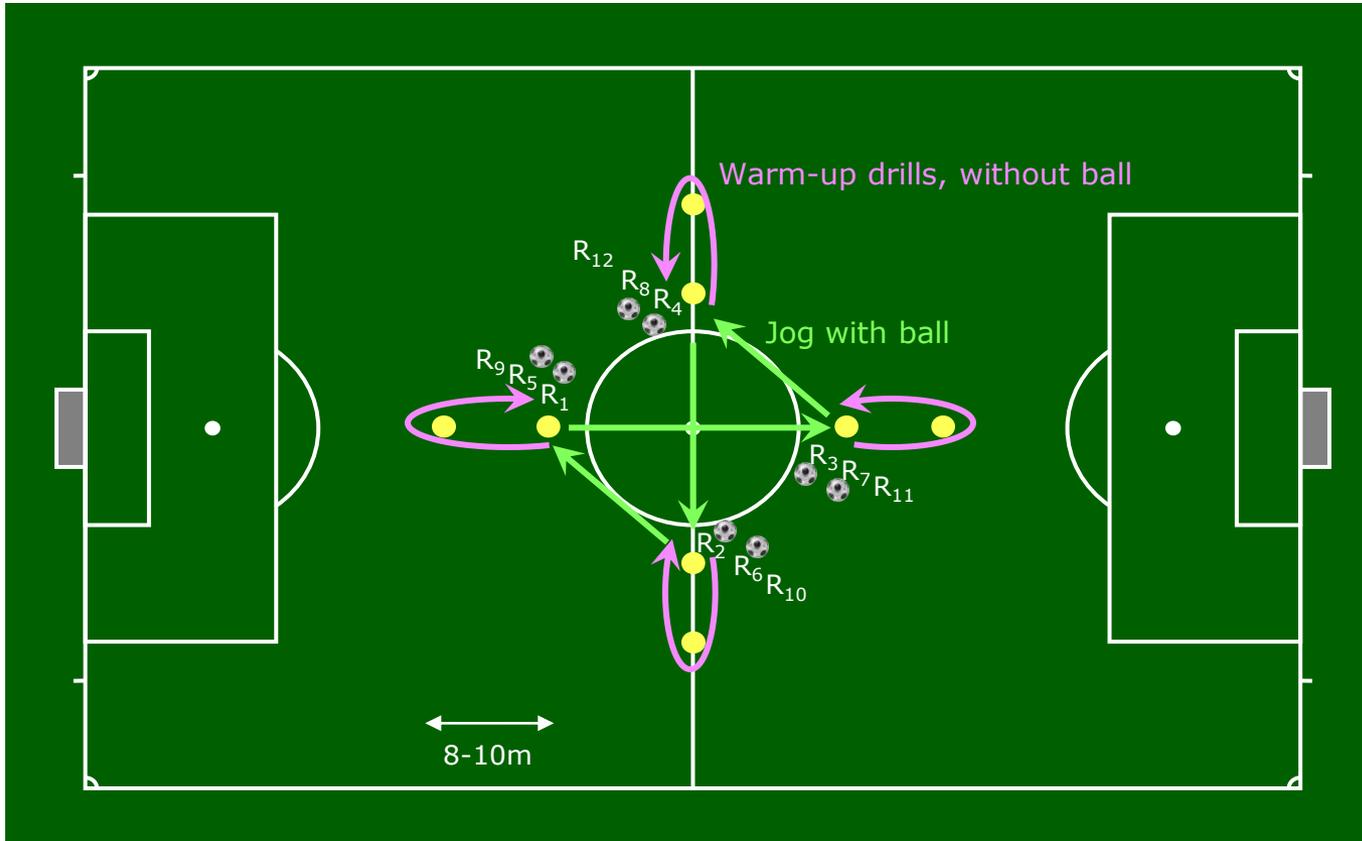




Warm-up exercises with ball



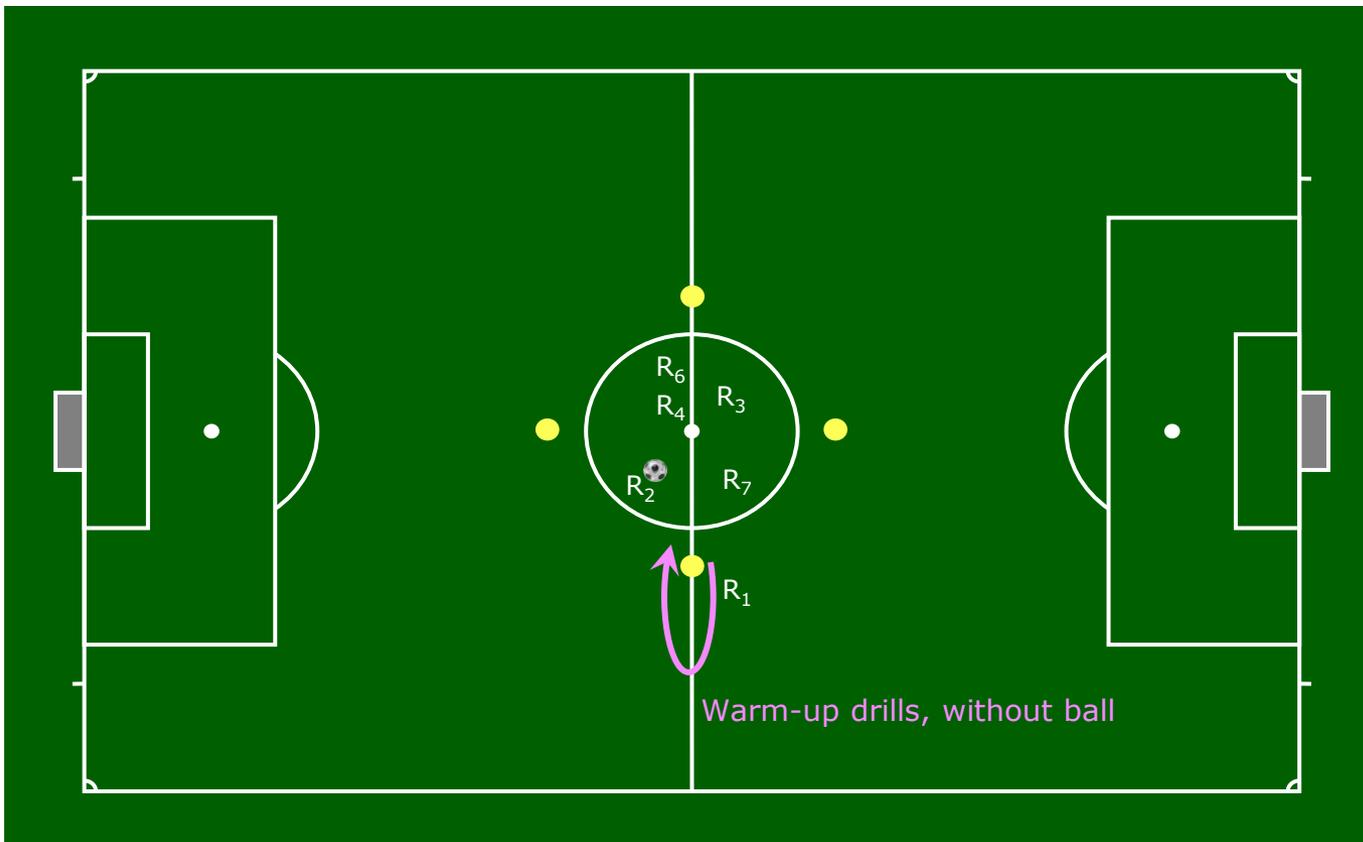
Warm-up drills

- Walking
- Jogging
- Knee lifts
- Heel lifts
- Shoulders back- and forwards
- Sideways running left and right
- Lambada
- Backward running
- Circling
- Fast feet (tripling)
- Acceleration out - jogging in
- Sideways out - acceleration in
- Backwards out - acceleration in
- Accelerations with the ball

Total duration 20-30 min

Basic organization: 4 groups of 4 referees with 3 of these 4 referees carrying a ball.

