

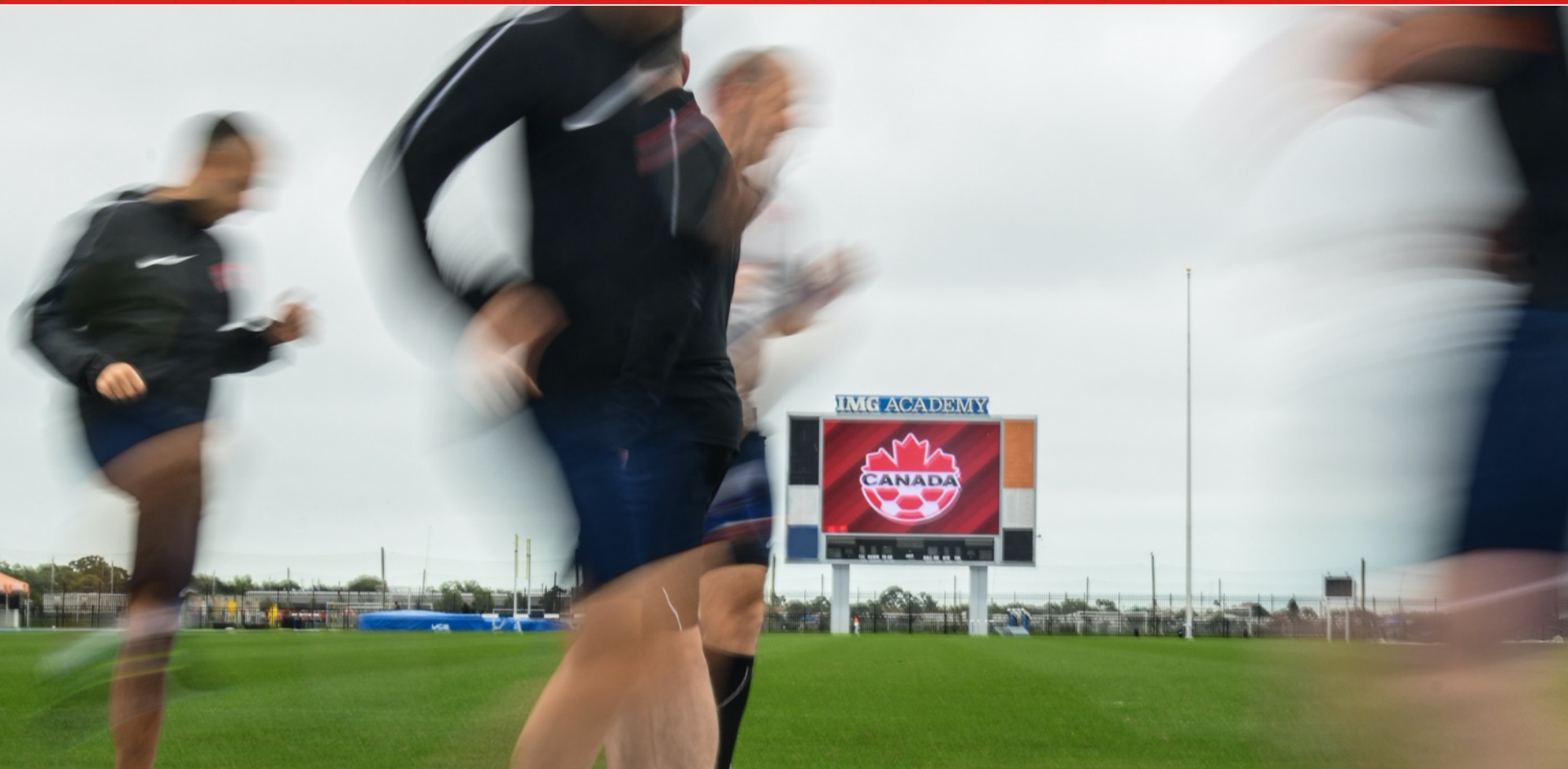


# Referee Program Training

## Home Workout



# Home Workout





# Home Workout



It is the referee's responsibility to be in optimal physical condition for the kick-off to the season. This season brings a host of challenges, not least to be able to exercise safely and comfortably while following guidance and guidelines from local authorities during the COVID-19 Health crisis.

Canada Soccer provides these suggestions for training in small spaces with a minimum of equipment. It is provided to act as a supplement to your existing programs.

Three 4-week programs are outlined:

- 5-days training, 2-rest days
- 3-days training, 1-rest day, 2-days training, 1-rest day
- 2-days training, 1-rest day, 3-days training, 1-rest day

3 types of workouts are outlined to offer variety and change throughout each week of training.





