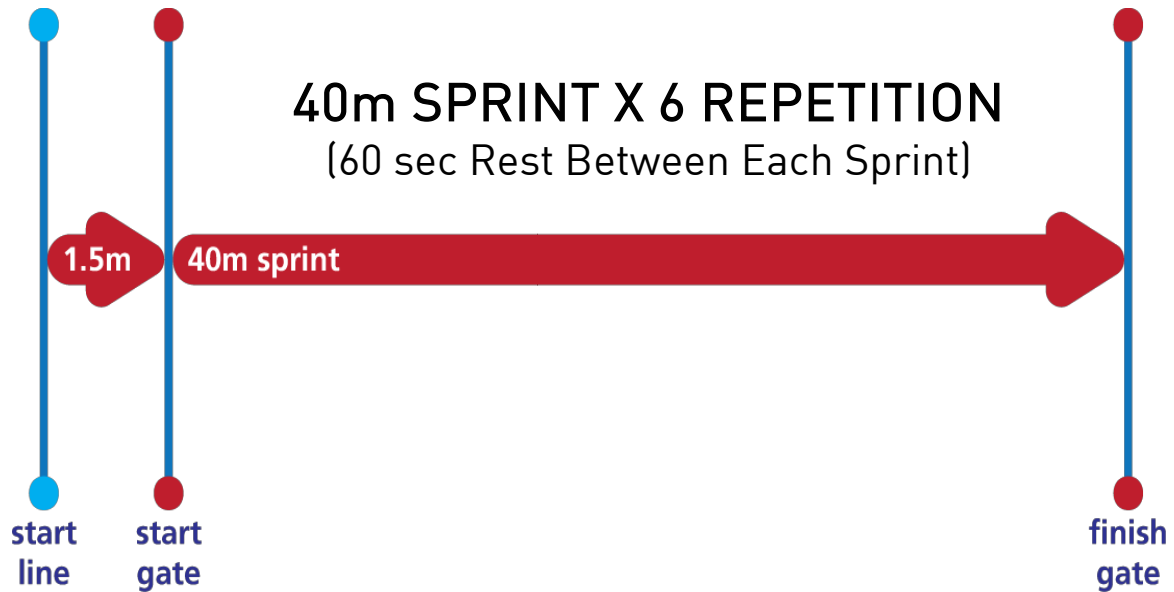
Fitness Test Scheduling

- Performing a full Fitness Interval training sessions 1-2 days before an official test.
- Need to allow time to recover & allow time to taper into the test, i.e., lower training volume, but maintain intensity. Ideally allow 3+ days prior to an official Fitness Test to allow to recovery to be fresh to perform at your best!



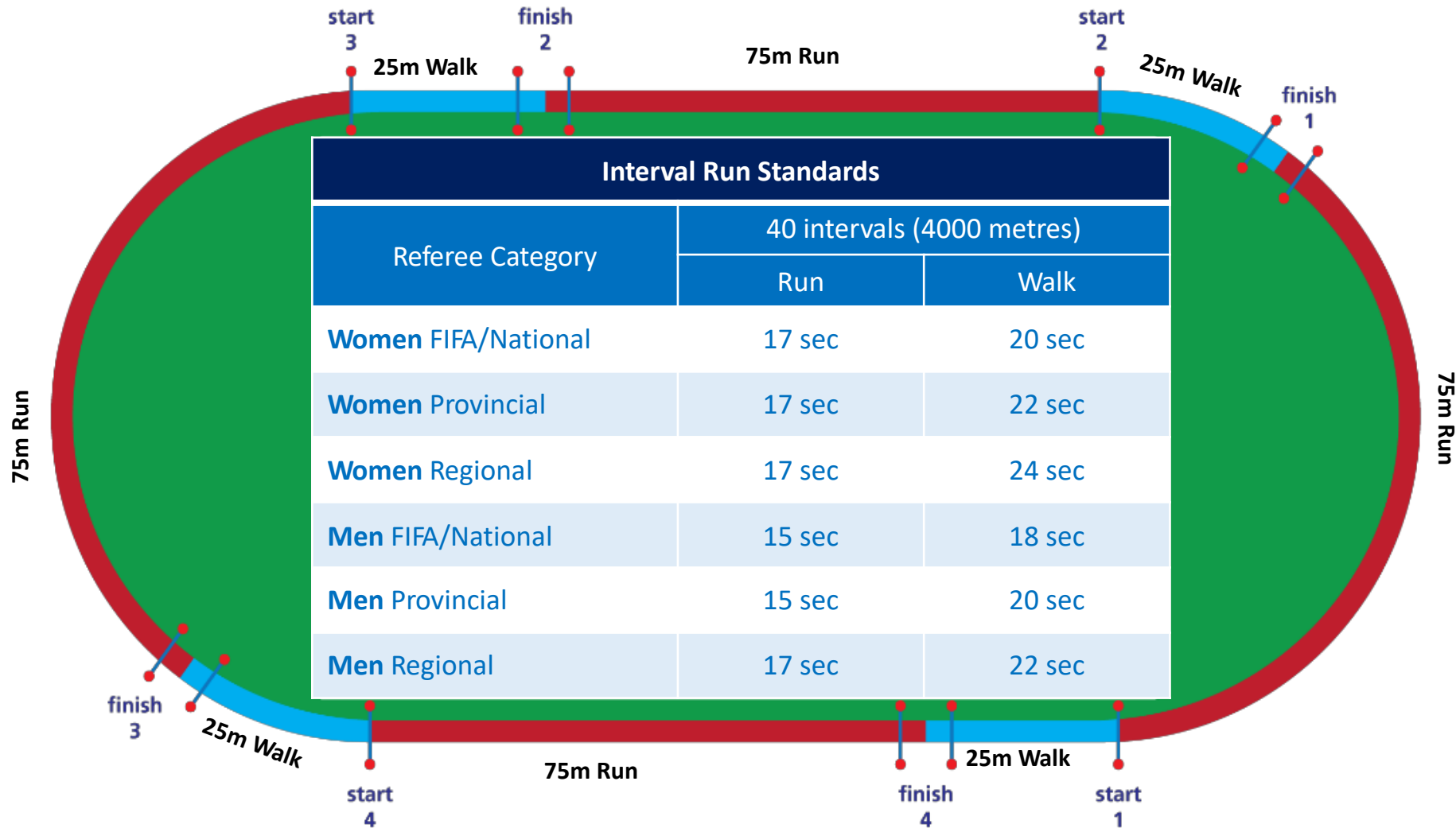
FIFA FITNESS TEST

Fitness Test – Sprints



Sprint Standards	
Referee Category	Sprints
Women FIFA/National	Maximum 6.40 seconds
Women Provincial	Maximum 6.60 seconds
Women Regional	Maximum 6.80 seconds
Men FIFA/National	Maximum 6.00 seconds
Men Provincial	Maximum 6.40 seconds
Men Regional	Maximum 6.60 seconds

Fitness Test – Interval Run



Fitness Test Advice

- Starting position on track (Curve or Straight)
- Running in a group – Switching positions if needed, inside lane if struggling
- Relax!

Pre-Test

Pacing

- Don't start too fast – Use 1st lap to find sustainable pace for 10s-BEEP, 5s-BEEP & END whistle
- Once Pace is found, be consistent – run relaxed!

- Focus on breathing and bringing breathing rate under control – if you can control your breathing, you can control your mind!

Recovery Walk

Adaptability

- Strategies to adapt if struggling in test, e.g., can't find pace, lack of focus, negative thoughts, group is slow, test sanctions (e.g., arriving to END late, starting too early - before whistle)

