

Referee Fitness

▶ Staying in the Game and on the Field

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Referee Injury Statistics

- ▶ The authors collected data on 74 referees, 30 of whom were center officials and 44 who were AR's.
- ▶ Officials suffered 102 injuries during that season.
- ▶ Center officials missed 10 matches, AR's missed 18 matches.

Referee Injury Statistics

- ▶ Tendon and muscle injuries were most common in the leg.
- ▶ The lower extremity the most common acute injuries were
 - ▶ 1. Ankle sprains
 - ▶ 2. Calf spasms
 - ▶ 3. Groin strains

Referee Injury Statistics

- ▶ Kordi R, Chitsaz A, Rostami M, Mostafavi R, Ghadimi M. Incidence, Nature, and Pattern of Injuries to Referees in a Premier Football (Soccer) League: A Prospective Study. *Sports Health*. Published online before print March 20, 2013.

Heart Rate Guidelines

Target Heart Rates

This tell-tale chart offers estimates for how fast your heart should beat.

Your heart rate is measured in "beats per minute" or "bpm."

AGE	TARGET ACTIVE HEART RATE ZONE	AVERAGE MAXIMUM HEART RATE
20 years	100-170 bpm	200 bpm
30 years	95-162 bpm	190 bpm
35 years	93-157 bpm	185 bpm
40 years	90-153 bpm	180 bpm
45 years	88-149 bpm	175 bpm
50 years	85-145 bpm	170 bpm
55 years	83-140 bpm	165 bpm
60 years	80-136 bpm	160 bpm
65 years	78-132 bpm	155 bpm
70 years	75-128 bpm	150 bpm

Information provided by the American Heart Association
www.heart.org

Offsides and Players



Warm Up - Pre match or pre workout



1. Light jog - fast walk to light jog



2. Dynamic Warm up - high knees, butt kicks, hip rotators, leaning and gentle hamstring stretch, modified lunge and turns