# Social Distancing



During this time of pandemic management the importance of social distancing cannot be overemphasized. Exercise training should take place on an individual basis.

**Group training activities are inappropriate.**





# Home Workout



As with any exercise training program or physical activity there are inherent risks associated that must be considered before commencing participation. If during the exercise training session you experience headache, faintness, dizziness, muscular pain, shortness of breath or difficulty breathing you should stop immediately and seek medical attention. If you are unsure of your health status in order to perform the exercise training program then 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.





# 4-Week Training (5-2 Work-Rest)



## 4-Week Training Schedule (5-2, Work-Rest Sequence)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 1</b>	Workout A		Workout B		Workout C	Rest	Rest
		H.I. Running		Endurance			
<b>Week 2</b>	Workout B		Workout C		Workout A	Rest	Rest
		Speed		Agility			
<b>Week 3</b>	Workout A		Workout B		Workout C	Rest	Rest
		H.I. Running		Endurance			
<b>Week 4</b>	Workout B		Workout C		Workout A	Rest	Rest
		Speed		Agility			



# 4-Week Training: Option II



## 4-Week Training Schedule (3-1-2-1, Work-Rest Sequence)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 1</b>	Workout A		Workout B	<b>Rest</b>	Workout C		<b>Rest</b>
		Endurance				H.I. Running	
<b>Week 2</b>	Workout B		Workout A	<b>Rest</b>	Workout C		<b>Rest</b>
		Agility				Speed	
<b>Week 3</b>	Workout A		Workout B	<b>Rest</b>	Workout C		<b>Rest</b>
		Endurance				H.I. Running	
<b>Week 4</b>	Workout B		Workout A	<b>Rest</b>	Workout C		<b>Rest</b>
		Agility				Speed	



# 4-Week Training (2-1-3-1 Work-Rest)



4-Week Training Schedule (2-1-3-1, Work-Rest Sequence)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 1</b>	Workout A		Rest	Workout B		Workout C	Rest
		H.I. Running			Endurance		
<b>Week 2</b>	Workout B		Rest	Workout B		Workout C	Rest
		H.I. Running			Endurance		
<b>Week 3</b>	Workout A		Rest	Workout B		Workout C	Rest
		Speed			Agility		
<b>Week 4</b>	Workout B		Rest	Workout A		Workout C	Rest
		Speed			Agility		



# Workouts





# Workout A



Exercise Type	Exercise Name	Sets/Reps/Rest	Intensity	Circuit (1-min*) x 3 Sets
<b>Warm-Up</b>	Burpee & Squat-to-Stand	3 / 10-15 / 90s	BW	
<b>Squat</b>	Squat/Air Squat	3-5 / 10 / 90s	BW/Loaded	AMRAP in 1-min
<b>Hinge (Hip)</b>	Single-leg Deadlift	3 / 2x8-12 / 90s	BW/Loaded	AMRAP in 1-min
<b>Push</b>	Push-Up	3-5 / 5-15+ / 90s	BW	AMRAP in 1-min
<b>Pull</b>	Pull-Up or Pull-downs	3-5 / AMRAP / 180s	BW/Loaded	AMRAP in 1-min
<b>Carry</b>	Luggage Carry	3 / 60s / 120s	*Loaded	AMRAP in 1-min
<b>Core</b>	Bird Dog	3 / 2x10 / 90s	BW	AMRAP in 1-min
<b>Injury Prevention</b>	Reverse Nordic Curl	3 / 5-10 / 90s	BW	3 x 10
	Abductor Plank	3 / <30s x 10 / 90s	BW	3 x 10 (bilateral)

*\*Loaded – Use a comfortable, yet challenging load  
AMRAP – As Many Reps As Possible; BW – Body Weight*



# Workout B



Exercise Type	Exercise Name	Sets/Reps/Rest	Intensity	Circuit (1-min*) x 3 Sets
<b>Warm-Up</b>	Lunge & Good Morning	3/ 10-15 /90s	BW	
<b>Hinge (Hip)</b>	Hip Thrust	3-5 / 10 / 90s	BW/Loaded	AMRAP in 1-min
<b>Squat</b>	Split Squat	3 / 2x8-12 / 90s	BW/Loaded	AMRAP in 1-min
<b>Pull</b>	Row (TRX or BB)	3-5 / 10 / 90s	BW	AMRAP in 1-min
<b>Push</b>	Shoulder Press	3-5 / 8-10 / 90s	*Loaded	AMRAP in 1-min
<b>Carry</b>	Luggage Carry (Overhead)	3 / 60s / 120s	*Loaded	AMRAP in 1-min
<b>Core</b>	Half Kneeling Wood Chop	3 / 2x10 / 90s	BW	AMRAP in 1-min
<b>Injury Prevention</b>	Nordic Curl	3 / <12 / 180s	BW	AMRAP in 1-min
	Copenhagen (Adductor)	3 / <30s x 10 / 90s	BW	3 x 10 (bilateral)