Instruction: Referees R_1 to R_4 start at the same time and carry the ball to the next group as indicated on the picture (in a figure 8). When these referees are in the middle of the square, referees R_5 to R_8 start jogging with the ball. When referees R_1 to R_4 arrive at the next group, they pass the ball to referees R_9 to R_{12} and make a loop around the cone by doing some warming-up drills. Afterwards these referees receive the ball of referees R_5 to R_8 . The warm-up is always followed by dynamic stretching exercises.



Warm-up drills

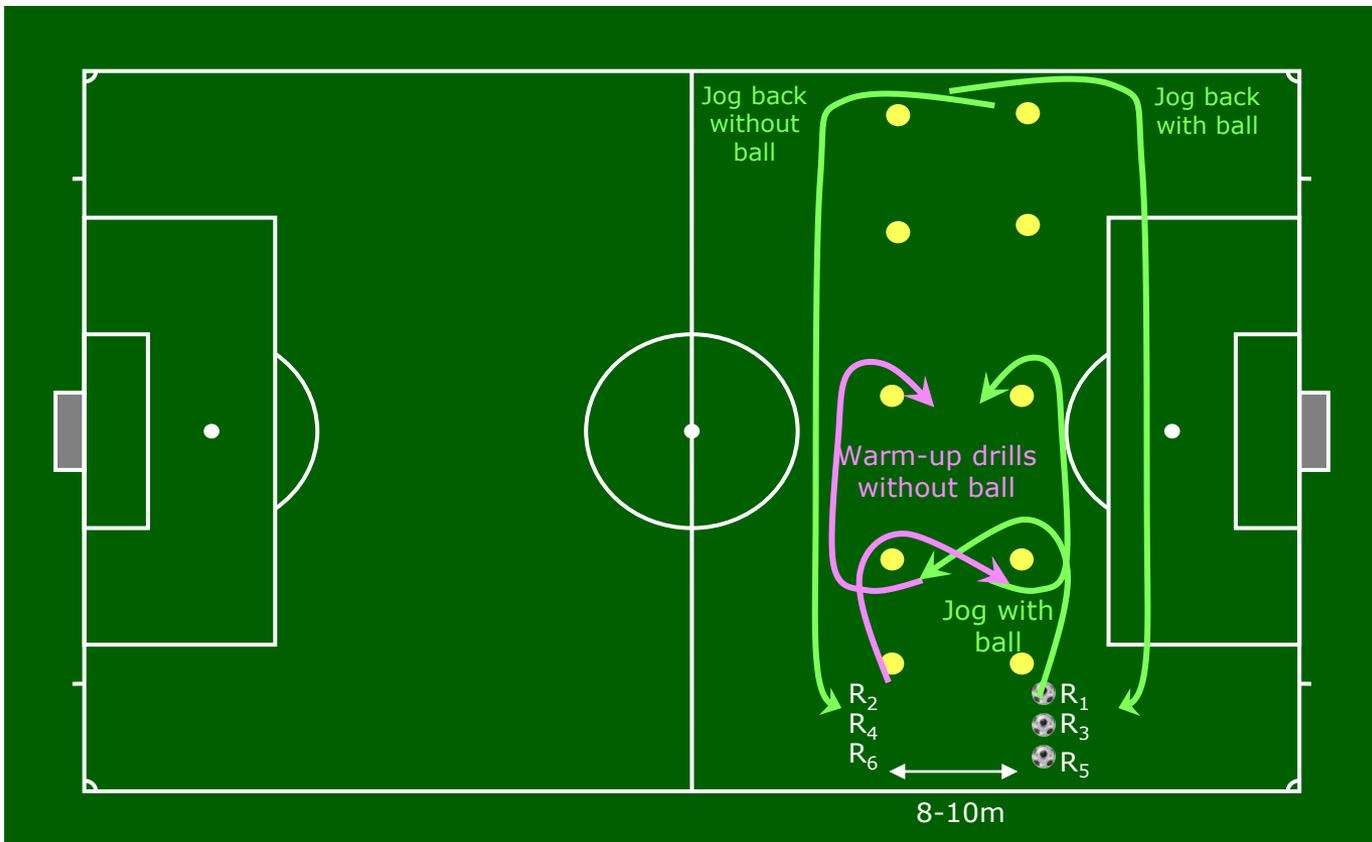
- Walking
- Jogging
- Knee lifts
- Heel lifts
- Shoulders back- and forwards
- Sideways running left and right
- Lambada
- Backward running
- Circling
- Fast feet (tripling)
- Acceleration out - jogging in
- Sideways out - acceleration in
- Backwards out - acceleration in

Total duration 20-30 min

Basic organization: 2 groups from 6 to 8 referees, 1 ball for each group.

Instruction: The ball is thrown from one to the other referee in a fixed order. After the ball is thrown to the next referee, they have to run to an outside cone while performing warm-up drills. The warm-up is always followed by dynamic stretching exercises.

