



Training plan – June 2018

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Objectives & Planning

- **Congratulations for the officials selected for the FWWC U20 France!** For this group an additional 6-week training plan proposal will be distributed later on. It's important for this selected group to take some rest, especially mental rest before starting the preparation towards the FWWC U20.
- Enclosed is the traditional general training plan. Some of you just finished the season, other just re-started the season. Up to you to adapt.
- Enjoy your next exiting game!
- Fitness team

Week 1

Fitness team

Week 1

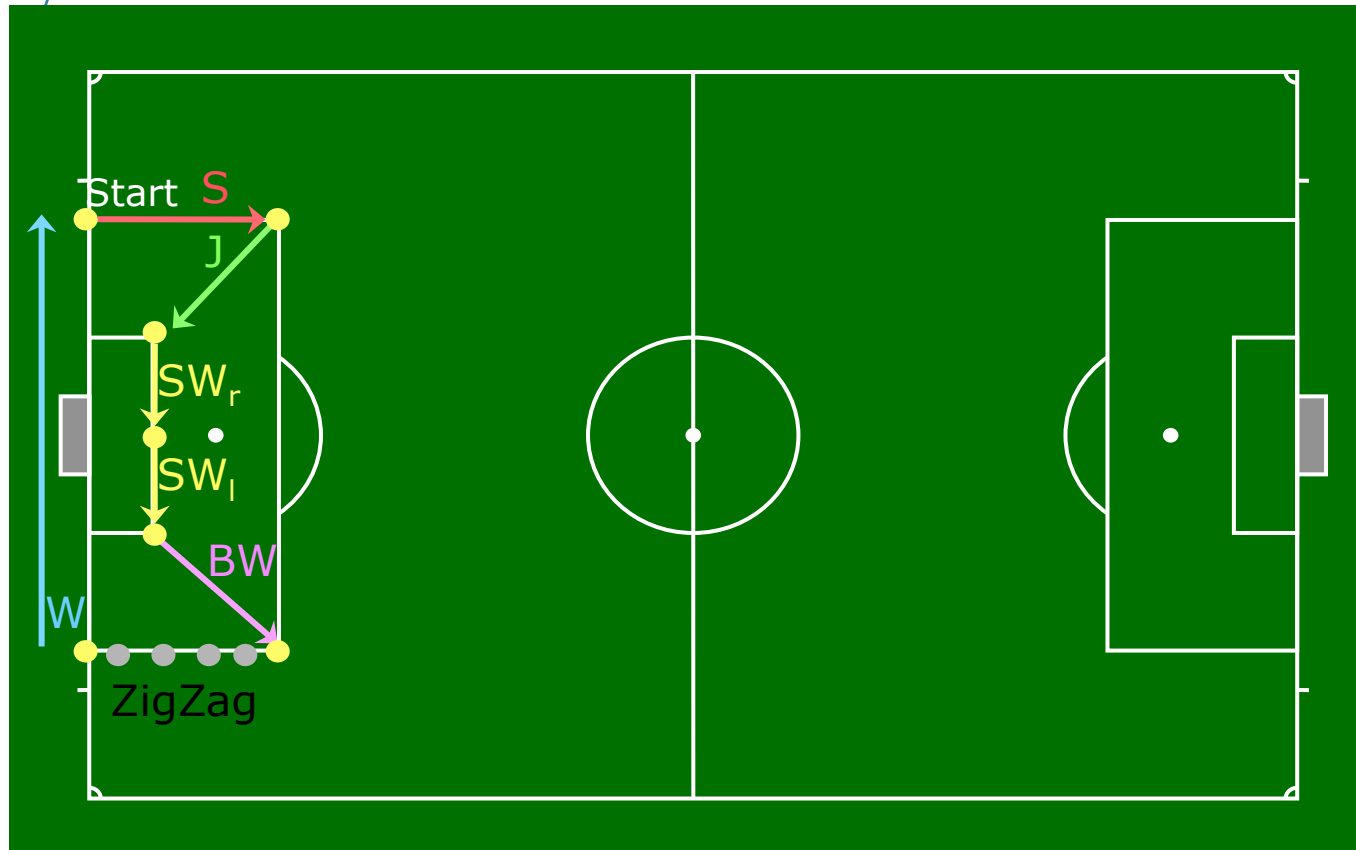


Normal week with a game on Saturday.

- Friday S
• Speed work in preparation for the game total time: 60 min
- Saturday GAME
- Sunday AR
• Active recovery total time: 60 min

Friday: Speed exercise

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2 sets of 5 laps

| | |
|----------------|--------|
| One lap | 1 min |
| Set 1 (5 laps) | 5 min |
| Recovery | 5 min |
| Set 2 (5 laps) | 5 min |
| Total duration | 15 min |

| | | |
|----------------|----|--------|
| Walking | W | 400 m |
| Jogging | J | 100 m |
| Backwards | BW | 100 m |
| Sideways | SW | 200 m |
| High intensity | HI | --- |
| Sprint | S | 320 m |
| Total distance | | 1120 m |

Set 1: Sprint exercise in the penalty box, 5 laps in total.

Recovery: 5 min.

Set 2: Sprint exercise in the penalty box, again 5 laps in total.

Saturday: Game

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Sunday: Active Recovery - Light Intensity exercise

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Active recovery (AR)

- 10' warm up (walking & jogging on a treadmill between 09 & 12 km/hr, followed by mobilisation exercises)
- 30' non-weight bearing exercises (70-75% HRmax), such as: 15' cycling (80-90 cycles/min); 5' rowing (33-38 cycles/min); 10' gliding / stepping (65-75 cycles/min)
- 10' CORE exercises (*should be done on a daily bases*)
- 10' extensive stretching, followed by Sauna, Jacuzzi, massage, ...

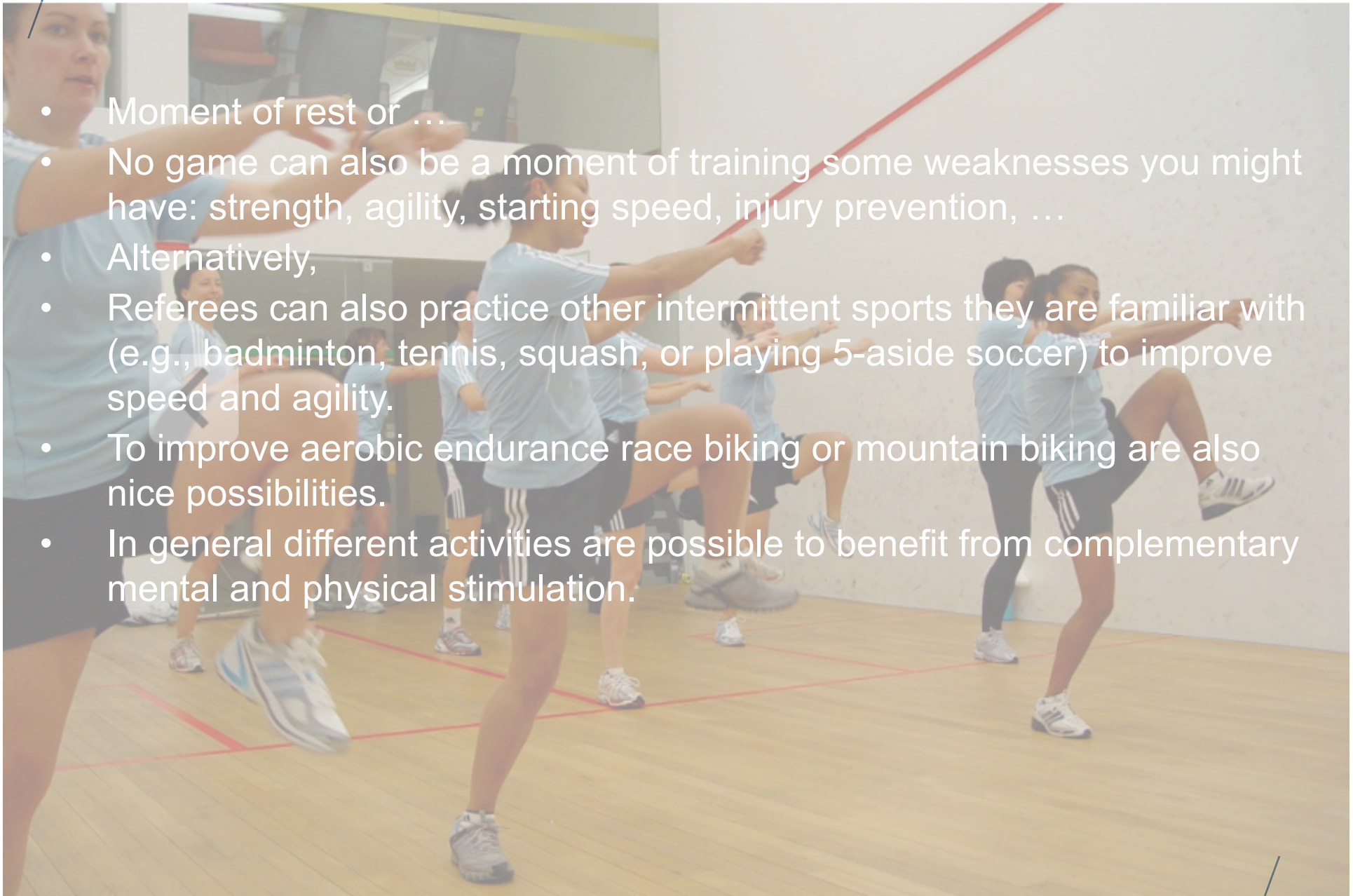
Total duration: +/-60 min

During these LI-sessions or Active recovery, the energy system is aerobically and the impact on the joints should be low. This kind of training should help you to recover better after an intense training or game. The tempo should be an 'comfortable jog/run'.