*\*Loaded – Use a comfortable, yet challenging load  
AMRAP – As Many Reps As Possible; BW – Body Weight*



# Workout C



Exercise Type	Exercise	Sets/Reps/Rest	Intensity
Warm-Up	Burpee & Jumping Jacks	3 / 10 / 90s	BW
Core	Dead Bug	3 / 2x10-15 / 90s	BW
	Bird Dog	3 / 2x10-15 / 90s	BW
	Push-Up w/ Torso Rotation	3 / 2x10-15 / 90s	BW
	Sprinter Sit-Up	3 / 2x10-15 / 90s	BW
Injury Prevention	Nordic Curl	3 / <12 / 180s	BW
	Reverse Nordic Curl	3 / 5-10 / 90s	BW
	Copenhagen (Adductor)	3 / <30s x 10 / 90s	BW (bilateral)
	Abductor Plank	3 / <30s x 10 / 90s	BW (bilateral)

**BW – Body Weight**

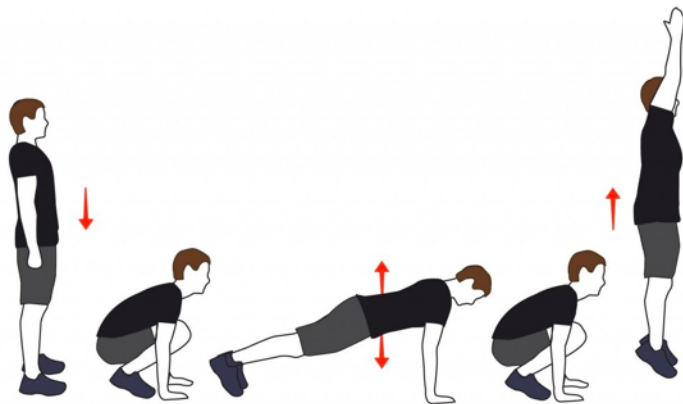


# Exercise Guide

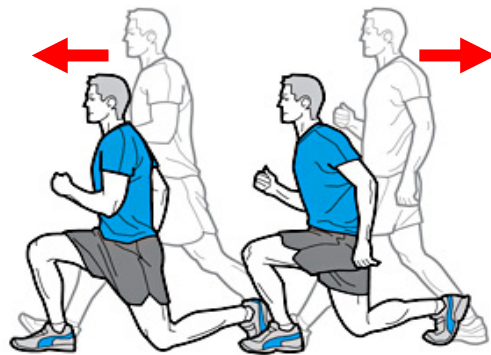




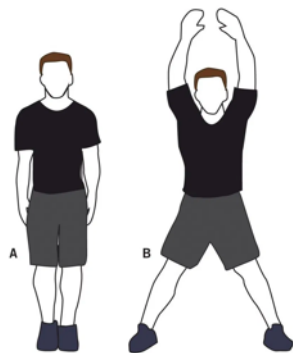
# Warm-Up



Burpee



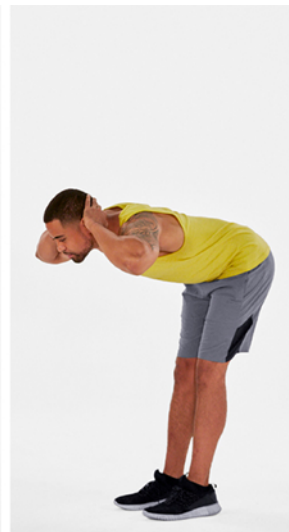
Forward/Backward Lunge



Jumping Jack



Squat to Stand



Good Morning



# Exercise Guide – Workout A



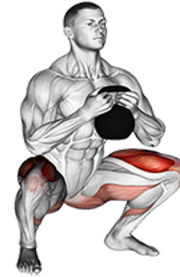
Air Squat



Single-leg Deadlift



Goblet Squat



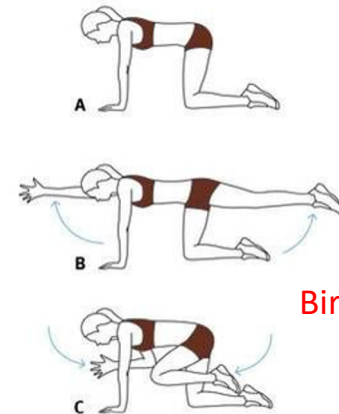
Luggage Carry



Push-Up



Pull-down (w/Band)