Warm-up with ball 3



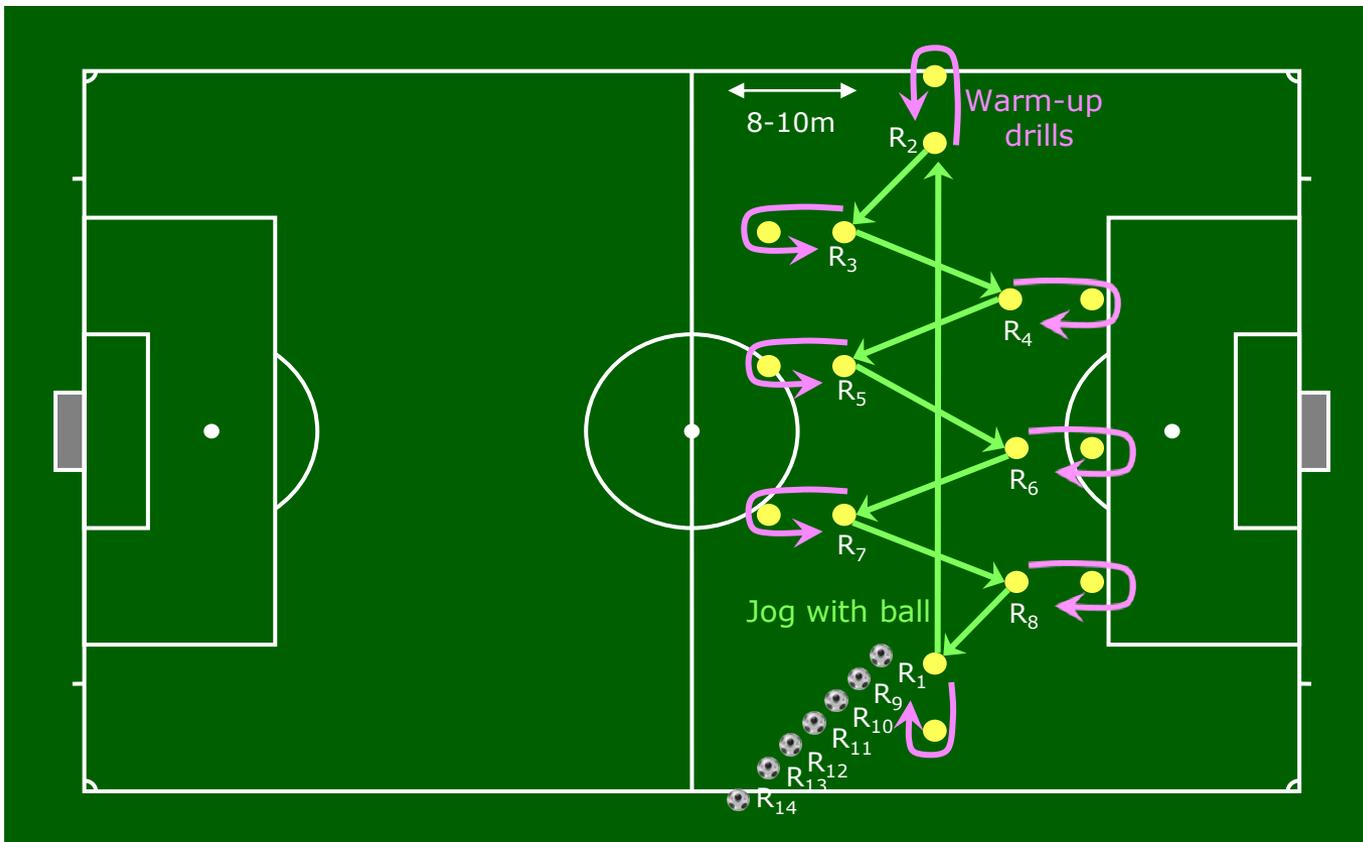
Warm-up drills

- Walking
- Jogging
- Knee lifts
- Heel lifts
- Shoulders back- and forwards
- Sideways running left and right
- Lambada
- Backward running
- Circling
- Fast feet (tripling)
- Sideways and accelerate
- Backwards and accelerate
- Accelerations

Total duration 20-30 min

Basic organization: the referees work 2 by 2 with 1 of the 2 referees carrying a ball.

Instruction: Referees R_1 and R_2 start at the same time and R_1 carries the ball. Both referees follow the trajectory as indicated on the picture. R_1 jogs with the ball and R_2 does some warm-up drills. When the referees cross in the middle of the square, R_1 passes the ball to referee R_2 . Then R_1 does the warm-up while R_2 is jogging while carrying the ball. The warm-up is always followed by dynamic stretching exercises.



Warm-up drills

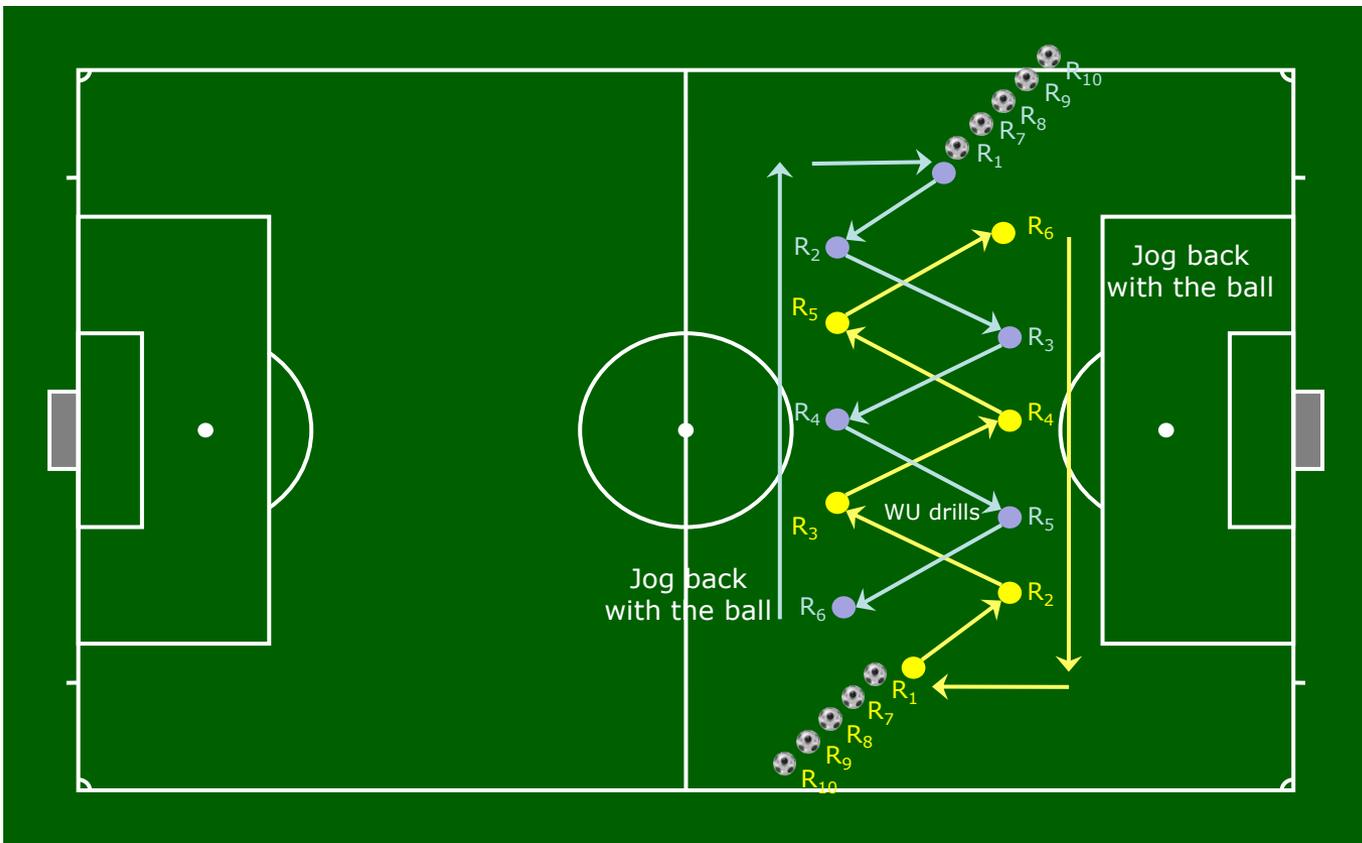
- Walking
- Jogging
- Knee lifts
- Heel lifts
- Shoulders back- and forwards
- Sideways running left and right
- Lambada
- Backward running
- Circling
- Fast feet (tripling)
- Acceleration out - jogging in
- Sideways out - acceleration in
- Backwards out - acceleration in
- Accelerate with the ball

Total duration 20-30 min

Instruction: Referee 1 runs with the ball to the opposite side and passes the ball to referee 2. Then, the referees come back in zigzag as indicated in the figure (R₂ to R₃ to R₄...). After the ball has been passed, the referees goes around the cone on the outside and perform warm-up drills. The warm-up is always followed by dynamic stretching exercises.