Sunday: Alternative ... (if weekend without game)

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- Moment of rest or ...
- No game can also be a moment of training some weaknesses you might have: strength, agility, starting speed, injury prevention, ...
- Alternatively,
- Referees can also practice other intermittent sports they are familiar with (e.g., badminton, tennis, squash, or playing 5-a-side soccer) to improve speed and agility.
- To improve aerobic endurance race biking or mountain biking are also nice possibilities.
- In general different activities are possible to benefit from complementary mental and physical stimulation.



A female soccer player in a white jersey with the number 10 and a national crest is dribbling a colorful soccer ball on a green field. Another player in a red jersey is visible in the background. The image is partially covered by a blue diagonal overlay on the right side of the slide.

Week 2

Fitness team

Week 2



Normal week with game on Saturday.

- Monday CORE
• Extra CORE & basic strength exercises total time: 50 min
- Tuesday S / Agi&Coo / HI
• Speed – reactive ex.
• Agility & Coo icw Speed
• HI-endurance run / jogging total time: 90 min
- Wednesday Rest
- Thursday Strength / RSA
• Strength
• RSA field run exercise total time: 90 min
- Friday S
• Speed work in preparation for the game total time: 60 min
- Saturday GAME
- Sunday AR
• Active recovery total time: 60 min

Monday: CORE & basic strength exercises

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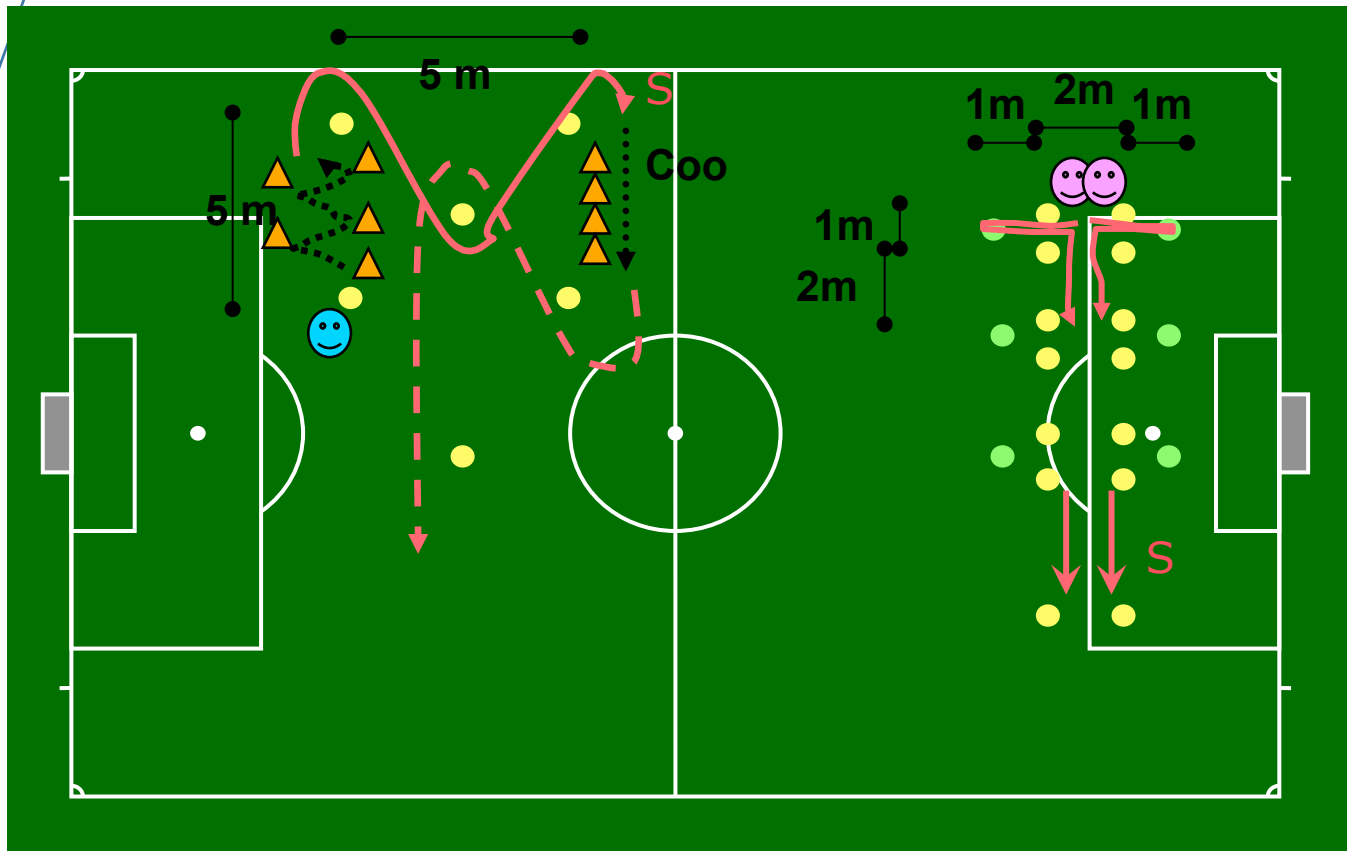
Perform minimal the exercises below, you can do additional exercises you know ...

- **One-leg squats**
 - Stand on one leg on a stair.
 - Exercise: perform squats by bending your hip and knee to 90 degrees. Bend slowly and straighten up more quickly.
 - Do not let your knee cave inward.
 - **2 x 10 reps (each leg)**
- **Forward bend in single-leg stance**
 - Balance on one leg with your eyes open at 2-3m from the wall.
 - Exercise: Throw the ball to the wall and catch it back. Touch the ground with the ball after catching.
 - Do not let your knee cave inward
 - **2 x 10 reps (each leg)**
- In addition to the set of strength and injury prevention exercises ...
- **Abdominals**
 - Lie on your back, both legs stretched with an angle of 45°
 - Exercise: hold your legs in the correct position (45°) and cross them L & R
 - **2 x 20 sec**
- **Push ups with knee and diagonal hand support**
 - Lie on your stomach
 - Exercise: push your body up and perform push-ups on hands and feet or knees.
 - **2 x 10 reps**

NOTE: increase every week with 1 set more (week 1 = 2 sets; week 2 = 3 sets; ...)

Tuesday: Speed & Agility exercise

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2 sets of 1 ex.

| | |
|----------------|----------|
| Set 1 (5 reps) | 7,5 min |
| Recovery | 4 min |
| Set 2 (5 reps) | 7,5 min |
| Total duration | ± 19 min |

| | | |
|----------------|----|-------|
| Walking | W | ... m |
| Jogging | J | ... m |
| Backwards | BW | ... m |
| Sideways | SW | ... m |
| High intensity | HI | ... m |
| Sprint | S | ... m |
| Total distance | | ... m |

Set 1: Ex.1: combine fast zigzag L&R – sprint around the middle cone/pool – fast feet forwards – sprint again around the middle cone/pool. Variation: back & fort in stead of L&R // 3 to 5 reps make one set.

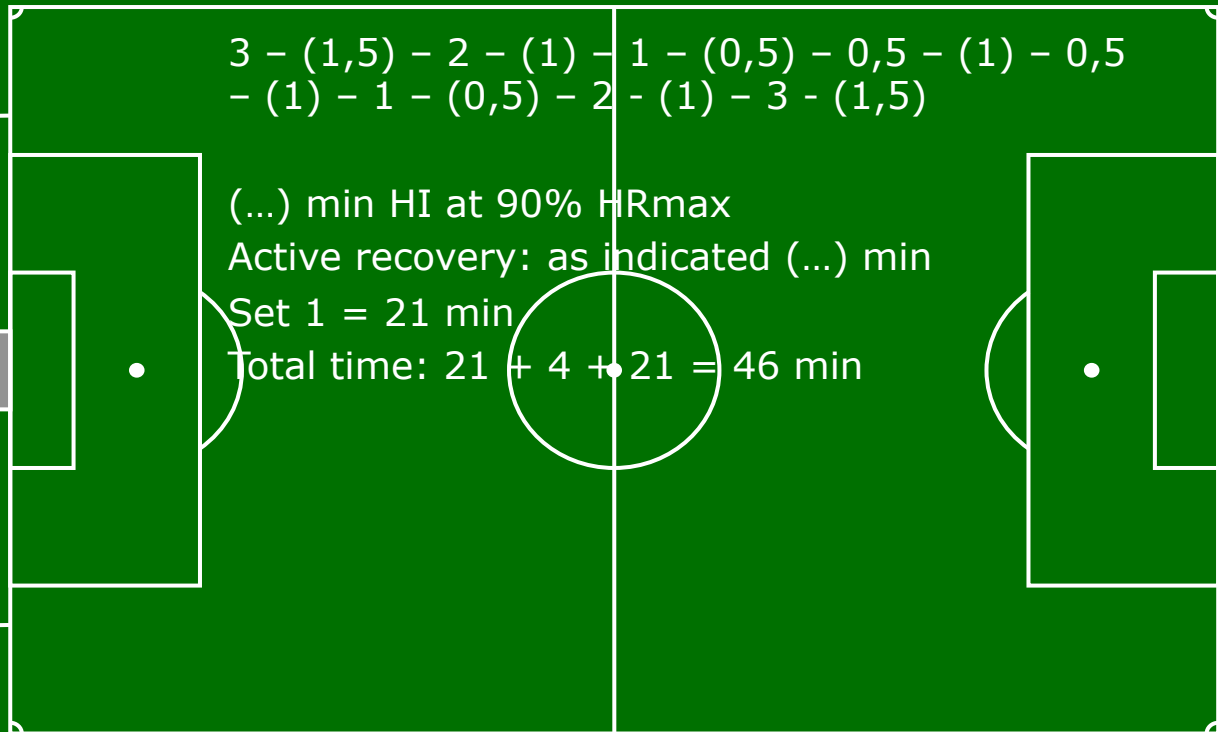
Ex. 2: S – SWR/SWL – S (3x) + S or variation SW – BW/FW – SW – (3x) + S // 3 to 5 reps make one set.

