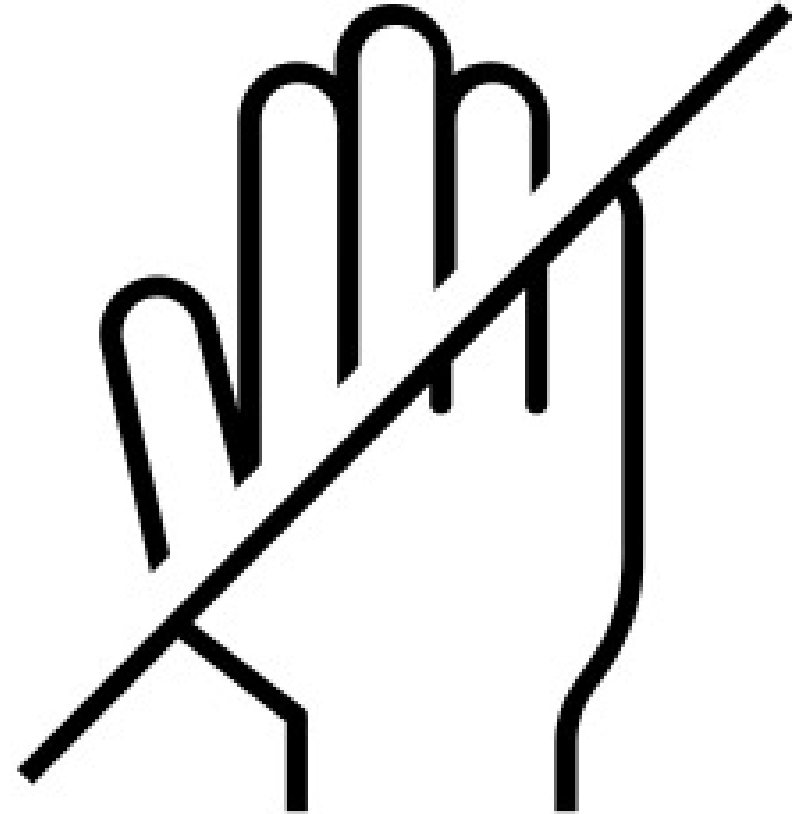




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- Reminder: the content is for education purposes only
- The content must remain as is for this presentation
- Do not post this document in public websites, social media, etc.
- Thank you for your cooperation



USA



Referees Fitness Introduction

Jean-Baptist Bultynck

November 19th, 2024



FIFA Fitness Instructor

- Cercle Bruges – National Youth Player
- RBFA Top referee 2000-2013
- Fitness coach
 - Since 1988 – RBFA
 - Since 2000 – UEFA & FIFA
 - Since 2008 – FIFA Women Referees





Introduction to Physical Fitness

- **Why** is training needed?
- **What's** needed?
- **How** to do so?
- Possible **progress!**





Why is a good physical condition necessary?

FIFA®



What's your link with the players?



Football expectation?

- Players?
- Staff?
- Club managers?
- Supporters?
- Media?
- ... all stakeholders ...



Football expectation ...

- Correct decision!
- Correctly applying the Laws of the Game





Refereeing board expectation?

- Correct decision!
- Correctly applying the LOTG

Only?

More?



Refereeing board expectation?

- Correct decision!
- Correctly applying the LOTG
- Good manager!
- Contribute positively to the spectacle delivered!
- ... *at all levels* ... 😊



Expectations ...

- No expectations about physical fitness ...
 - (Only passing the yearly fitness tests & filling in a medical survey)
- Conclusion → referees' fitness has no importance!
- Why is fitness then SO important ... to even have this meeting?



Making the correct decision



Importance of a clear view

Best position – best angle of view

Excellent movement & positioning

Outstanding physical condition

Real conclusion!

→ good physical shape → at all levels → a must have!

→ makes your 'life' as referee easier → better acceptance → more respect



What's needed for a good referee?

August 2023

‘JB, you changed the life of my daughter. Thank you!’

What ???



BRA 2 - 0 AUS 90:00 +6:08 6'

ATP DESPORTO



Endurance!

- *Objective: cover the entire field for 90 min.*
- Walking (*below* Low Intensity)
- Jogging (Medium Intensity)
- Running (High Intensity)



LSL REWIND 24-25 | Matchday 8 | NL



Later bekijken



Delen



MEER VIDEO'S



4:29 / 19:08



YouTube



Speed!