Bird Dog



# Exercise Guide – Workout B



Hip Thrust



Split Squat



Luggage Carry  
(Overhead)



Upright Row (w/ TRX or Equivalent)



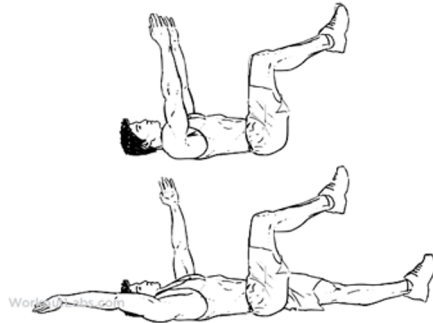
Shoulder Press



Half Kneeling Wood Chop



# Exercise Guide – Workout C



Dead Bug



A



B



C

Bird Dog



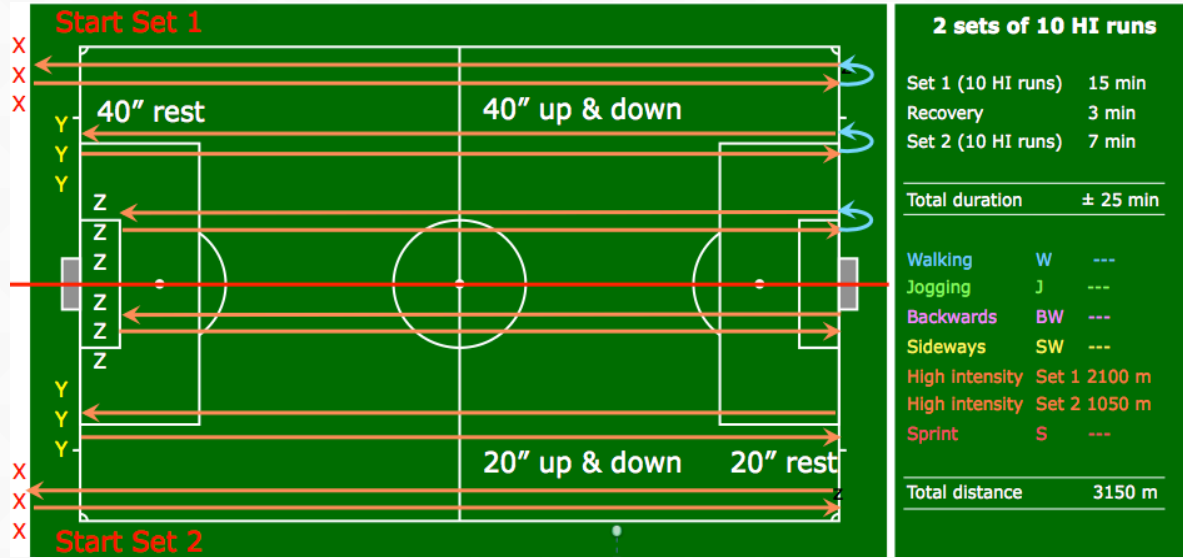
Push-Up w/ Rotation



Sprinter Sit-Up



# Speed-Endurance Training



## Treadmill:

Incline @ 1.0 – 6.0%  
Speed @ ~11.2 mph (18 kph)  
40s:40s (1:1, Work:Rest)  
x 20 Intervals