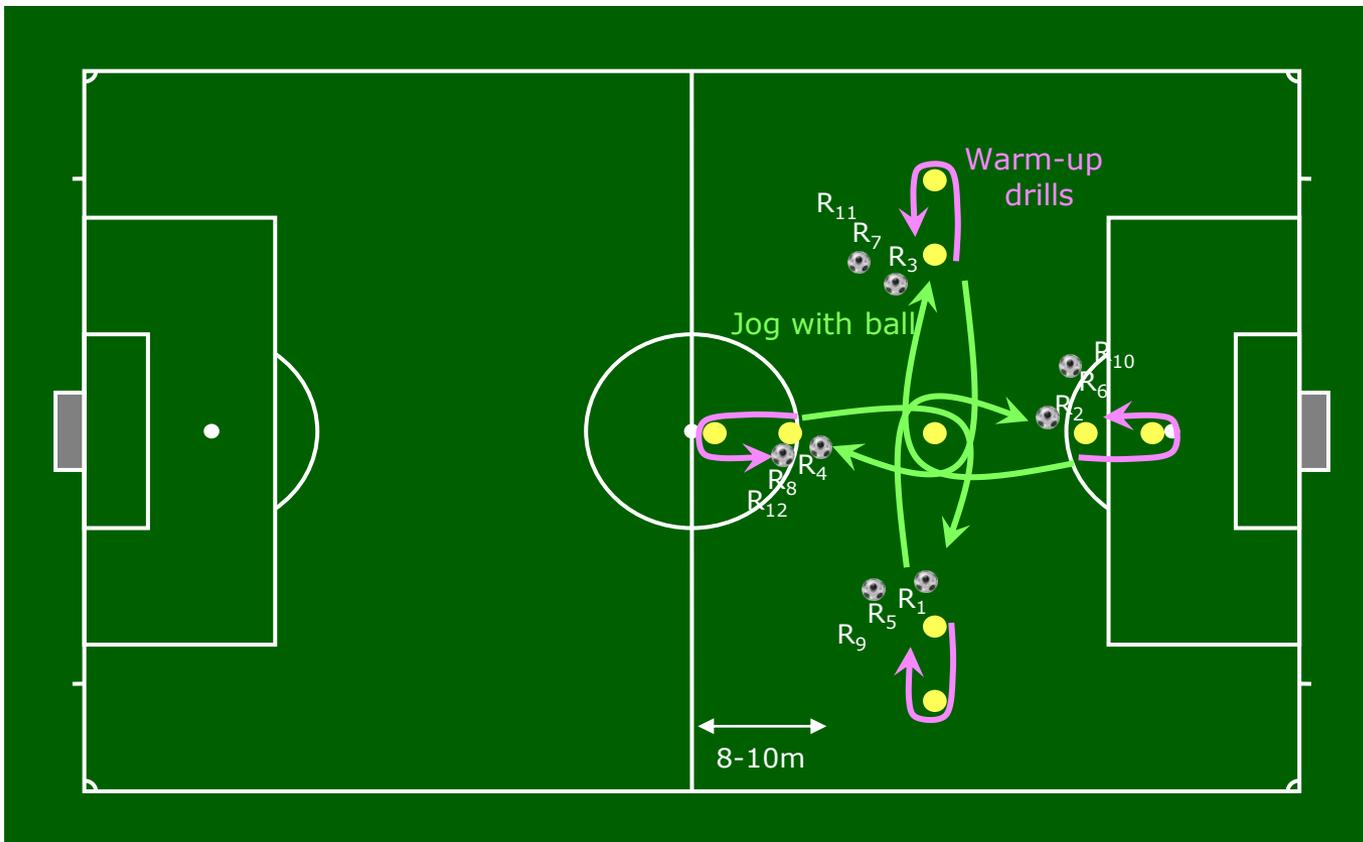
Warm-up with ball 5



Warm-up drills

- Walking
 - Jogging
 - Knee lifts
 - Heel lifts
 - Shoulders back- and forwards
 - Sideways running left and right
 - Lambada
 - Backward running
 - Circling
 - Fast feet (tripling)
 - Acceleration
 - Sideways & acceleration
 - Backwards & acceleration
 - Fast feet & acceleration
-
- Total duration 20-30 min

Instruction: Referee 1 runs with the ball to referee 2 passes. Referee 2 goes to referee 3 and passes the ball... Referee 8 jogs back with the ball to the starting position. After the ball has been passed, the referees wait at the cone for the next ball. The warm-up is always followed by dynamic stretching exercises.

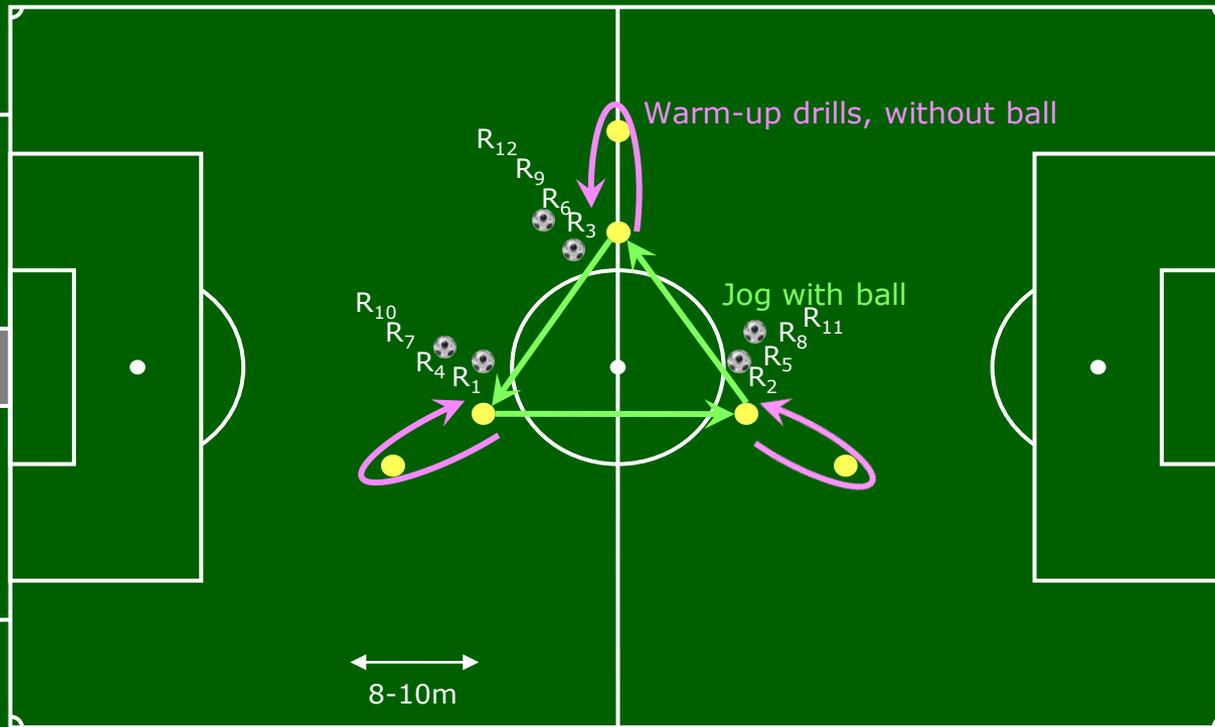


Warm-up drills

- Walking
- Jogging
- Knee lifts
- Heel lifts
- Shoulders back- and forwards
- Sideways running left and right
- Lambada
- Backward running
- Circling
- Fast feet (tripling)
- Acceleration out - jogging in
- Sideways out - acceleration in
- Backwards out - acceleration in
- Accelerate with the ball