- *Objective: expect the unexpected – being close to each action*
- Starting Speed
 - <2 sec 'rule' → >10m
- Maximal Speed
 - 30 to 40m → >25 km/h





Coordination & Agility

- *Objective: Presence around the Penalty Area*
- Coordination
 - Ability to execute smooth, accurate, controlled motor responses (optimal interaction of muscle function).
- Agility
 - Ability to move quickly and easily
- Running Technique

FIFA Fitness Philosophy

*To make our referees **FIT FOR PURPOSE** in order to meet the fitness and technical demands of football*

Fit for purpose – at every level!

- Training must simulate the demands of the game
 - Perform on a field (when possible)
 - Incorporate actual referee movements (forward, backward, sideways, etc ...)
- Referee training goals:
 - Achieve peak match performance
 - Prevent injuries
- Critical to plan the aim of each training session and perform accordingly!



Mother of Tori Penso

‘JB, you changed the life of my daughter. Thank you!’

What ???

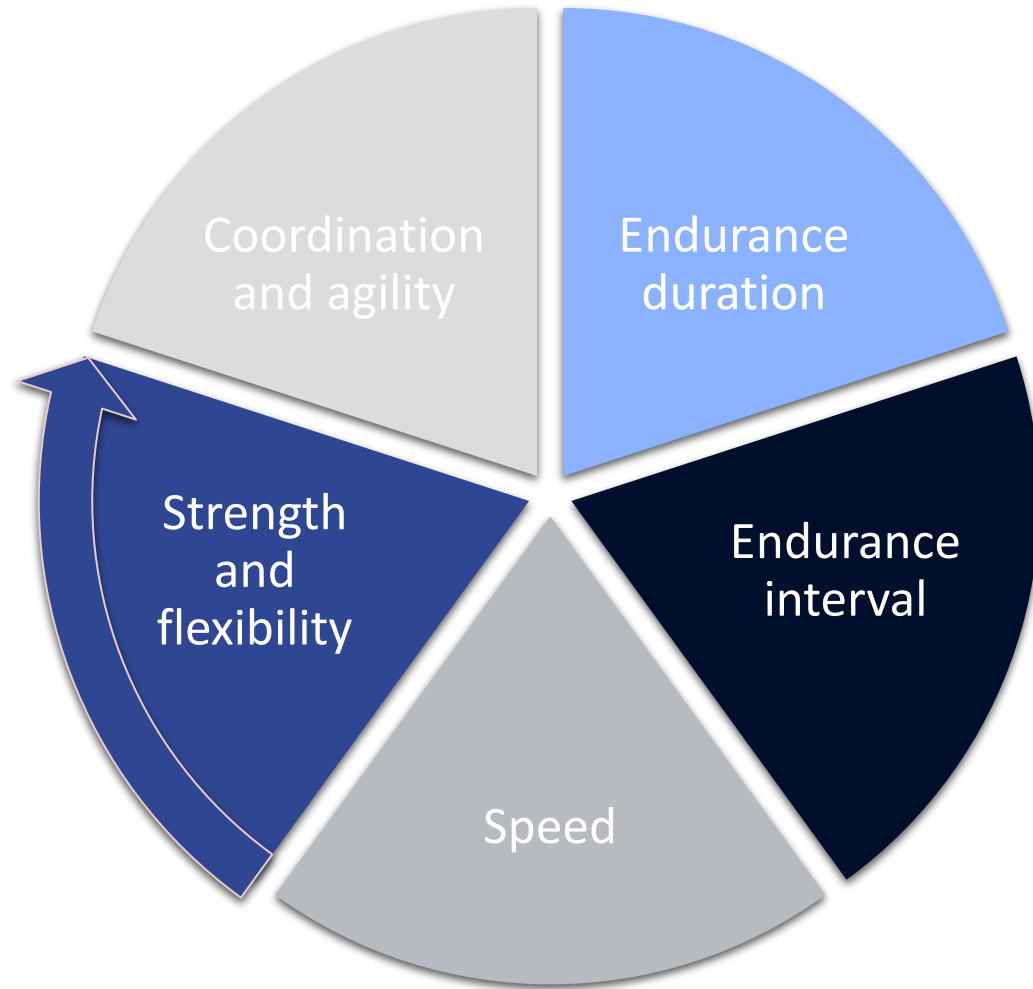
‘You taught her how to run. Thanks to you she changed her training routine drastically.’