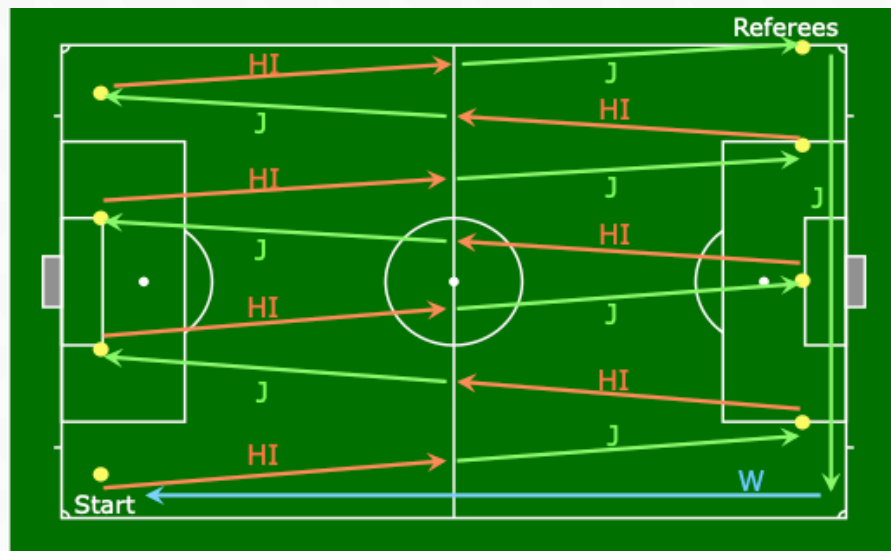
## Road/Street/Park:

Distance: ~100m  
Speed @75-85% Sprint Speed  
40s:40s (1:1, Work:Rest)  
x 20 Intervals





# High-Intensity Interval Training



## 2 sets of 3 laps

One lap	+/- 4,5 min
Set 1 (3 laps)	13 min
Recovery	4 min
Set 2 (3 laps)	13 min
Total duration	30 min

Walking	W	600 m
Jogging	J	1960 m
Backwards	BW	---
Sideways	SW	---
High Intensity	HI	1890 m
Sprint	S	---
Total distance		4450 m

### Treadmill:

Incline @ 1.0 – 6.0%  
Speed @ >11.2 mph (18 kph)  
20s:40s (1:2, Work:Rest)  
x 20-40 Intervals

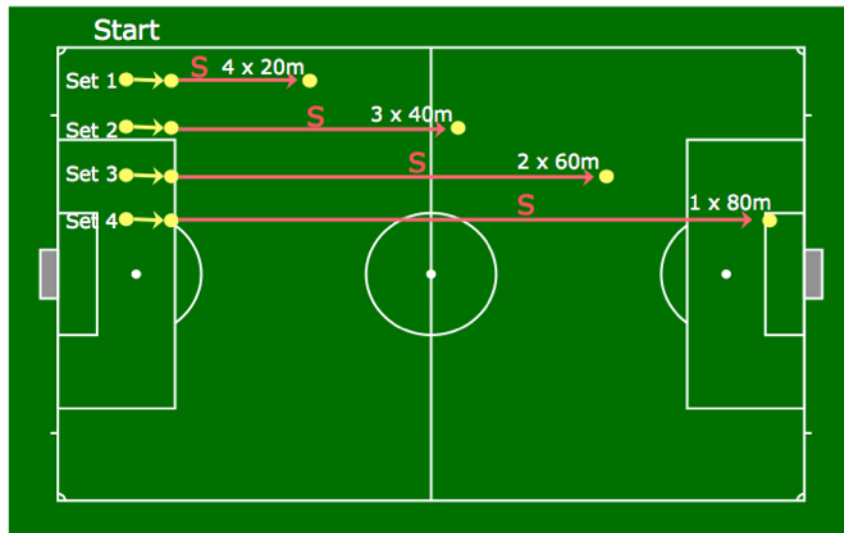
### Road/Street/Park:

Distance: ~100m  
Speed: 50-90% Sprint Speed  
20s:40s (1:2, Work:Rest)  
x 20-40 Intervals





# Repeat Sprint Training



## Treadmill:

Incline @ 1.0 – 6.0%  
Speed: ~>15 mph/>24 kph  
1 Sprint:30-90s (~1:9, Work:Rest)  
x 10-20 Sprints

## Road/Street/Park:

Distance: ~80m  
Speed: 100% Sprint Speed  
1 Sprint:30-90s (~1:9, Work:Rest)  
x 10-20 Sprints

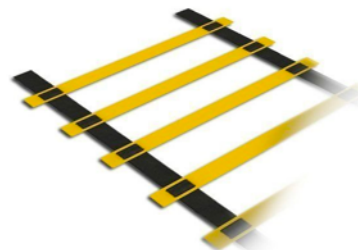
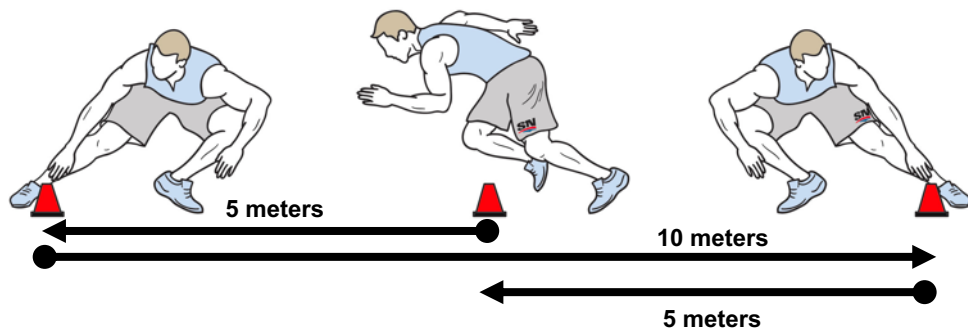