Recovery: 4 min active recovery in between each set and 2 min in between the repetitions

Set 2: Repeat the same exercise.

Tuesday: High Intensity exercise

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Referees & Assistant Referees

3 – (1,5) – 2 – (1) – 1 – (0,5) – 0,5 – (1) – 0,5
– (1) – 1 – (0,5) – 2 – (1) – 3 – (1,5)

(...) min HI at 90% HRmax
Active recovery: as indicated (...) min
Set 1 = 21 min
Total time: 21 + 4 + 21 = 46 min

(2) sets of 21 min HI Run

| | |
|----------------|----------|
| Set 1 (...) | 21 min |
| Recovery | 4 min |
| Set 2 (...) | ... min |
| Total duration | ± 25 min |

| | | |
|----------------|----|-------|
| Walking | W | ... m |
| Jogging | J | ... m |
| Backwards | BW | ... m |
| Sideways | SW | ... m |
| High intensity | HI | ... m |
| Sprint | S | ... m |
| Total distance | | ... m |

The High Intensity Training (HI) is a combination of HI-tempo runs (at 90% HRmax) and jogging (75% HRmax) as active recovery. This session you can perform on any 'sportive' surface as grass, forest, hard sand, ...

Set 1: Code: 3 min at 90% HRmax (HI tempo run) *followed by 1,5 min jogging (active recovery)*; ...

Recovery: 4 min

Set 2: Repeat the same exercise.

- Referees & Assistant Referees
- Min. 60 min **cycling** at 76% Hrmax + after each 5 min a longer acceleration of 2 min (at 86% Hrmax)
- Total of 61 min = 5 (at 76%) + 2 (at 86%) + 5 + 2 + 5 + 2 + 5 + 2 + 5 + 2 + 5 + 2 + 5 + 2 + 5 + 2 + 5

●

- **'indoor-treadmill'-workload:**
 - The High Intensity Training (HI) is a combination of MI-jogging/running at (76-85% HRmax) and (short) HI-tempo runs (86-93% HRmax).
- *Good to know!*
 - *Do not forget a nice warm up at the start and a cool down at the end!*
 - *The levels mentioned are just an indication. Adapt to your level and situation please.*
 - *Each brand (for example: Lifefitness; Technogym; ...) uses an slightly different scale.*
 - The same exercise as outside can be done inside.

[illegible]

Wednesday: REST day



Thursday: Strength exercises

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INSTRUCTORS

STRENGTH TRAINING FOR LEGS AND
ABDOMINALS

1



Basic squat for glutes, quadriceps and hips.
Performing the exercise, avoid the knees coming in
or out.

2



Butt Bridge - Perfectly works your glutes and
hamstrings. It also helps to keep your back
healthy.

3



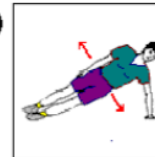
Jumping barbell squat - If you want to
improve your power, this exercise is the
right way, because it's the challenge for
your legs. It increase lower body
explosiveness with a focus on the quads,
hamstrings, glutes, and calves. For the
first time it's recommended to use
barbell without extra weight : 15 kg will
be enough. Perform a low squat. Then
drive hips upward explosively and jump as
high as possible while keeping the barbell
stable. Softly land

4



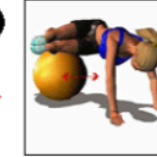
Bend one knee towards your head
while straightening the other. Use
abdominal muscles to tilt your
upper body by bringing your...

5



Put yourself up on your hand and
the lateral side of your foot. Keep
elbow at bent 90 degrees. Hold
the position.

6

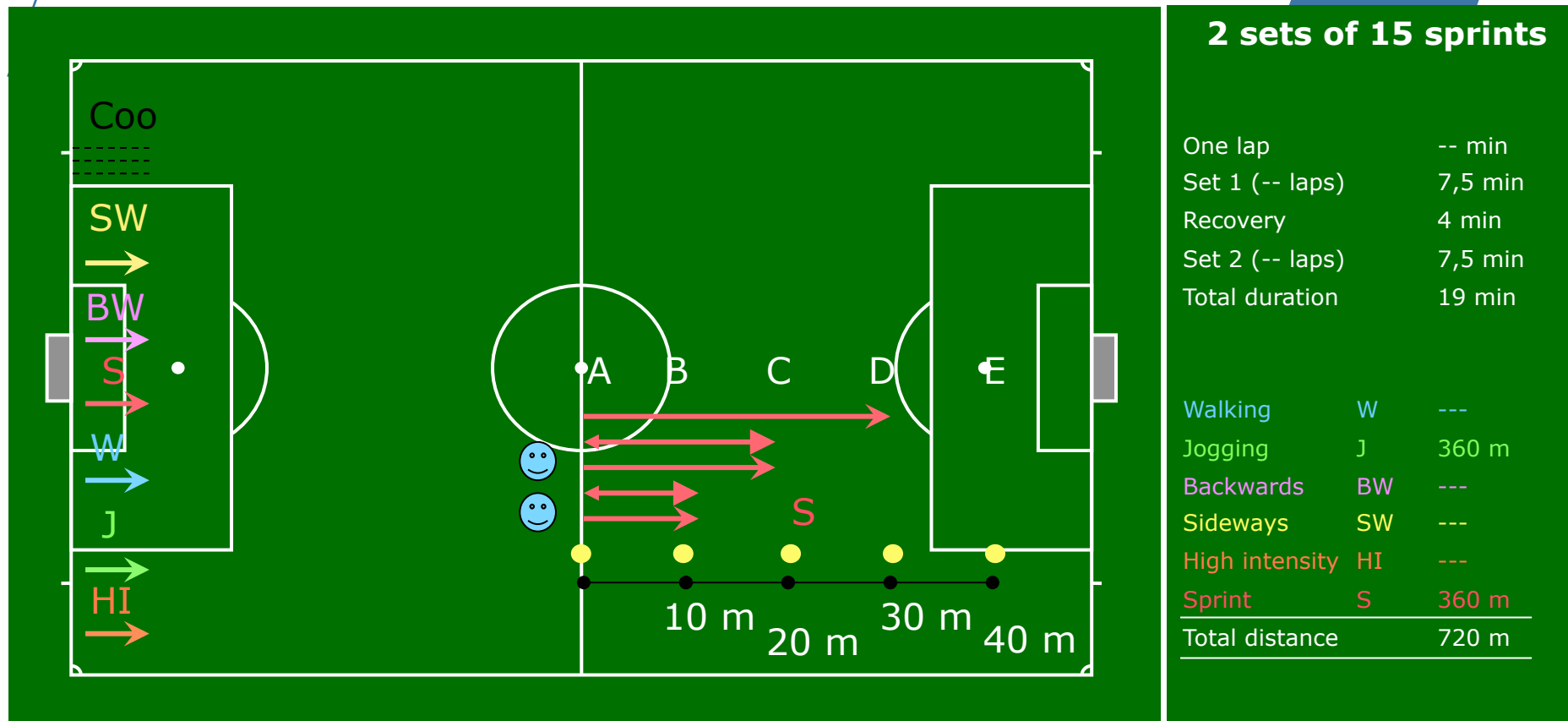


While supporting most of your weight
through your arms to maintain
balance. Rotate your hips while your
thighs roll over the top of the
stability ball to the side.

20" EACH EXERCISE. 5 TO 8 SETS - RECOVERY
BETWEEN EACH EXERCISE 20 SECONDS AND 1 MINUTE
BETWEEN EACH SET

Thursday: Repeated Speed Ability (RSA) exercise

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RSA exercise:

For (MD-2) – 2 sets of 5 sprints (10 sprints) - 240 m Total distance

10m (A ⇌ B) ; 20m (A ⇌ B ⇌ A) ; 20m (A ⇌ C) ; 40m (A ⇌ C ⇌ A) ; 30m (A ⇌ D) .