How to train?

Five physical categories of training

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





Endurance Duration

- Jogging - 40-50 min – min 10 km/h **once a week 😊**
- Cycling – 1,5-2 h – ‘good tempo’
- Rowing – 2x 20 min - ...
- Swimming – 2x 30 min - ...

Endurance Intermittent

- Start & Stops!
- Use of angles – not only straight running
- Relatively short (e.g. 10 – 20 – 30 sec)
- Tempo (e.g. HI = 16-18+ km/h)
- R/A ratio (e.g. 1-1 / 1-2)
- 2-3 sets of 10-12 min

Once a week /every second week 😊



Speed

- Different types of speed:
 - Starting Speed 5-10-15 m
 - RSA Repeated Speed Ability
 - Max speed 30-40 m
-
- **Once / twice a week 😊**



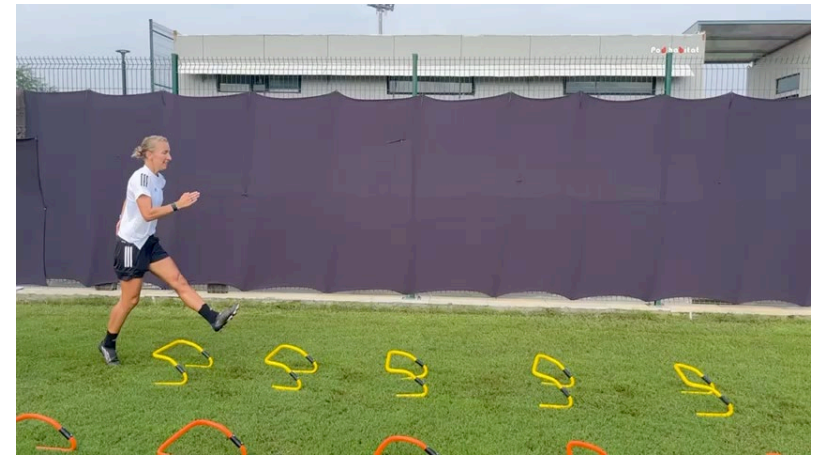
Coordination & Agility

- Warm up routine!
 - With or without material
 - 10-15 min
- Running technique
- **At every training 😊**



Coordination & Agility

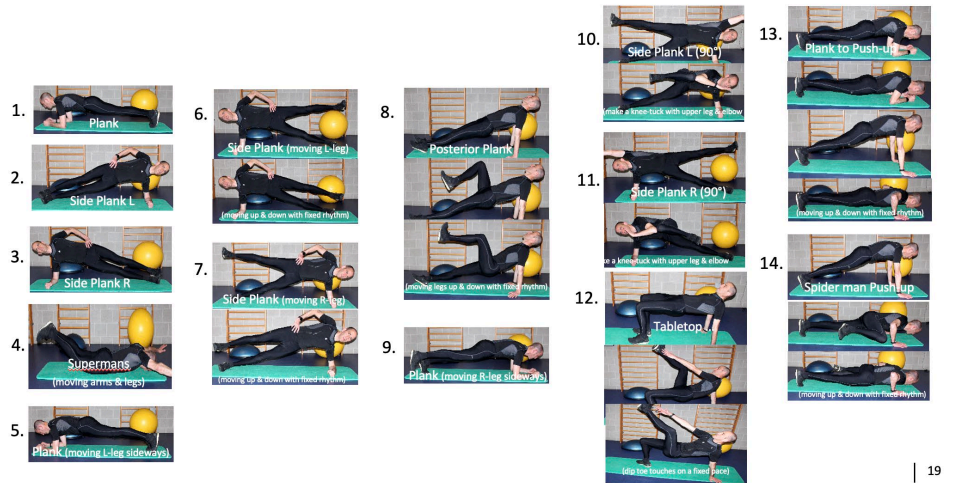
- Coordination exercises
- Agility exercises
- **Minimum once a week, 15-20 min 😊**