# Agility Training



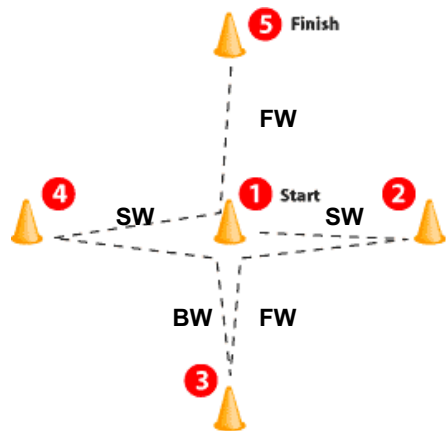
Shuttle Run Agility Drill (5-10-5)



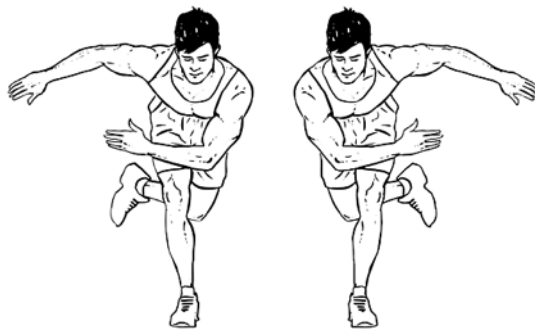
Hopscotch Drill



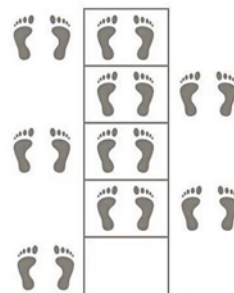
In-out Drill



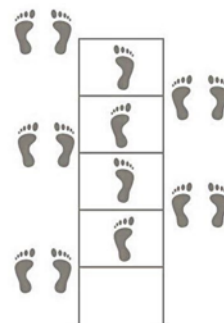
Multi-direction Agility Drill



Lateral Skater Jump



Lateral Feet Drill



Tango Drill



Five Count Drill

Ladder Drills



# Aerobic Training – Stair Running



## Beginner:

Set x 1 – 1-step running

1-min:1-min (Work:Rest)

2-min:2-min

3-min:3-min

2-min:2-min

1-min:1-min

Total Time: ~18-mins Total

## Intermediate:

Set x 1 – 1-step running

2-min:1-min (Work:Rest)

4-min:2-min

6-min:3-min

4-min:2-min

2-min:1-min

Total Time: ~27-mins Total

## Advanced:

Set x 2 - 2-step running

1-min:30s

2-min:60s

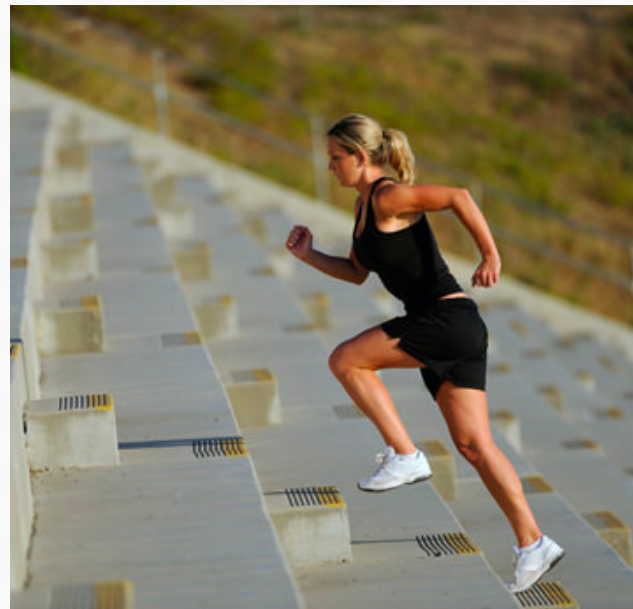
3-min:90s

2-min:60s

1-min:30s

Rest: 5-mins

Total Time: ~32-mins Total





# Aerobic Training Alternative – Multi-Stage Fitness Test



## Multi-Stage Fitness Test (Beep Test)



20 Meters

Link to Audio → [https://www.youtube.com/watch?v=e0U\\_yQITBks](https://www.youtube.com/watch?v=e0U_yQITBks)