For (MD-3) – 3 sets of 5 sprints (15 sprints)

10m (A ⇌ B) ; 20m (A ⇌ B ⇌ A) ; 20m (A ⇌ C) ; 40m (A ⇌ C ⇌ A) ; 30m (A ⇌ D) .

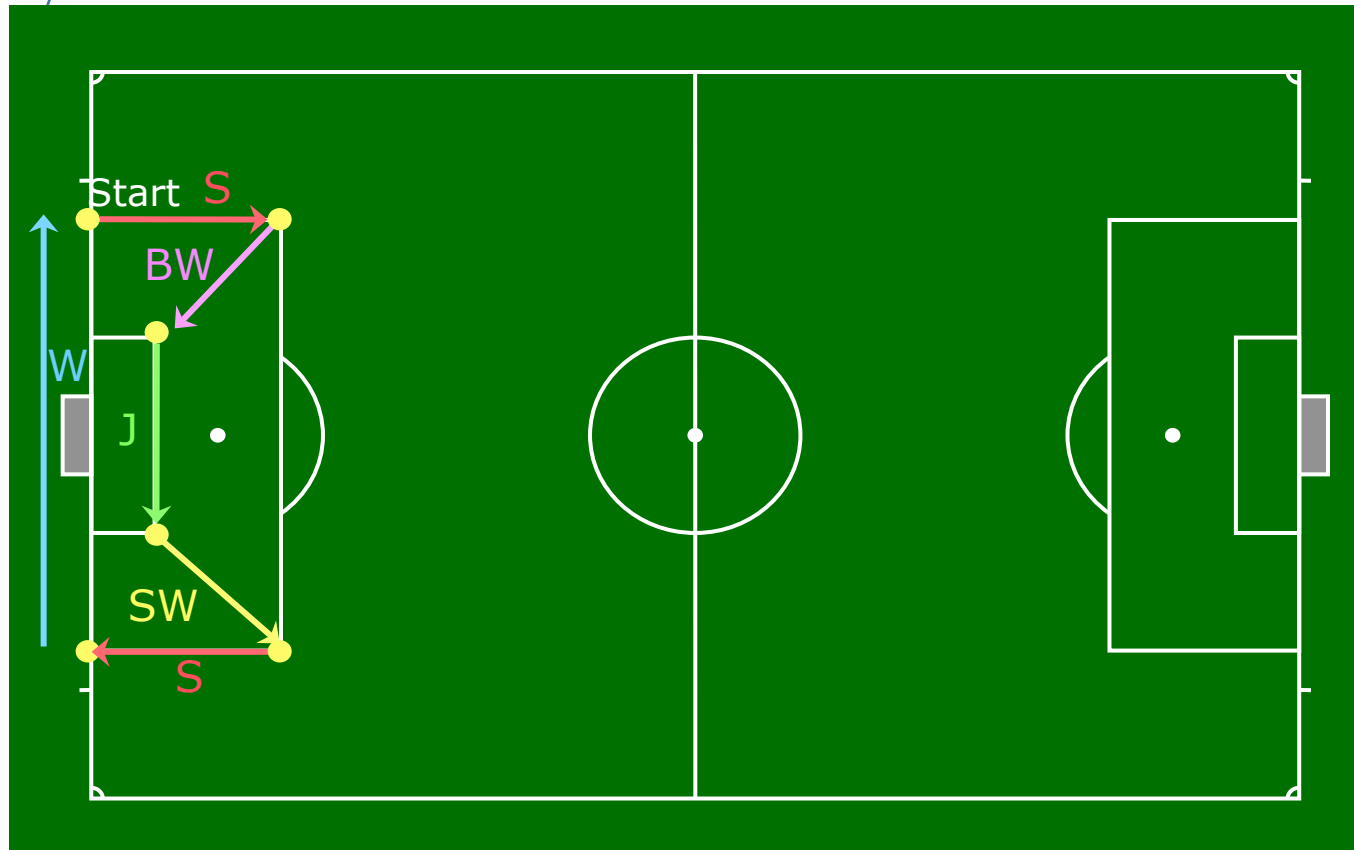
Jog each time back to starting position in less than 30 sec. So start each sprint every 30 sec.

Rest: 4 min between sets

Intensity: 95% of your max. speed **Total distance: 360 m**

Friday: Speed exercise

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2 sets of 5 laps

| | |
|----------------|--------|
| One lap | 1 min |
| Set 1 (5 laps) | 5 min |
| Recovery | 5 min |
| Set 2 (5 laps) | 5 min |
| Total duration | 15 min |

| | | |
|----------------|----|--------|
| Walking | W | 400 m |
| Jogging | J | 200 m |
| Backwards | BW | 100 m |
| Sideways | SW | 100 m |
| High intensity | HI | --- |
| Sprint | S | 320 m |
| Total distance | | 1120 m |

Set 1: Sprint exercise in the penalty box, 5 laps in total

Recovery: 5 min

Set 2: Sprint exercise in the penalty box, again 5 laps in total

Saturday: Game

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Sunday: Active Recovery - Light Intensity exercise

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Active recovery (AR)

- 10' warm up (walking & jogging on a treadmill between 09 & 12 km/hr, followed by mobilisation exercises)
- 30' non-weight bearing exercises (70-75% HRmax), such as: 15' cycling (80-90 cycles/min); 5' rowing (33-38 cycles/min); 10' gliding / stepping (65-75 cycles/min)
- 10' CORE exercises (*should be done on a daily bases*)
- 10' extensive stretching, followed by Sauna, Jacuzzi, massage, ...

Total duration: +/-60 min

During these LI-sessions or Active recovery, the energy system is aerobically and the impact on the joints should be low. This kind of training should help you to recover better after an intense training or game. The tempo should be an 'comfortable jog/run'.

A photograph of Portuguese women's football players in red kits with green accents and green socks, warming up on a grass field. One player in the foreground is in a low starting position, while others are visible in the background. A cameraman is also present, filming the scene.

Week 3

Fitness team

Week 3



Normal week with game on Saturday.

- Monday CORE
• Extra CORE & basic strength exercises total time: 50 min
- Tuesday S / Agi&Coo /HI
• Speed – reactive ex.
• Agility & Coo icw Speed
• HI-field run exercise total time: 90 min
- Wednesday Rest
- Thursday Strength / SE
• Strength
• SE-endurance exercise total time: 90 min
- Friday S
• Speed work in preparation for the game total time: 60 min
- Saturday GAME
- Sunday AR
• Active recovery total time: 60 min

Monday: CORE & basic strength exercises

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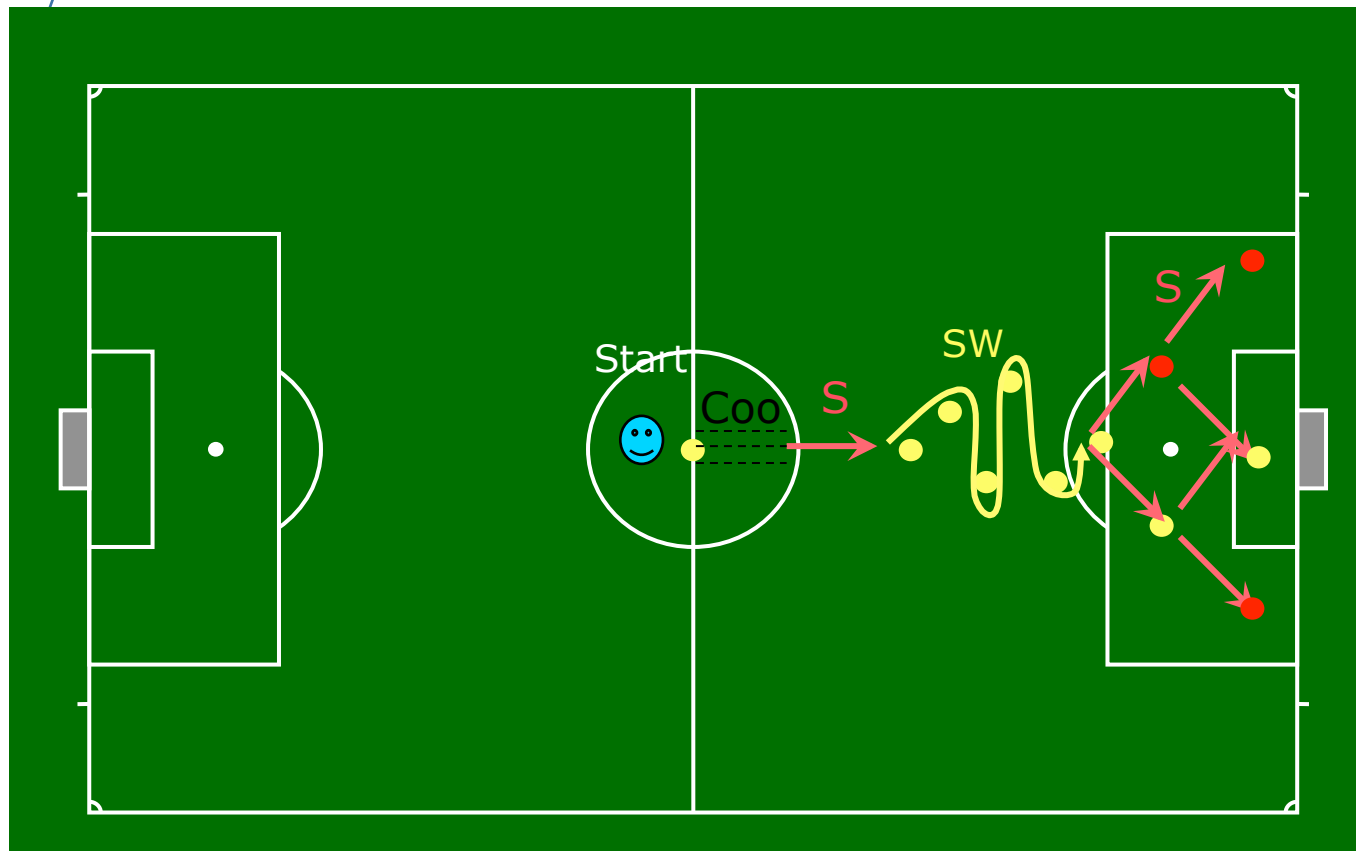
Perform minimal the exercises below, you can do additional exercises you know ...