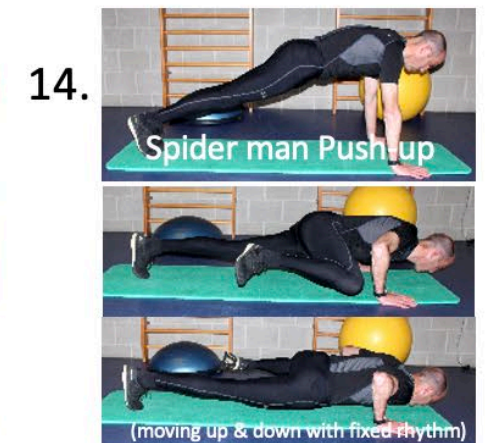
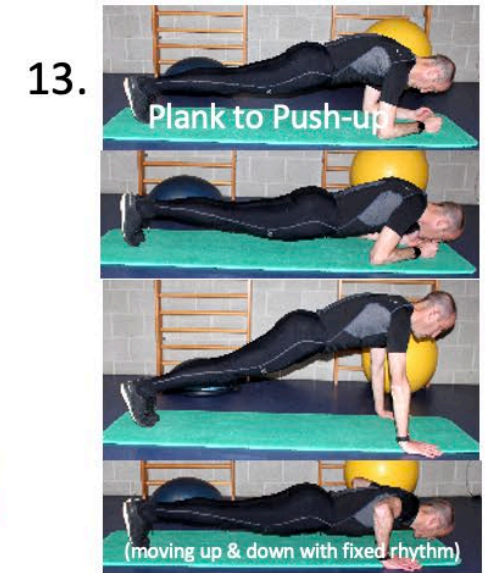
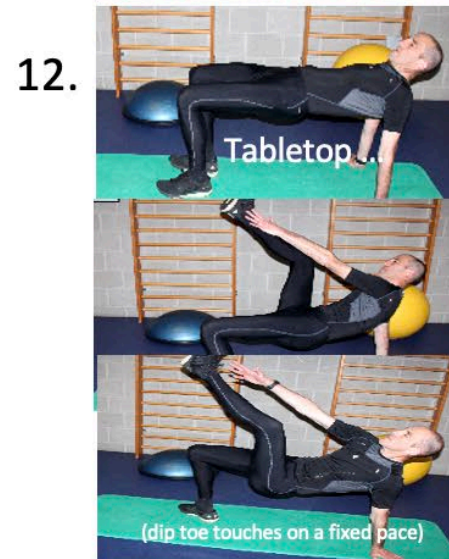
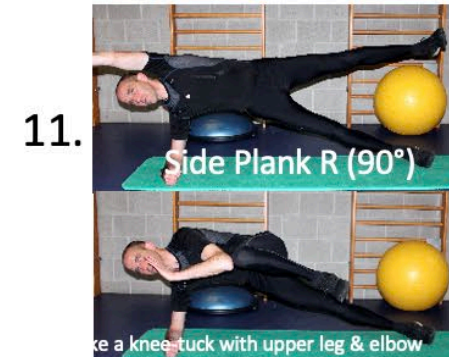
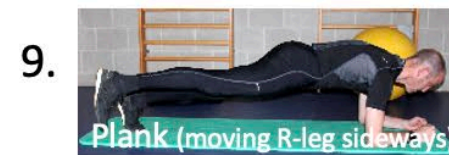
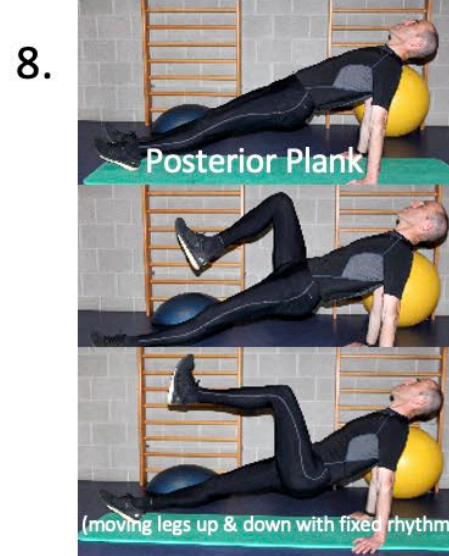
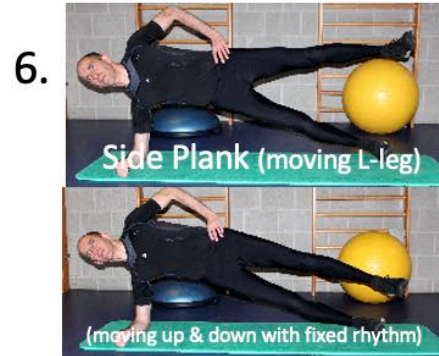
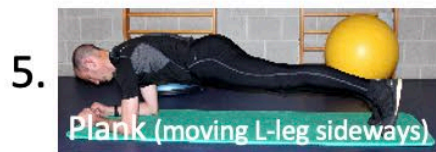
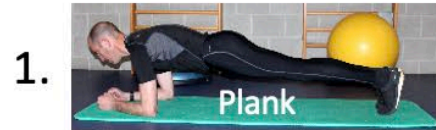
Strength - Basic