Total duration 20-30 min

Instruction: Referee 1, 2, 3 and 4 start to jog at the same time with the ball in the hand to the cone in the middle and then they all turn to the right and pass the ball to the next referee. Referees 5, 6, 7 and 8 start to jog with the ball in the hand when the first group is in the middle. After the ball has been passed, the referees go around the cone on the outside and perform warm-up drills. The warm-up is always followed by dynamic stretching exercises.



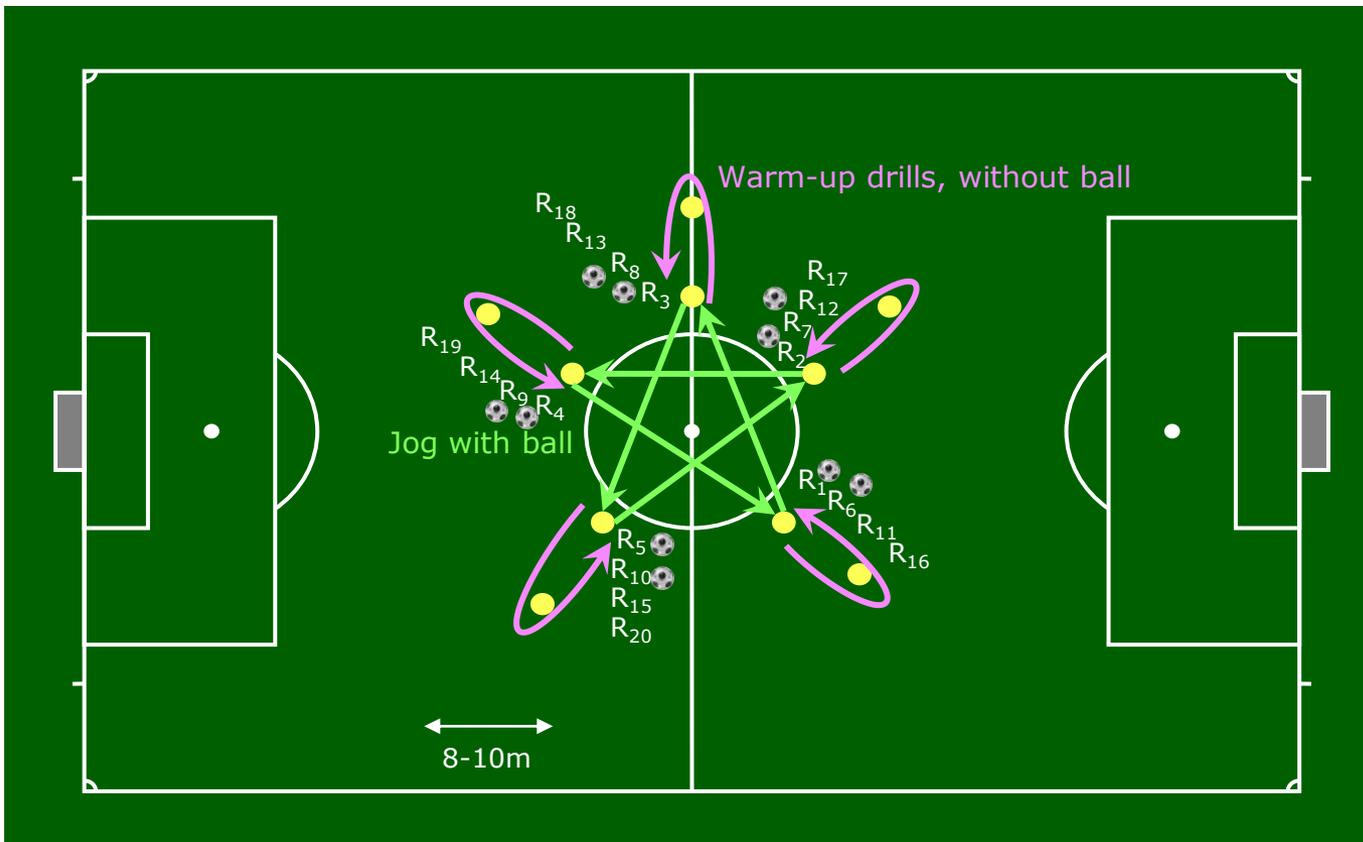
Warm-up drills 4 times each

- Walking
- Jogging
- Knee lifts
- Heel lifts
- Shoulders back- and forwards
- Sideways running left and right
- Lambada
- Backward running
- Circling
- Fast feet (tripling)
- Acceleration out - jogging in
- Sideways out - acceleration in
- Backwards out - acceleration in
- Accelerations with the ball

Total duration 20-30 min

Basic organization: 3 groups of 4 referees with 2 of these referees carrying a ball.

Instruction: Referees R₁ to R₃ start at the same time and carry the ball to the next group as indicated on the picture (in a triangle). When these referees are in the middle, referees R₄ to R₆ start jogging with the ball. When referees R₁ to R₃ arrive at the next group, they pass the ball to referees R₇ to R₉ and make a loop around the cone by doing some warming-up drills. Afterwards these referees receive the ball of referees R₄ to R₆. The warm-up is always followed by dynamic stretching exercises.



Warm-up drills 4 times each

- Walking
- Jogging
- Knee lifts
- Heel lifts
- Shoulders back- and forwards
- Sideways running left and right
- Lambada
- Backward running
- Circling
- Fast feet (tripling)
- Acceleration out - jogging in
- Sideways out - acceleration in
- Backwards out - acceleration in
- Accelerations with the ball

Total duration 20-30 min

Basic organization: 5 groups of 4 referees with 2 of these 4 referees carrying a ball.