3. Stretching



4. Change of direction - forward, shuttle to sides, backwards , change of direction



Your body should have a light sweat



Strengthening

LEGS

Squat

Lunges

Bridges

Strengthening

CORE

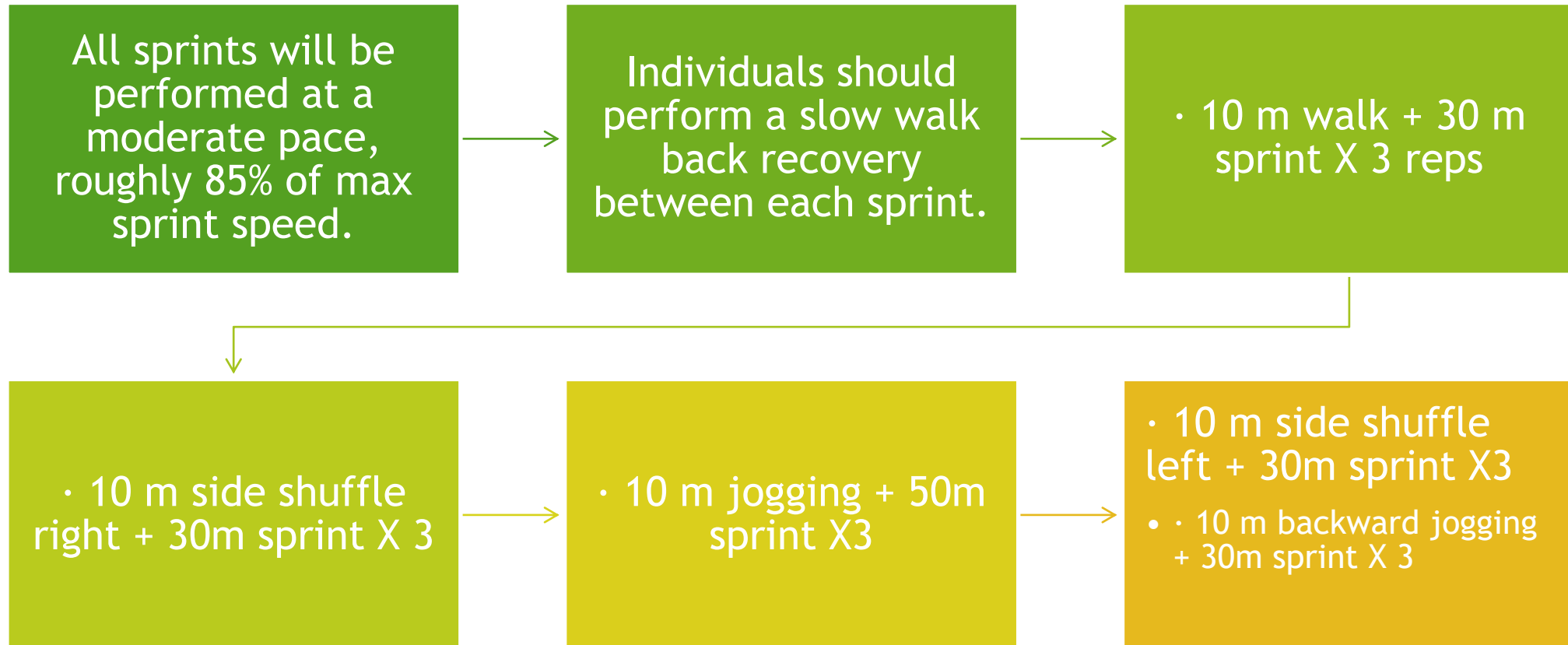
Plank

Side plank

Bird dog



Drills for speed and endurance - Sprint Workout



Drills for speed and endurance

1 lap easy
recovery jog

- 10 m walk + 30 m sprint X 3 reps

- 10 m side shuffle right + 30m sprint X 3

- 10 m jogging + 50m sprint X3

- 10 m side shuffle left + 30m sprint X3

- 10 m backward jogging + 30m sprint X 3

Flexibility & Balance



- ▶ Stretching
 - ▶ Calf
 - ▶ Quadricep
 - ▶ Hamstrings
 - ▶ Hip Flexor!



Flexibility & Balance

- ▶ Balance
 - ▶ Single leg stance
 - ▶ Marching
 - ▶ Change of direction

Recovery and Post game nutrition

- ▶ Intense training sessions and back-to-back matches can seriously deplete the amount of glycogen stored in your muscles
- ▶ Components for recovery,
 - ▶ carbohydrates to restore depleted glycogen stores,
 - ▶ protein to repair and build muscle tissue
 - ▶ fluids and electrolytes to rehydrate.

Recovery and Post game nutrition

- ▶ Proper nutrition can speed recovery by reloading glycogen stores and rehydrating enabling you to be strong and ready for your next training or match
- ▶ The recovery process does not truly begin until you get the nutrition your body requires.

Recovery and Post game nutrition

- ▶ □ Peanut butter and jelly sandwiches
- ▶ □ Bagels or pita bread with a slice of cheese, turkey or hummus
- ▶ □ Crackers or pretzels
- ▶ □ Fresh fruits (apple, banana)
- ▶ □ Frozen fruit smoothies
- ▶ □ Pretzels dipped in peanut butter
- ▶ □ Trail mix with dried fruit
- ▶ □ String cheese and crackers with beef jerky
- ▶ □ Bean burrito with salsa
- ▶ □ Handful of nuts and dried fruit

Additional Resources

- ▶ Website - www.catalystfitnesstherapy.com
- ▶ Facebook group - Boston Soccer Lovers and Injury Forum
- ▶ Pro Referee list of routines
 - ▶ <http://www.refereeassociation.net/fitness-training/>
- ▶ FA Learning Fitness for Refereeing
 - ▶ <http://gdfra.org.au/4411RefFitnessGuide.pdf>

Additional Resources

- ▶ Neville v Carragher in the Referee Fitness Test! | The Referees Part 1
- ▶ <https://youtu.be/2GAZZWAIB-8>
- ▶ Gary Neville & Jamie Carragher Train to be Linesmen! | The Referees Part 2
- ▶ https://youtu.be/_pGMRN5KN8M
- ▶ Carragher & Neville Learn How Referees are Assessed! | The Referees Part 3
- ▶ <https://youtu.be/Yeap7FbXi2g>
- ▶ Beep or Bleep Test - nike sparq beep test. Fitness assessment for players and officials
- ▶ https://youtu.be/nkOk_P5VnOA

The Passion of the Game