- Basic strength
 - Upper Body – Lower Body - Abdominals
- CORE
- Minimum once a week, 30-45 min 😊

CORE 7-min Challenge

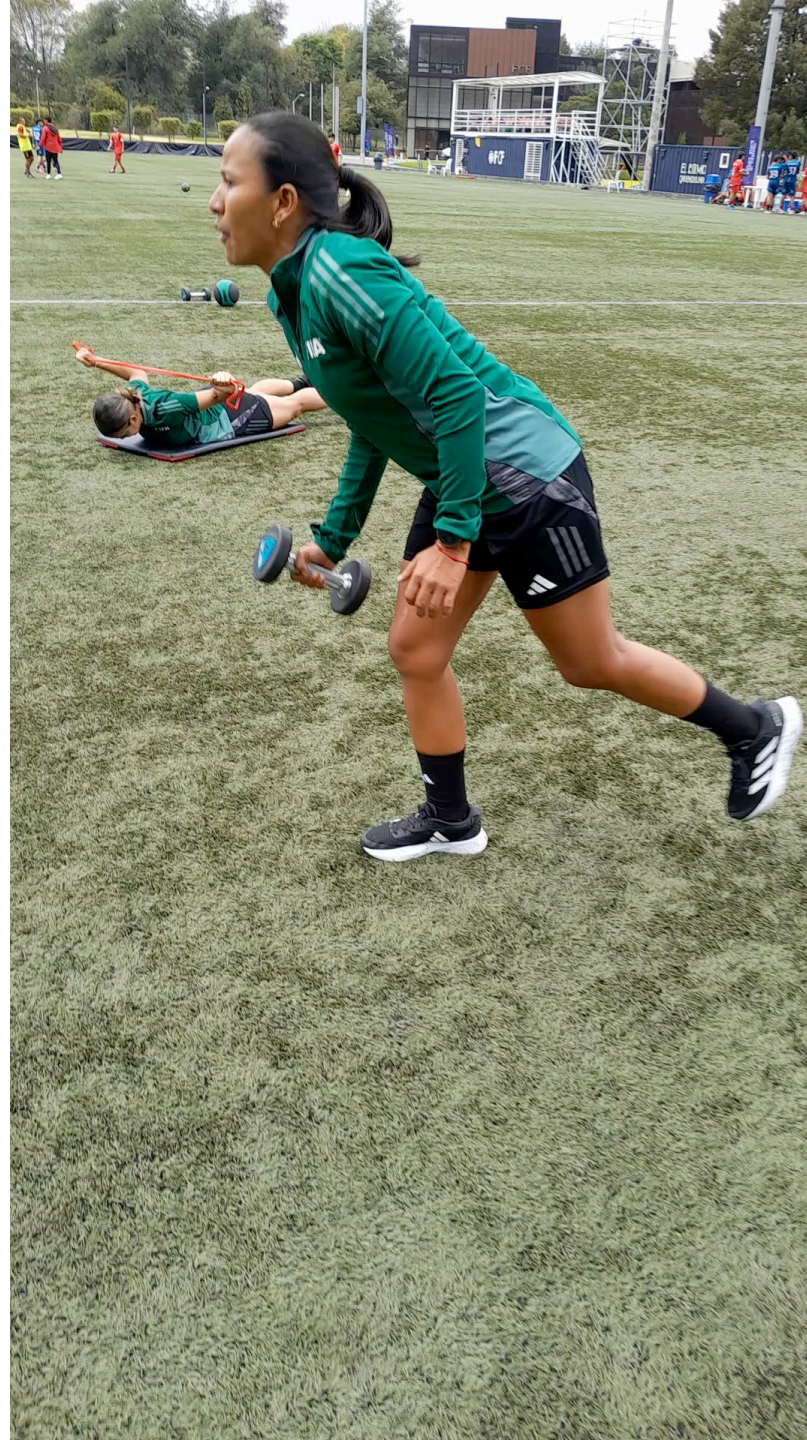


CORE 7-min Challenge



Strength - Specific

- Specific exercises
- Power
 - Strength x Speed
- Reactivity – explosivity



Within each training category are specific aims

Summary

Endurance Duration aims

Low Intensity
(LI d)

Medium Intensity (MI d)

High Intensity
(HI d)

Endurance Interval aims

Low Intensity
(LI i)

Medium Intensity (MI i)

High Intensity
(HI i)

Speed aims

Starting Speed
(St SP)

Maximal Speed (Max SP)

Sprint Endurance
(Ex SP)

Repeated Sprint Ability (RSA)

Speed Endurance (SE)

Strength and flexibility aims

Strength
(Str)

CORE
(CORE)

Injury Prevention (IP)

Coordination and Agility aims

Coordination & Agility (Agi/Coo)



Training Plan: Local & Regional Level



Local & regional training assumptions

- Perform minimum of 2 training sessions per week
- Plan a minimum of 4 aims per week or 2 aims per training session
- Complete all 5 training categories every month
- Spread your physical training over the entire week
- Alternate training & rest days
- Schedule assumes matches on both Saturdays and Sunday

Local & regional monthly planning program

| Month: | Monday MD-5 | Tuesday MD-4 | | Wednesday MD-3 | Thursday MD-2 | | Friday MD-1 | Saturday MD | Sunday MD |
|--------|----------------|-----------------|------|-------------------|------------------|------|----------------|----------------|--------------|
| Week 1 | Rest | Agi/ Coo | LI d | Rest | Str | RSA | Rest | Match | Rest/Match |
| Week 2 | Rest | CORE | MI i | Rest | St SP | HI i | Rest | Rest/Match | Match |
| Week 3 | Rest | Agi/ Coo | MI d | Rest | Str | SE | Rest | Match | Rest/Match |