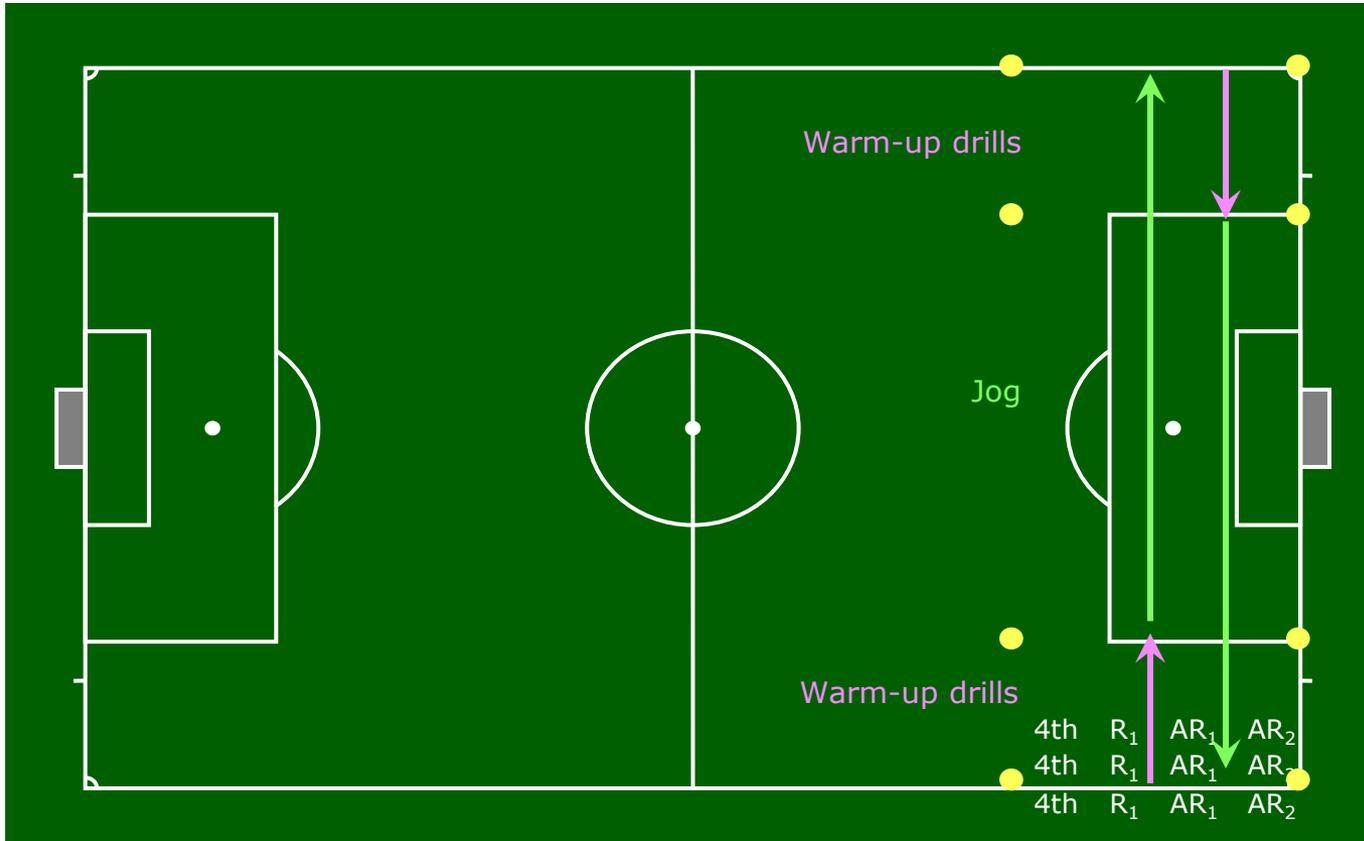
Instruction: Referees R₁ to R₅ start at the same time and carry the ball to the next group as indicated on the picture (in a pentagon figure). When these referees are in the middle of the square, referees R₆ to R₁₀ start jogging with the ball. When referees R₁ to R₅ arrive at the next group, they pass the ball to referees R₁₁ to R₁₅ and make a loop around the cone by doing some warming-up drills. Afterwards these referees receive the ball of referees R₆ to R₁₀. The warm-up is always followed by dynamic stretching exercises.



Warm-up exercises without ball



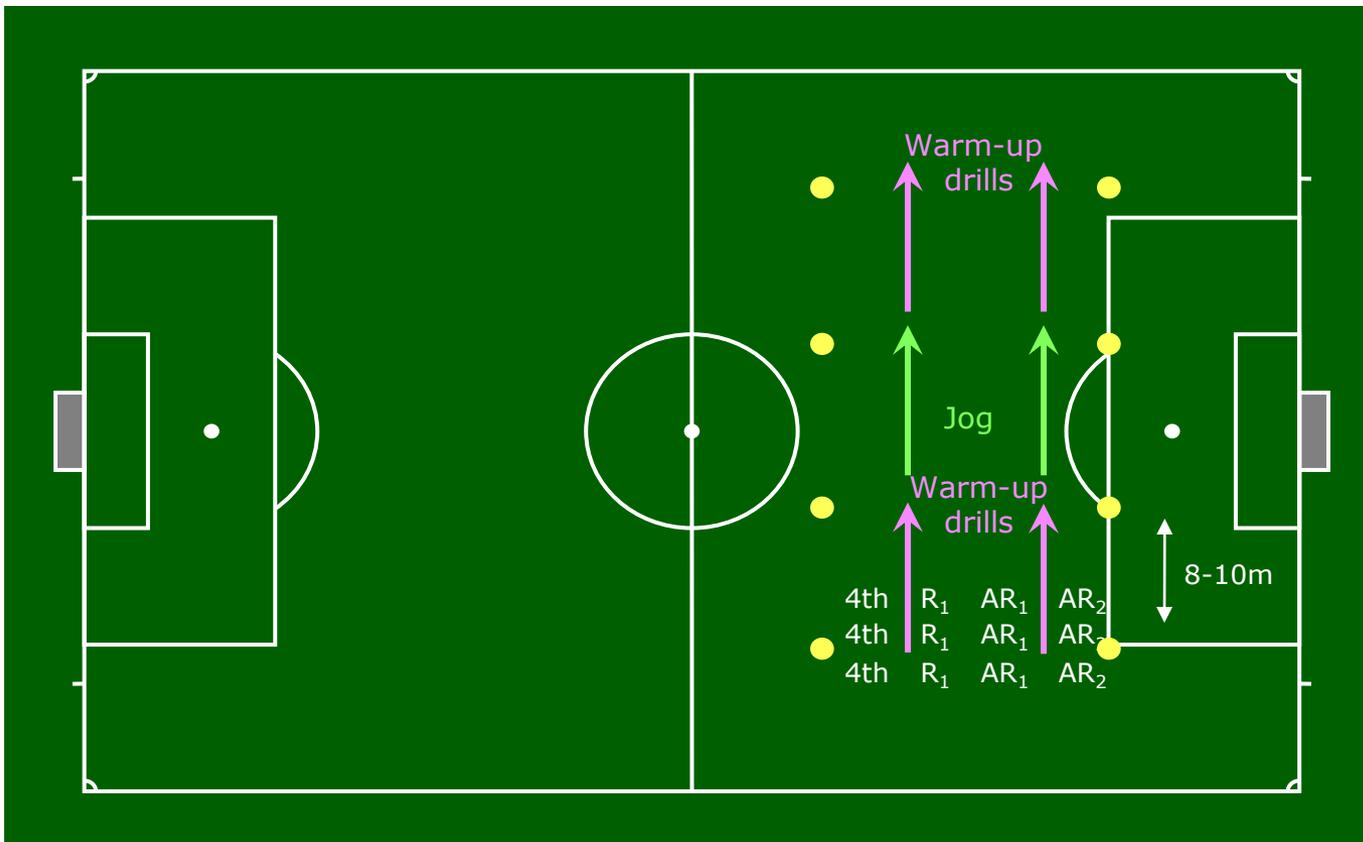
Warm-up without ball 1



Warm-up drills

- Walking
 - Jogging
 - Knee lifts
 - Heel lifts
 - Shoulders back- and forwards
 - Sideways running left and right
 - Lambada
 - Backward running
 - Circling
 - Fast feet (tripling)
 - Acceleration (15m)
 - Sideways & acceleration (15m)
 - Backwards & acceleration (15m)
 - Acceleration (30m)
- | | |
|----------------|--------|
| Total duration | 20 min |
|----------------|--------|

Instruction: The match officials line up at the sideline (the referee, the two assistant referees and the 4th official) and they need to stay at the same level. They perform warm-up drills from the sideline to the penalty box, followed by jogging to the other side of the pitch and come back in the same set-up. The warm-up is always followed by dynamic stretching exercises.