- **One-leg squats**
 - Stand on one leg on a stair.
 - Exercise: perform squats by bending your hip and knee to 90 degrees. Bend slowly and straighten up more quickly.
 - Do not let your knee cave inward.
 - **2 x 10 reps (each leg)**
- **Forward bend in single-leg stance**
 - Balance on one leg with your eyes open at 2-3m from the wall.
 - Exercise: Throw the ball to the wall and catch it back. Touch the ground with the ball after catching.
 - Do not let your knee cave inward
 - **2 x 10 reps (each leg)**
- In addition to the set of strength and injury prevention exercises ...
- **Abdominals**
 - Lie on your back, both legs stretched with an angle of 45°
 - Exercise: hold your legs in the correct position (45°) and cross them L & R
 - **2 x 20 sec**
- **Push ups with knee and diagonal hand support**
 - Lie on your stomach
 - Exercise: push your body up and perform push-ups on hands and feet or knees.
 - **2 x 10 reps**

NOTE: increase every week with 1 set more (week 1 = 2 sets; week 2 = 3 sets; ...)

Tuesday: Speed & Agility exercise

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3 sets of 5 reps

| | |
|----------------|----------|
| Set 1 (5x) | 5 min |
| Recovery | 2 min |
| Set 2 (5x) | 5 min |
| Recovery | 2 min |
| Set 2 (5x) | 5 min |
| Total duration | ± 19 min |

| | | |
|----------------|----|-------|
| Walking | W | ... m |
| Jogging | J | ... m |
| Backwards | BW | ... m |
| Sideways | SW | ... m |
| High intensity | HI | ... m |
| Sprint | S | 215 m |
| Total distance | | ... m |

*Speed combined with **agility**. All exercises must be performed maximally in order to gain the full physiological benefit. This work should be quality and non-fatiguing. The HR should be back to 60-65% HRmax prior to each individual sprint.*

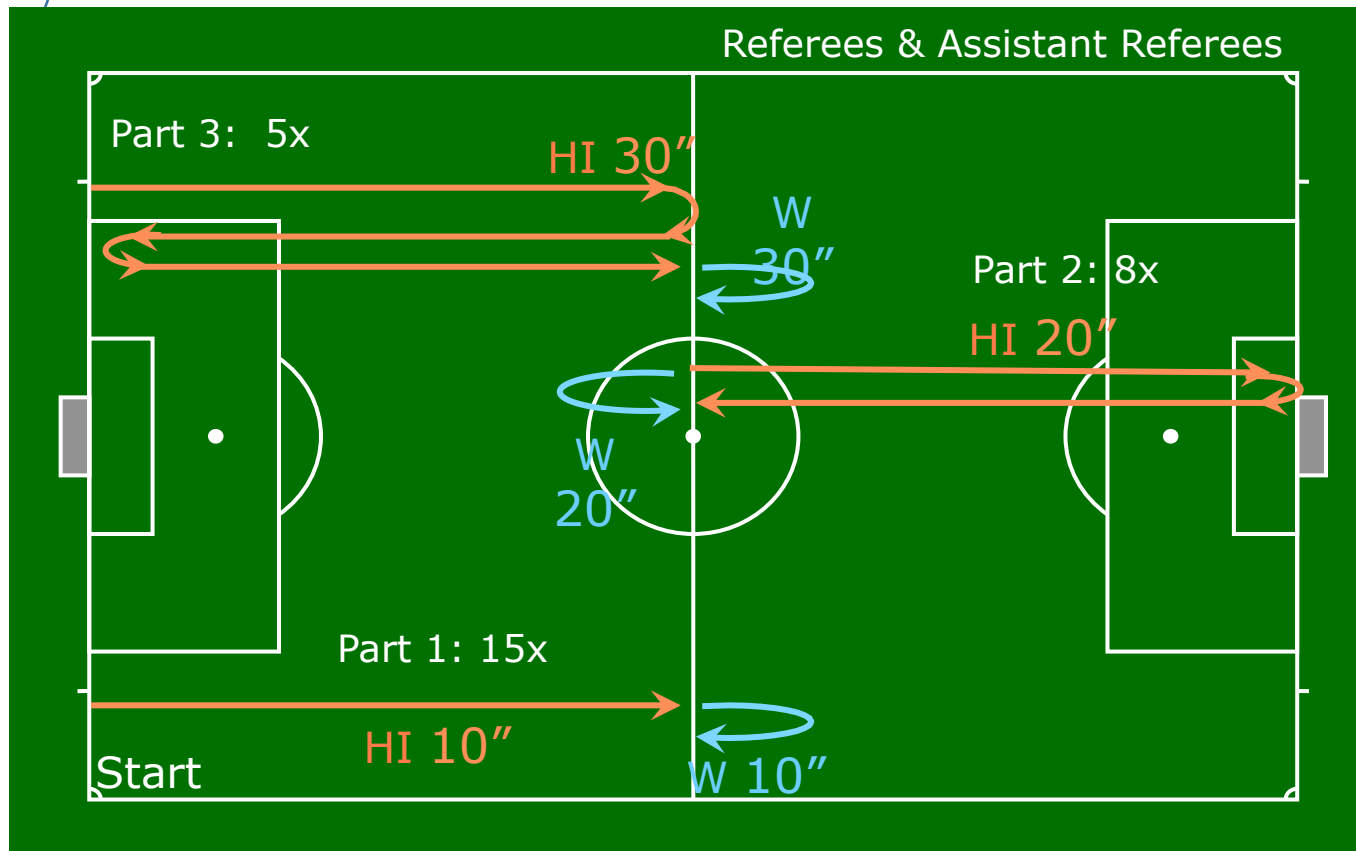
Set 1. Fast step across the coordination ladder – sprint – sideways move. Given signals will indicate the final directions. 5 repetitions.

Recovery: Walking; min 90 sec

Set 2 (& 3): Same as set 1, but the coach give the two colours at the same time.

Tuesday: High Intensity exercise

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1 set of 23 HI runs

| | |
|--------------------|----------|
| Set 1 (10 HI runs) | 5 min |
| Recovery | 1 min |
| Set 2 (5 HI runs) | 5 min |
| Recovery | 2 min |
| Set 3 (3 HI runs) | 5 min |
| Total duration | ± 18 min |

| | | |
|----------------|----|--------|
| Walking | W | 465 m |
| Jogging | J | --- |
| Backwards | BW | --- |
| Sideways | SW | --- |
| High intensity | HI | 2250 m |
| Sprint | S | --- |
| Total distance | | 2715 m |

Part 1: Run from midline to goal line in 8 to 10 sec (at a speed of 18 km/h). Then, walk 10 sec. Repeat this 15 times = 5 min

Part 2: Run twice from midline to goal line in 20 sec (at a speed of 18 km/h). Then walk for 20 sec. Repeat this 8 times = 5 min 20 sec

Part 3: Run three times from midline to goal line in 30 sec (at a speed of 18 km/h). Then, walk for another 30 sec. Repeat this 5 times = 5 min

Recovery: ideal is without recovery in between the 3 parts. We propose to give 2 min break in between the parts. Extra recovery and stretching after the whole set.