| Week 4 | Rest | Rest | | CORE | HI i | Rest | Agi/ Coo | St SP | Match |



Training Plan: Amateur Level

Amateur training assumptions

- Perform minimum of 3 training sessions per week
- Plan a minimum of 2 aims per training session
- Complete all 5 training categories every 2 weeks
- Spread your physical training over the entire week
- Plan max 3 trainings days (matches included) in a row

Amateur monthly planning program

| Month: | Monday MD-5 | Tuesday MD-4 | | Wednesday MD-3 | Thursday MD-2 | | Friday MD-1 | | Saturday MD | Sunday MD+1 |
|--------|----------------|-----------------|------|-------------------|------------------|-----|----------------|-------|----------------|----------------|
| Week 1 | Rest | Agi/ Coo | LI d | Rest | Agi/ Coo | RSA | CORE | St SP | Match | Rest |
| Week 2 | Rest | CORE | HI i | Rest | Str | SE | Agi/ Coo | St SP | Match | Rest |
| Week 3 | Rest | Agi/C oo | MI d | Rest | Agi/C oo | RSA | CORE | St SP | Match | Rest |
| Week 4 | Rest | CORE | HI i | Rest | Str | SE | Agi/ Coo | St SP | Match | Rest |

Example - 1 Match Day per week - planning

- Your weekly planning starts with your first match day (MD)
- Count back one day from that day, being MD-1, MD-2 to plan your weekly training schedule. But also plan MD+1 Recovery.
 - MD+1 = recovery session from the match
 - MD = match day
 - MD-1 = should always be short accelerations and specific preparation for your match
 - MD-2 = intensity and speed relatively high (90-95% Max Speed); distances short (max 30 m); active recovery
 - MD-3 = Rest day
 - MD-4 = intensity (Low-Medium-High) and speed little lower (LI: 10-11 km/h ; MI: 12-14 km/h ; HI 18-20 km/h); distances relative longer depending on the topic; active recovery
 - MD-5 = work on strength – force – injury prevention; ...