Test: Complete as many stages as possible ; this tests current fitness levels

Training: 2-4 weeks, 2 x week

- Start at higher shuttle (i.e. Up/Down) & jump in/out of stages (1:1, Run:Rest) to rest as required

Re-Test: Complete as many stages as possible ; evaluates response to training stimulus

Level	Shuttles	Speed (km/h)	Seconds per shuttle	Total level time (s)	Distance (m)	Cumulative Distance (m)	Cumulative Time (min and seconds)
1	7	8	9	63	140	140	1:03
2	8	8.5	8.47	67.8	160	300	2:11
3	8	9	8	64	160	460	3:15
4	9	9.5	7.58	60.64	160	620	4:15
5	10	10	7.2	64.8	180	800	5:20
6	10	10.5	6.86	61.74	180	980	6:22
7	10	11	6.55	65.5	200	1180	7:27
8	10	11.5	6.26	62.6	200	1380	8:30
9	11	12	6	66	220	1600	9:36
10	11	12.5	5.76	63.36	220	1820	10:39
11	11	13	5.54	60.94	220	2040	11:40
12	12	13.5	5.33	63.96	240	2280	12:44
13	12	14	5.14	61.68	240	2520	13:46
14	13	14.5	4.97	64.61	260	2780	14:51
15	13	15	4.8	62.4	260	3040	15:53
16	13	15.5	4.65	60.45	260	3300	16:53
17	14	16	4.5	63	280	3580	17:56
18	14	16.5	4.36	61.04	280	3860	18:57
19	15	17	4.24	63.6	300	4160	20:00
20	15	17.5	4.11	61.65	300	4460	21:02
21	16	18	4	64	320	4780	22:06

Link to approx. VO<sub>2</sub>MAX calculation

→ <https://www.topendsports.com/testing/beepcalc.htm>



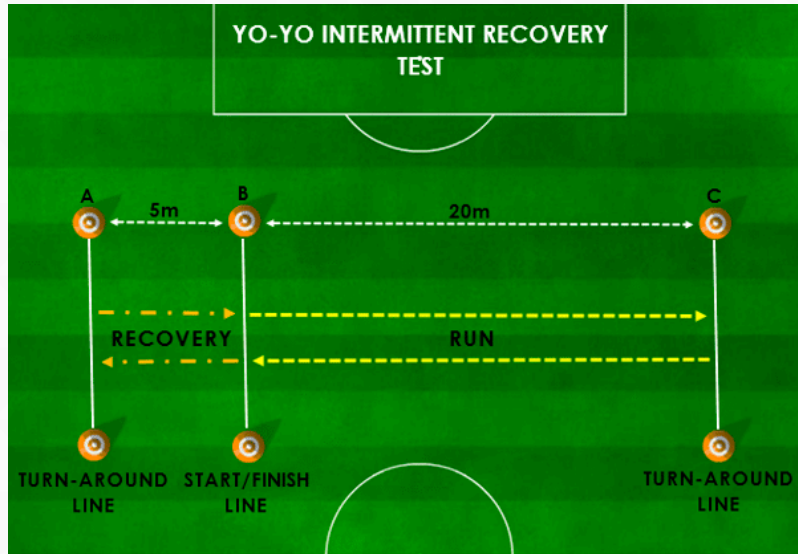
# Aerobic Training Alternative: Yo-Yo Intermittent Recovery Test



**Test:** Complete as many stages as possible; this tests current fitness levels

**Training:** 2-4 weeks, 2 x week  
- Start at higher stage & jump in/out of shuttles to rest as required

**Re-Test:** Complete as many stages as possible; evaluates response to training stimulus



Link to Audio → <https://www.youtube.com/watch?v=fwbPMtJWTss&t=46s>

Link to approx.  $VO_{2MAX}$  calculation

→ <https://www.theyoyotest.com/calculator-yyir1.htm>

Yo-Yo Intermittent Recovery Test, Level 1

Stage	Speed Level	Speed (km/hr)	# of Shuttles (20m)	Distance (meters)
1	1	8	7	140
2	2	8.5	8	300
3	3	9	8	460
4	4	9.5	8	620
5	5	10	9	800
6	6	10.5	9	980
7	7	11	10	1180
8	8	11.5	10	1380
9	9	12	11	1600
10	10	12.5	11	1820
11	11	13	11	2040
12	12	13.5	12	2280
13	13	14	12	2520
14	14	14.5	13	2780
15	15	15	13	3040
16	16	15.5	13	3300
17	17	16	14	3580
18	18	16.5	14	3860
19	19	17	15	4160
20	20	17.5	15	4460