High Intensity exercise – alternative



- Alternative OUTDOOR

- Referees & Assistant Referees
- Min. 60 min **cycling** at 76% Hrmax + after each 10 min a longer acceleration of 4 or 2 min (at 86% Hrmax)
- Total of 62 min = 10 (at 76%) + 4 (at 86%) + 10 + 2 + 10 + 4 + 10 + 2 + 10

- Alternative INDOOR

- 'indoor-treadmill'-workload:**
 - The High Intensity Training (HI) is a combination of MI-jogging/running at (76-85% HRmax) and (short) HI-tempo runs (86-93% HRmax).
- Good to know!*
 - Do not forget a nice warm up at the start and a cool down at the end!*
 - The levels mentioned are just an indication. Adapt to your level and situation please.*
 - Each brand (for example: Lifefitness; Technogym; ...) uses an slightly different scale.*
 - The same exercise as outside can be done inside.

| HI-workload ... TREADMILL ... | | | | | | | | | | | |
|-------------------------------|------------|---|---|---|---|---|---|---|--|--|------------|
| Level | Time (min) | | | | | | | | | | TOTAL TIME |
| 8 | | | | | | | | | | | |
| 9 | 5 | | | | | | | 5 | | | |
| 10 | | | 2 | | 2 | | 2 | | | | |
| 11 | | | | | | | | | | | |
| 12 | | | | | | | | | | | |
| 13 | | 4 | | 4 | | 4 | | 4 | | | |
| 14 | | | | | | | | | | | |
| 15 | | | | | | | | | | | |
| 16 | | | | | | | | | | | |
| | | | | | | | | | | | 32 |

Wednesday: REST day



Thursday: Strength exercises

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FIFA FITNESS
INSTRUCTORS

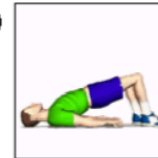
STRENGTH TRAINING FOR LEGS AND
ABDOMINALS

1



Basic squat for glutes, quadriceps and hips.
Performing the exercise, avoid the knees coming in
or out.

2



Butt Bridge - Perfectly works your glutes and
hamstrings. It also helps to keep your back
healthy.

3



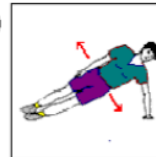
Jumping barbell squat - If you want to
improve your power, this exercise is the
right way, because it's the challenge for
your legs. It increase lower body
explosiveness with a focus on the quads,
hamstrings, glutes, and calves. For the
first time it's recommended to use
barbell without extra weight : 15 kg will
be enough. Perform a low squat. Then
drive hips upward explosively and jump as
high as possible while keeping the barbell
stable. Softly land

4



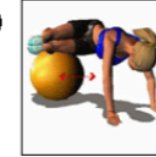
Bend one knee towards your head
while straightening the other. Use
abdominal muscles to tilt your
upper body by bringing your...

5



Put yourself up on your hand and
the lateral side of your foot. Keep
elbow at bent 90 degrees. Hold
the position.

6

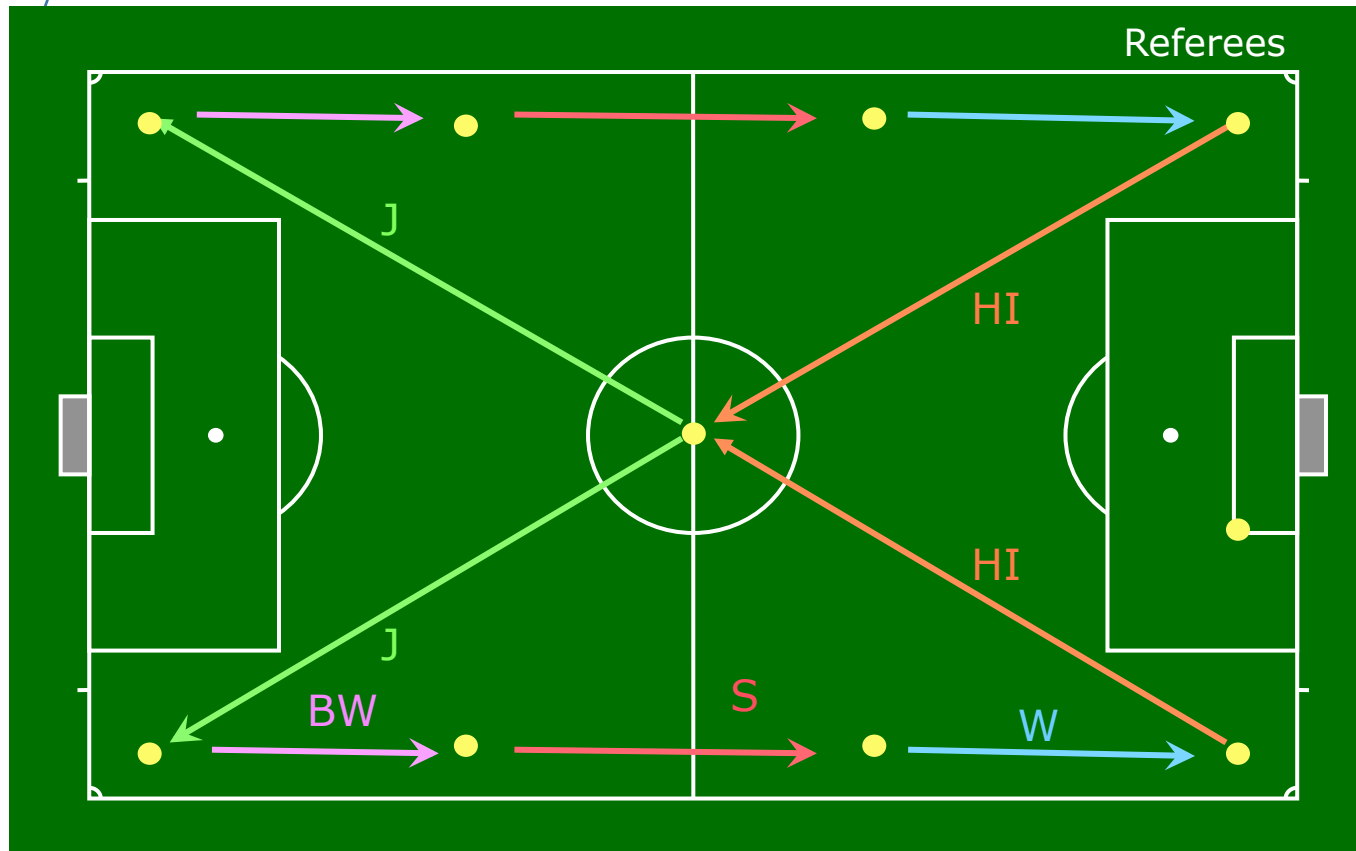


While supporting most of your weight
through your arms to maintain
balance. Rotate your hips while your
thighs roll over the top of the
stability ball to the side.

20" EACH EXERCISE. 5 TO 8 SETS - RECOVERY
BETWEEN EACH EXERCISE 20 SECONDS AND 1 MINUTE
BETWEEN EACH SET

Thursday: Speed endurance exercise

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2 sets of 5 laps

| | |
|----------------|-----------|
| One lap | max 2 min |
| Set 1 (6 laps) | 12 min |
| Recovery | 4 min |
| Set 2 (5 laps) | 12 min |
| Total duration | 28 min |

| | | |
|----------------|----|--------|
| Walking | W | 720 m |
| Jogging | J | 1200 m |
| Backwards | BW | 720 m |
| Sideways | SW | --- |
| High intensity | HI | 1200 m |
| Sprint | S | 720 m |
| Total distance | | 4560 m |

Set 1: Run 6 laps of the field specific exercise as indicated in the picture.

Or perform minimal 12 min of this specific field exercise (SE/RSA) as indicated in the picture.

Recovery: 4 min

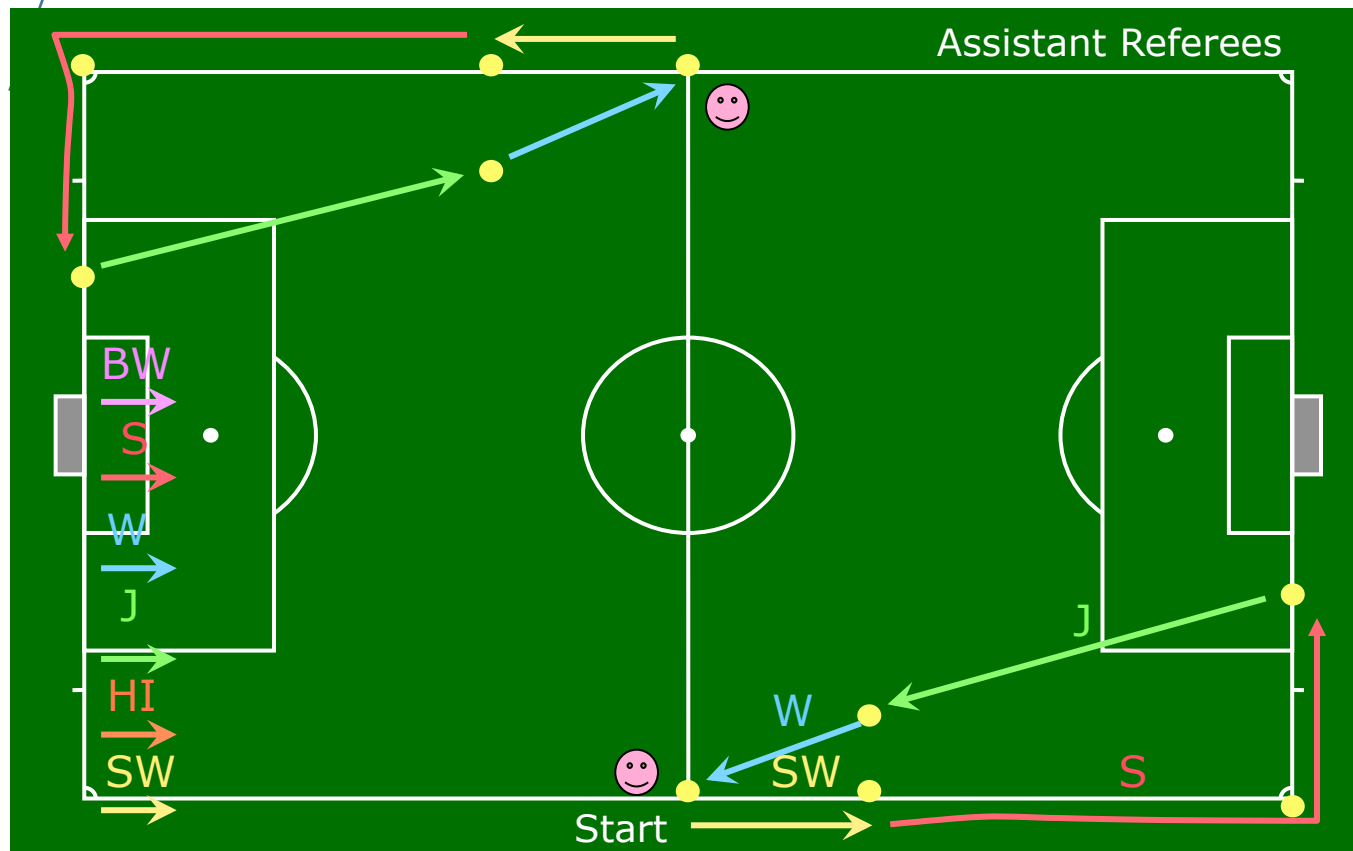
Set 2: Run again 6 laps of the same exercise.