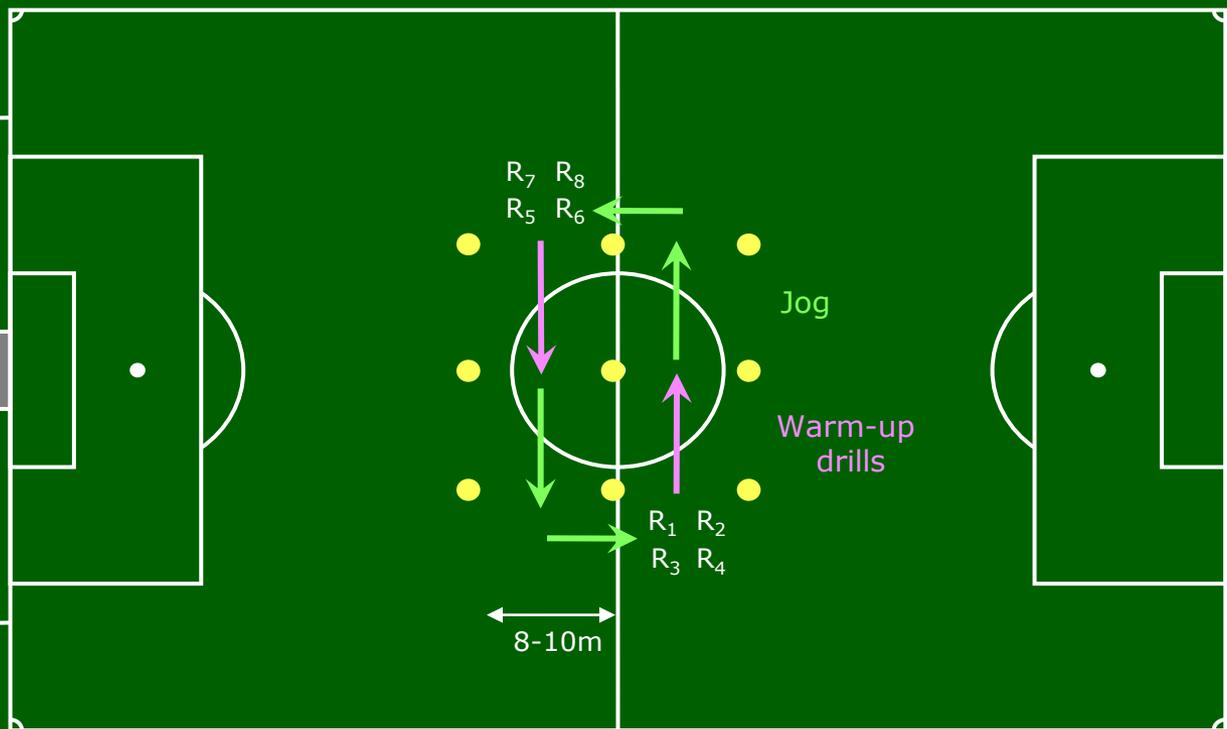


Warm-up drills

- Walking
- Jogging
- Knee lifts
- Heel lifts
- Shoulders back- and forwards
- Sideways running left and right
- Lambada
- Backward running
- Circling
- Fast feet (tripling)
- Acceleration (10m)
- Acceleration (20m)
- Acceleration (30m)

Total duration 20 min

Instruction: The match officials line up as a team (the referee, the two assistant referees and the 4th official) and they need to stay at the same level. They perform warm-up drills in the first part, the jog in the middle part and they do the same warm-up drills in the last part. They jog back to the beginning and start again. The warm-up is always followed by dynamic stretching exercises.