# Exercise Guide – Injury Prevention



**CORRECT**



**WRONG**



**Nordic Curl (Hamstrings)**

Links: [Exercise Demo link: Nordic Curl](#)



# Exercise Guide – Injury Prevention



**Reverse Nordic Curl  
(Quadriceps)**

[Link: Exercise demo link: Reverse Nordic Curl](#)



# Exercise Guide: Injury Prevention



A



B

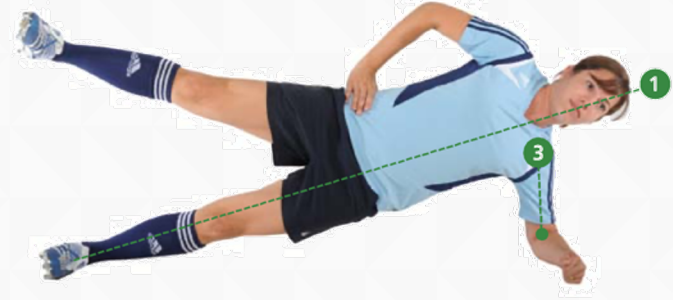


**Adductor 'Copenhagen' Exercise**

Video link:

[Adductor 'Copenhagen' Exercise Demo](#)

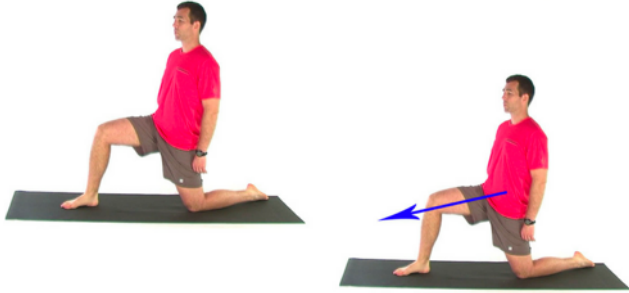
[Abductor Bench w/ Leg Lift Exercise Demo](#)



**Abductor Plank**



# Cool-Down



Quadriceps Stretch



Hamstring Stretch



Groin/Adductor Stretch



'Pretzel' Glute Stretch

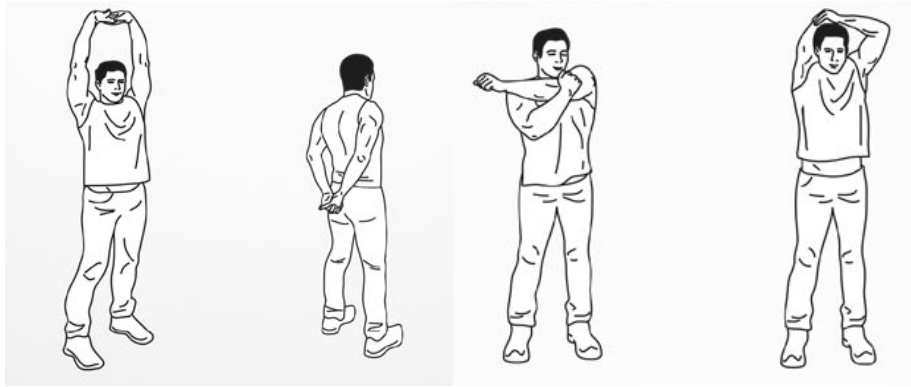


Calf Muscle Stretch

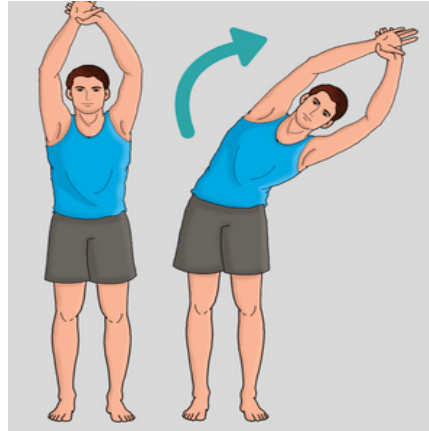




# Cool-Down



Shoulder/Upper Back Stretch



Side Stretch



Cow-to-Cat Mobility Drill



Good luck