Note: Look always 'inside' towards your assistant!

Visual concentration: At any time, the coach shows can show a card (red= penalty kick, black=offside, yellow=free kick defender, green=free kick attacker) The referee has to make a decision with the use of their whistle.

Thursday: Speed endurance exercise for AR

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2 sets of ...

| | |
|----------------|----------|
| Set 1 (...) | 12 min |
| Recovery | 4 min |
| Set 2 (...) | 12 min |
| Total duration | ± 26 min |

| | | |
|----------------|----|----------|
| Walking | W | 180 m |
| Jogging | J | 480 m |
| Backwards | BW | ... m |
| Sideways | SW | 180 m |
| High intensity | HI | ... m |
| Sprint | S | 600 m |
| Total distance | | ± 1440 m |

Set 1: Perform 12 min of the speed endurance exercise as indicated in the picture.

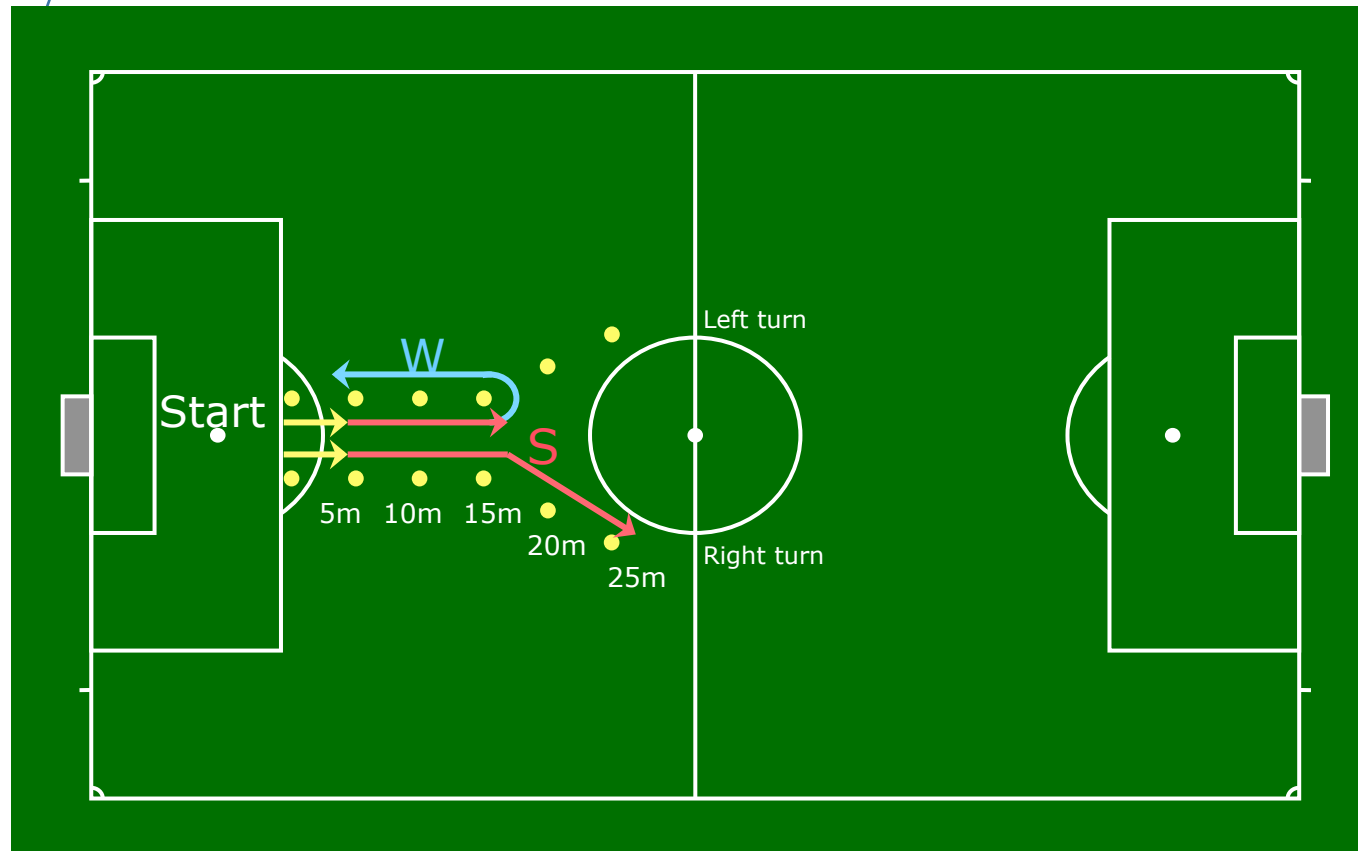
Recovery: 4 min

Set 2: Repeat the same exercise.

All together this exercise takes $12 + 4 + 12 = \pm 24$ min

Friday: Speed exercise

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2 sets of 10 sprints

| | |
|--------------------|--------|
| Set 1 (10 sprints) | 5 min |
| Recovery | 5 min |
| Set 2 (10 sprints) | 5 min |
| Total duration | 15 min |

| | | |
|----------------|----|-------|
| Walking | W | 300 m |
| Jogging | J | --- m |
| Backwards | BW | --- m |
| Sideways | SW | --- m |
| High intensity | HI | --- m |
| Sprint | S | 300 m |
| Total distance | | 600 m |

Short sprints from a dynamic starting position (heel lifts, knee lifts, sideways L & R, jogging backwards...).
Sprinting up and walking down.

Set 1 (right turn): (2 x 5m) - (2 x 10 m) - (2 x 15 m) - (2 x 20 m) - (2 x 25 m)

Recovery: 5 min

Set 2 (left turn): (2 x 5m) - (2 x 10 m) - (2 x 15 m) - (2 x 20 m) - (2 x 25 m)

Saturday: Game

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Sunday: Active Recovery - Light Intensity exercise

FIFA®



Active recovery (AR)

- 10' warm up (walking & jogging on a treadmill between 09 & 12 km/hr, followed by mobilisation exercises)
- 30' non-weight bearing exercises (70-75% HRmax), such as: 15' cycling (80-90 cycles/min); 5' rowing (33-38 cycles/min); 10' gliding / stepping (65-75 cycles/min)
- 10' CORE exercises (*should be done on a daily bases*)
- 10' extensive stretching, followed by Sauna, Jacuzzi, massage, ...

Total duration: +/-60 min

During these LI-sessions or Active recovery, the energy system is aerobically and the impact on the joints should be low. This kind of training should help you to recover better after an intense training or game. The tempo should be an 'comfortable jog/run'.

A female soccer player is captured in a dynamic running pose on a green grass field. She is wearing a white jersey with the number 20 in red, dark blue shorts with the number 20 in white, and red and white cleats. Her hair is tied in a ponytail. In the background, another player in a black jersey is visible, and the scene is set outdoors with a blue fence and trees in the distance.

Week 4

Fitness team

Week 4



Normal week with game on Saturday.