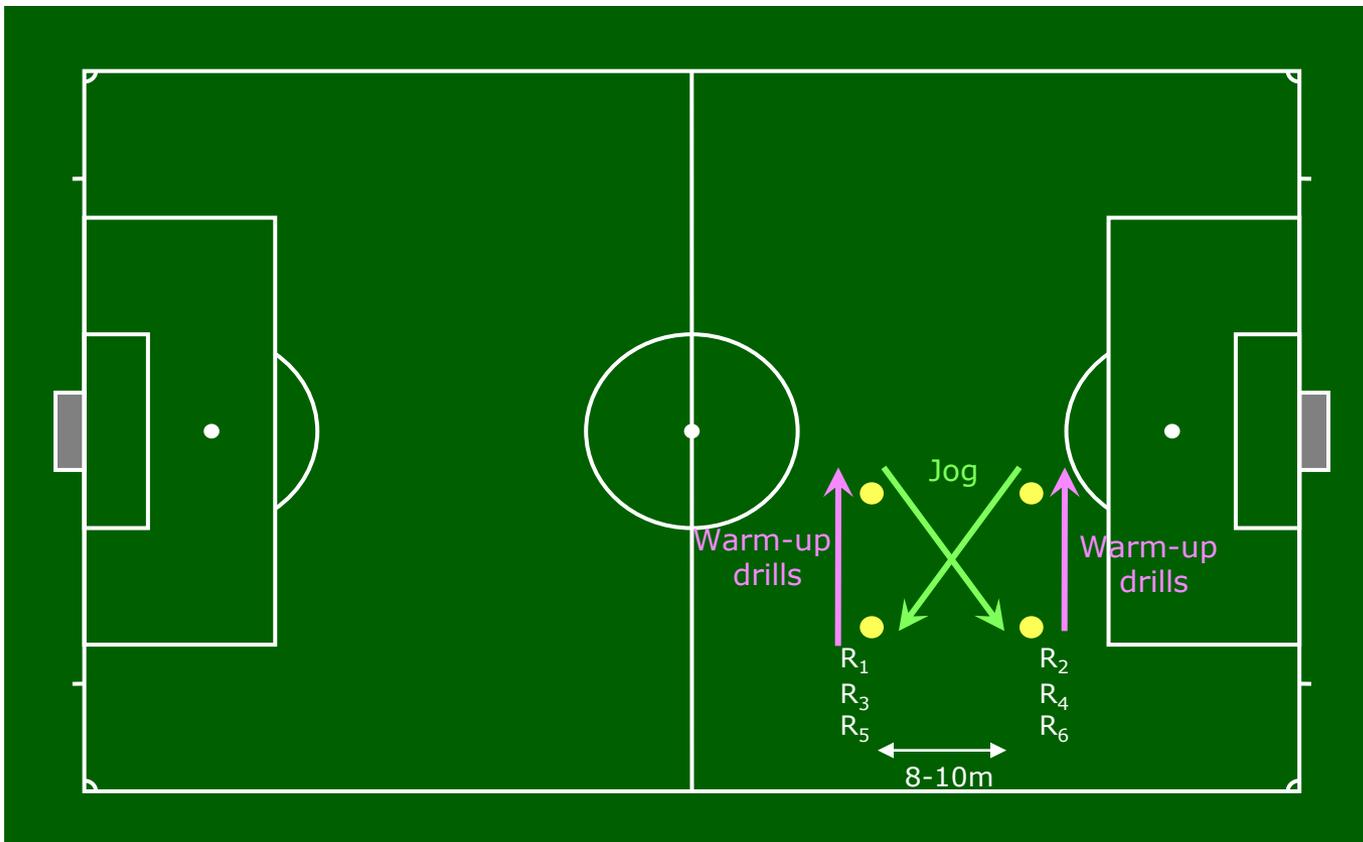
Warm-up drills

- Walking
 - Jogging
 - Knee lifts
 - Heel lifts
 - Shoulders back- and forwards
 - Sideways running left and right
 - Lambada
 - Backward running
 - Circling
 - Fast feet (tripling)
 - Acceleration out - jogging in
 - Sideways out - acceleration in
 - Backwards out - acceleration in
 - Accelerations with the ball
-
- | | |
|----------------|-----------|
| Total duration | 20-30 min |
|----------------|-----------|

Instruction: The match officials work 2 by 2. In the first square they do warm-up drills, followed by jogging in the second square. Then, they turn left and return in the same way to the starting position. To make it more difficult, the referees can do the warm-up drills in a synchronized way. The warm-up is always followed by dynamic stretching exercises. The warm-up is always followed by dynamic stretching exercises.



Warm-up without ball 4

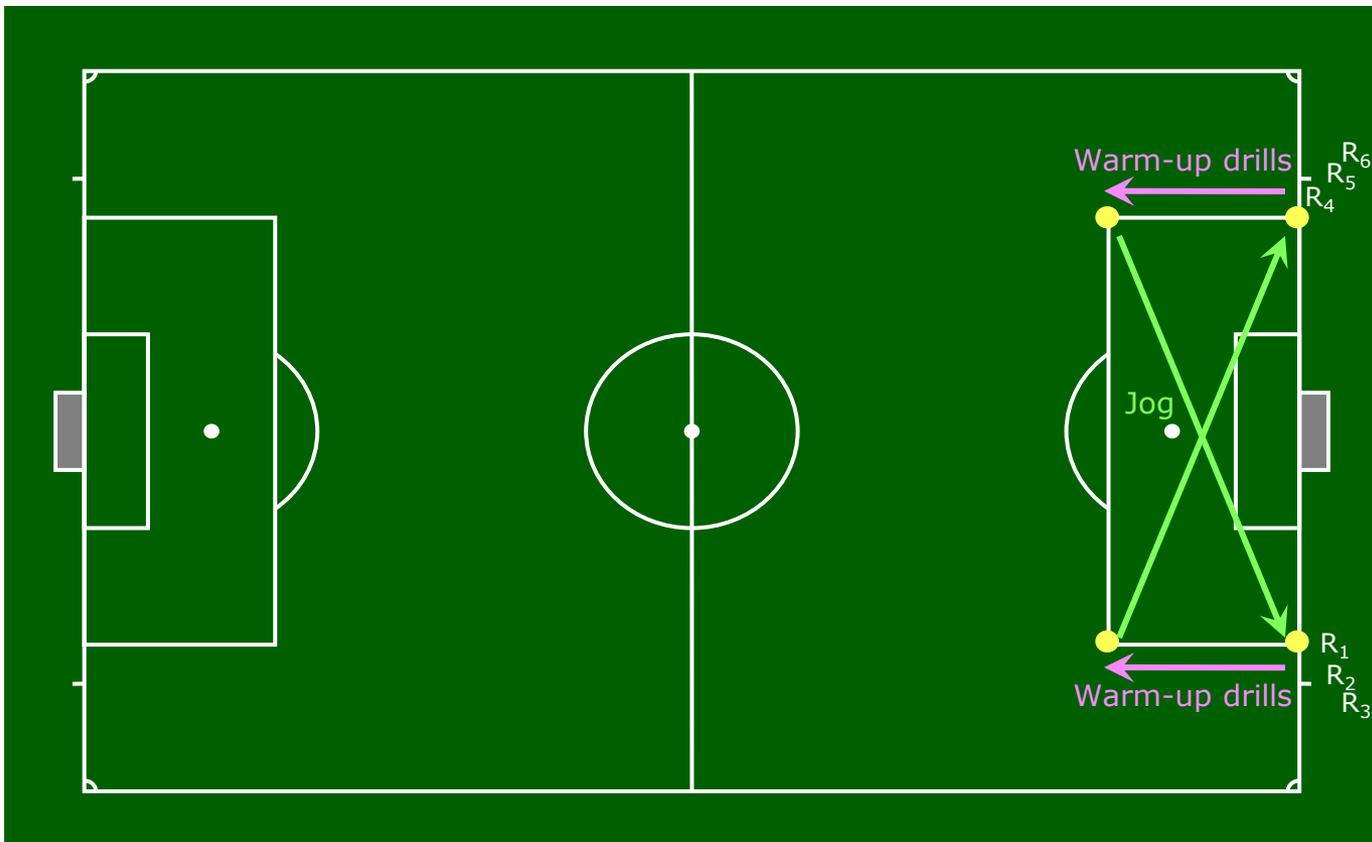


Warm-up drills

- Walking
 - Jogging
 - Knee lifts
 - Heel lifts
 - Shoulders back- and forwards
 - Sideways running left and right
 - Lambada
 - Backward running
 - Circling
 - Fast feet (tripling)
 - Acceleration
 - Sideways & acceleration
 - Backwards & acceleration
 - Accelerate 1 lap
-
- | | |
|----------------|-----------|
| Total duration | 20-30 min |
|----------------|-----------|

Basic organization: 2 groups of referees.

Instruction: The match officials work 2 by 2. In the length of the square they do warm-up drills. They jog back on the diagonal to the other corner. The warm-up is always followed by dynamic stretching exercises.



Warm-up drills

- Walking
 - Jogging
 - Knee lifts
 - Heel lifts
 - Shoulders back- and forwards
 - Sideways running left and right
 - Lambada
 - Backward running
 - Circling
 - Fast feet (tripling)
 - Acceleration
 - Sideways and acceleration
 - Backwards & acceleration
 - Acceleration on the diagonal
-
- | | |
|----------------|-----------|
| Total duration | 20-30 min |
|----------------|-----------|

Instruction:

10 min: The match officials work 2 by 2 (e.g. R_1 and R_4) and they need to stay at the same level. They perform **warm-up drills** from the goal line to the end of the penalty box, followed by jogging on the diagonal to the other side of the penalty box.

10 min: The match officials jog from the goal line to the end of the penalty box, followed by running technique and **coordination exercises** on the diagonal.

The warm-up is always followed by dynamic stretching exercises.