Possible progress? The sky is the limit!



Beyond Greatness!

- Work!
- Believe!
- Motivate!

- ... nobody is born as champion!
- ... all can achieve her personal maximum!

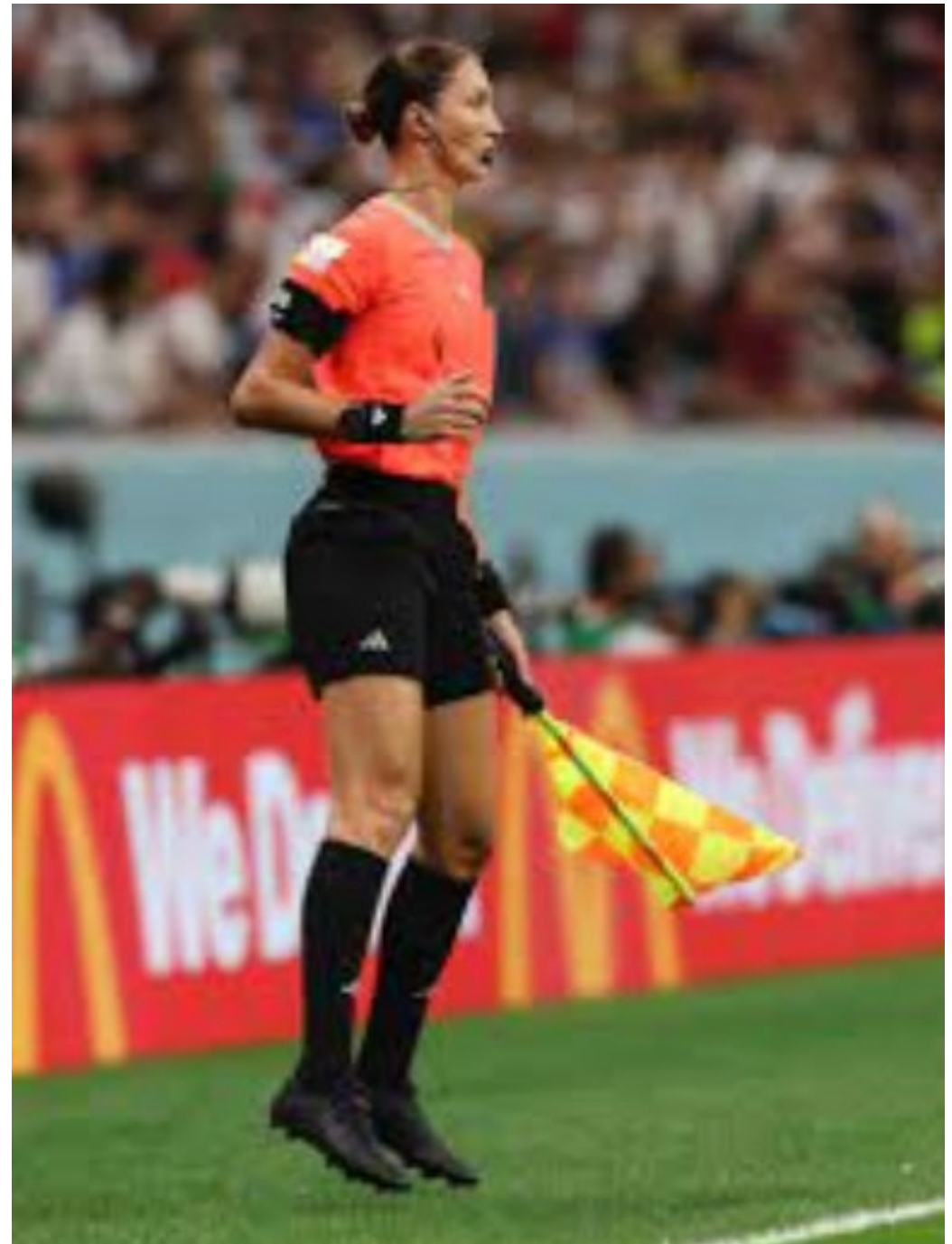


Champions ?!



Champions ?!

- Kathryn NESBITT (USA)



Champions ?!

| Activity | Process | WWC Limit | WWC Target | MWC Limit |
|---------------|--------------------------------|---------------|--------------------------|------------------|
| 7x7x7 | 2x 90"recovery between each | <5.30" | <5.10" | <4.80" |
| 40m sprint | 4x 60"recovery between each | <6.30" | <6.15" | <5.80" |
| Dynamic Yo-Yo | See following images | 18.5 (1,920m) | 19.2 (2,120m) | 19.5 (2,240m) |

| | | CODA | 7x7x7 | COD | SS 10 m | SS 20 m | RSA REF | RSA AR | DYY | | ARIET | |
|-----------|-----------|---------|-------|-------|---------|---------|---------|--------|--------|--------|----------|--------|
| Excellent | | 9,60 | 4,90 | 5,30 | 1,90 | 3,35 | 5,95 | 4,65 | 20.4 | 2520 | 16-6 | 1560 |
| Very good | AVG 22-23 | 9,80 | 5,00 | 5,50 | 2,00 | 3,45 | 6,05 | 4,75 | 19.7 | 2320 | 16-1 | 1405 |
| Good | | 10,00 | 5,10 | 5,70 | 2,10 | 3,55 | 6,15 | 4,85 | 19.2 | 2120 | 15,5-2 | 1235 |
| Poor | | 10,20 | 5,20 | 5,90 | 2,20 | 3,65 | 6,25 | 4,95 | 18.5 | 1920 | 14,5-3 | 1080 |
| Very poor | | > 10,20 | > 5,2 | > 5,9 | > 2,2 | > 3,65 | > 6,25 | > 4,95 | < 18.5 | < 1920 | < 14.5-3 | < 1080 |

Champions ?!

- Test results WWC AUS/NZL

- Overall → > 90%

- ARIET

- Best level 19,0-4 2665 m
 - Average level 16,5-5 1730 m 'excellent'

- DYY

- Best level 21,7 2960 m
 - Average level 20,1 2400 m > 'very good'

- Evolution

| • GER (2011) | CAN (2015) | FRA (2019) | AUS/NZL (2023) | BRA (2027) |
|----------------------------|--------------------------|----------------|------------------------------------|------------|
| • → <i>basic endurance</i> | → <i>HI endurance</i> | → <i>Speed</i> | → <i>Starting speed / Strength</i> | |
| • → <i>(polar) HR</i> | → <i>online platform</i> | → <i>GPS</i> | → <i>Strength platform</i> | |

Champions ?!

| R/AR | Tot Distance (m) | sprints (number) | average speed (km/h) | top speed (km/h) | 13-19 km/h run (m) | 19-23 km/h HI-run (m) | >23 km/h sprint (m) | MF (m) |
|---------|---------------------|---------------------|-------------------------|---------------------|-----------------------|--------------------------|------------------------|-----------|
| R | 10.645 | 31 | 23,0 | 27,6 | 2.869 | 413 | 85 | 10.426 |
| R | 10.646 | 52 | 22,7 | 27,4 | 2.070 | 690 | 230 | 10.646 |
| R | 10.787 | 29 | 24,1 | 25,7 | 2.405 | 544 | 63 | 11.536 |
| R | 11.076 | 50 | 24,5 | 26,6 | 2.792 | 701 | 103 | 10.949 |
| R | 10.831 | 36 | 22,0 | 27,3 | 2.684 | 417 | 95 | 10.398 |
| R | 10.115 | 39 | 22,3 | 27,7 | 2.289 | 415 | 260 | 10.248 |
| R | 10.403 | 46 | 21,6 | 28,8 | 2.486 | 456 | 314 | |
| OVERALL | 10.853 | 33 | 22,3 | 26,0 | 2.522 | 492 | 83 | 10.701 |

- Max Speed 30,4 km/h
- General - results similar to FWC Qatar



Summery

- ***FIT FOR PURPOSE***
- Training benefits at all levels
 - → correct decision
 - → better management
- Train match specific
- Continue hard work & 'reach higher' individually

Believe you can and you are halfway there (Theodore Roosevelt)

*Fitness is like a relationship.
You can't cheat and expect it to work!*



Traditional questions 😊

- How must I prepare for my fitness test?
- Can you give me a training plan to prepare fitness tests?
- How can I increase my sprint times?
- What must I do off season?



Success!

Enjoy!!!