- Monday CORE
• Extra CORE & basic strength exercises total time: 50 min
- Tuesday S / Agi&Coo / HI
• Speed – reactive ex.
• Agility & Coo icw Speed
• HI-endurance run total time: 90 min
- Wednesday Rest
- Thursday Strength / RSA
• Strength
• RSA field run exercise total time: 90 min
- Friday S
• Speed work in preparation for the game total time: 60 min
- Saturday GAME
- Sunday AR
• Active recovery total time: 60 min

Monday: CORE & basic strength exercises

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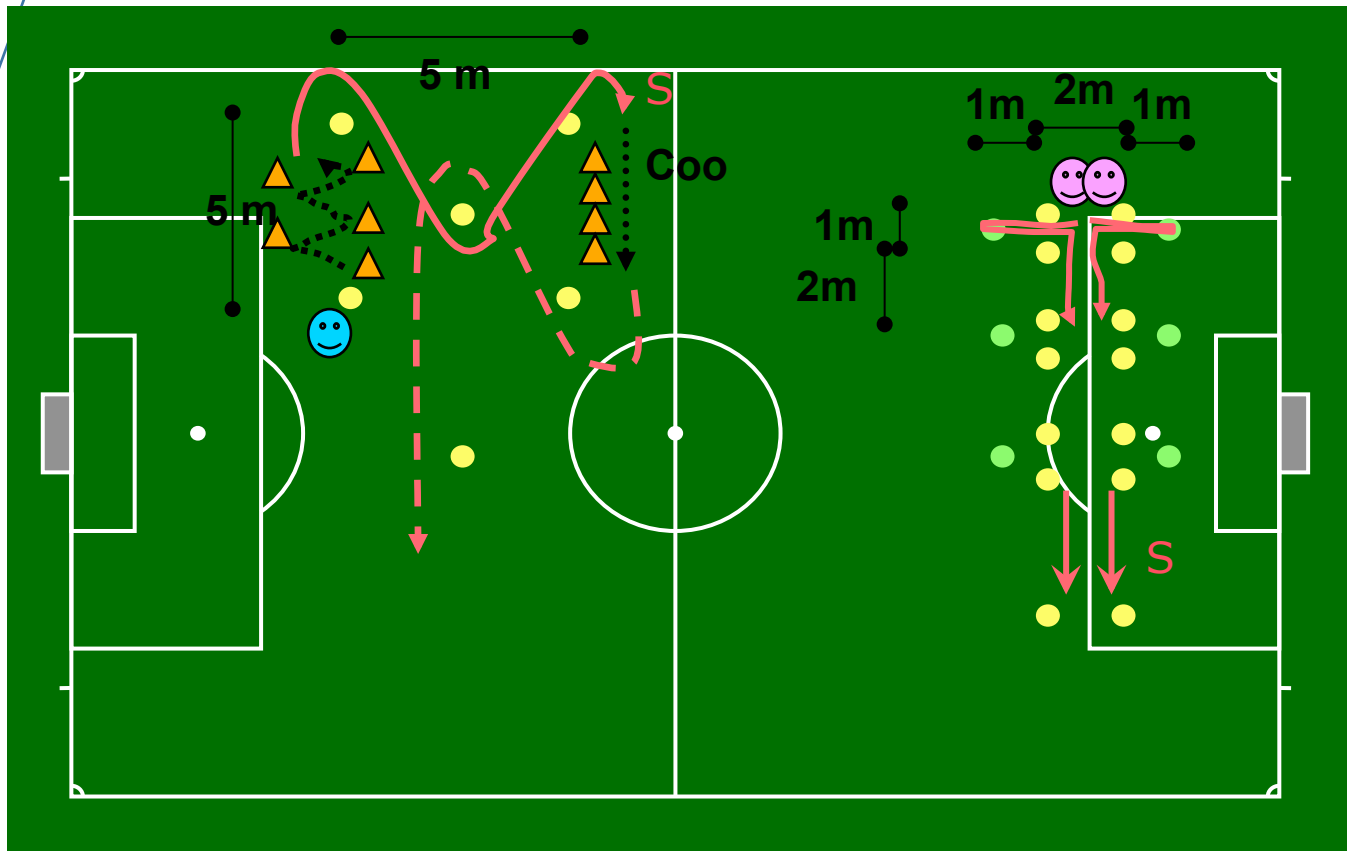
Perform minimal the exercises below, you can do additional exercises you know ...

- **One-leg squats**
 - Stand on one leg on a stair.
 - Exercise: perform squats by bending your hip and knee to 90 degrees. Bend slowly and straighten up more quickly.
 - Do not let your knee cave inward.
 - **2 x 10 reps (each leg)**
- **Forward bend in single-leg stance**
 - Balance on one leg with your eyes open at 2-3m from the wall.
 - Exercise: Throw the ball to the wall and catch it back. Touch the ground with the ball after catching.
 - Do not let your knee cave inward
 - **2 x 10 reps (each leg)**
- In addition to the set of strength and injury prevention exercises ...
- **Abdominals**
 - Lie on your back, both legs stretched with an angle of 45°
 - Exercise: hold your legs in the correct position (45°) and cross them L & R
 - **2 x 20 sec**
- **Push ups with knee and diagonal hand support**
 - Lie on your stomach
 - Exercise: push your body up and perform push-ups on hands and feet or knees.
 - **2 x 10 reps**

NOTE: increase every week with 1 set more (week 1 = 2 sets; week 2 = 3 sets; ...)

Tuesday: Speed & Agility exercise

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2 sets of 1 ex.

| | |
|----------------|----------|
| Set 1 (5 reps) | 7,5 min |
| Recovery | 4 min |
| Set 2 (5 reps) | 7,5 min |
| Total duration | ± 19 min |

| | | |
|----------------|----|-------|
| Walking | W | ... m |
| Jogging | J | ... m |
| Backwards | BW | ... m |
| Sideways | SW | ... m |
| High intensity | HI | ... m |
| Sprint | S | ... m |
| Total distance | | ... m |

Set 1: Ex.1: combine fast zigzag L&R – sprint around the middle cone/pool – fast feet forwards – sprint again around the middle cone/pool. Variation: back & fort in stead of L&R // 3 to 5 reps make one set.

Ex. 2: S – SWR/SWL – S (3x) + S or variation SW – BW/FW – SW – (3x) + S // 3 to 5 reps make one set.

Recovery: 4 min active recovery in between each set and 2 min in between the repetitions

Set 2: Repeat the same exercise.

Tuesday: High Intensity exercise

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Referees & Assistant Referees

20 sec – (20) – 30 sec – (30) – 40 sec – (40) – 50 sec – (50) – 60 sec – (60) – 20 sec – (20) – 30 sec – (30) – 40 sec – (40) – 50 sec – (50) – 60 sec – (60)

(...) sec HI at 90% HRmax
Active recovery: as indicated (...) sec

Set 1 = 26 min
2nd set in the opposite order
Total time: 26 + 4 + 26 = 56 min

(2) sets of HI run

| | |
|-------------------------|---------|
| Set 1 (...) | 26 min |
| Recovery | 4 min |
| Set 2 (...) | ... min |
| Total duration ± 30 min | |

| | | | |
|----------------|----|-------|---|
| Walking | W | ... | m |
| Jogging | J | ... | m |
| Backwards | BW | ... | m |
| Sideways | SW | ... | m |
| High intensity | HI | ... | m |
| Sprint | S | ... | m |
| Total distance | | ... m | |

The High Intensity Training (HI) is a combination of HI-tempo runs (at 90% HRmax) and jogging (75% HRmax) as active recovery. This session you can perform on any 'sportive' surface as grass, forest, hard sand, ...

Set 1: Code: 20 sec at 90% HRmax (HI tempo run) *followed by 20 sec jogging (active recovery)*; ...

Recovery: 4 min

Set 2: Repeat the same exercise.

- Referees & Assistant Referees
- Min. 60 min **cycling** at 76% Hrmax + after each 7 min a longer acceleration of 3 min (at 86% Hrmax)
- Total of 60 min = 7 (at 76%) + 3 (at 86%) + 7 + 3 + 7 + 3 + 7 + 3 + 7 + 3 + 7 + 3

●

- **'indoor-treadmill'-workload:**
 - The High Intensity Training (HI) is a combination of MI-jogging/running at (76-85% HRmax) and (short) HI-tempo runs (86-93% HRmax).
- *Good to know!*
 - *Do not forget a nice warm up at the start and a cool down at the end!*
 - *The levels mentioned are just an indication. Adapt to your level and situation please.*
 - *Each brand (for example: Lifefitness; Technogym; ...) uses an slightly different scale.*
 - The same exercise as outside can be done inside.

[illegible]

Wednesday: REST day



Thursday: Strength exercises

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FIFA FITNESS
INSTRUCTORS

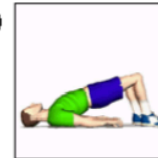
STRENGTH TRAINING FOR LEGS AND
ABDOMINALS

1



Basic squat for glutes, quadriceps and hips.
Performing the exercise, avoid the knees coming in
or out.

2



Butt Bridge - Perfectly works your glutes and
hamstrings. It also helps to keep your back
healthy.

3



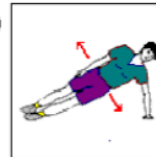
Jumping barbell squat - If you want to
improve your power, this exercise is the
right way, because it's the challenge for
your legs. It increase lower body
explosiveness with a focus on the quads,
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first time it's recommended to use
barbell without extra weight : 15 kg will
be enough. Perform a low squat. Then
drive hips upward explosively and jump as
high as possible while keeping the barbell
stable. Softly land

4



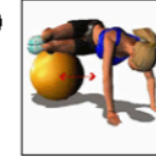
Bend one knee towards your head
while straightening the other. Use
abdominal muscles to tilt your
upper body by bringing your...

5



Put yourself up on your hand and
the lateral side of your foot. Keep
elbow at bent 90 degrees. Hold
the position.

6

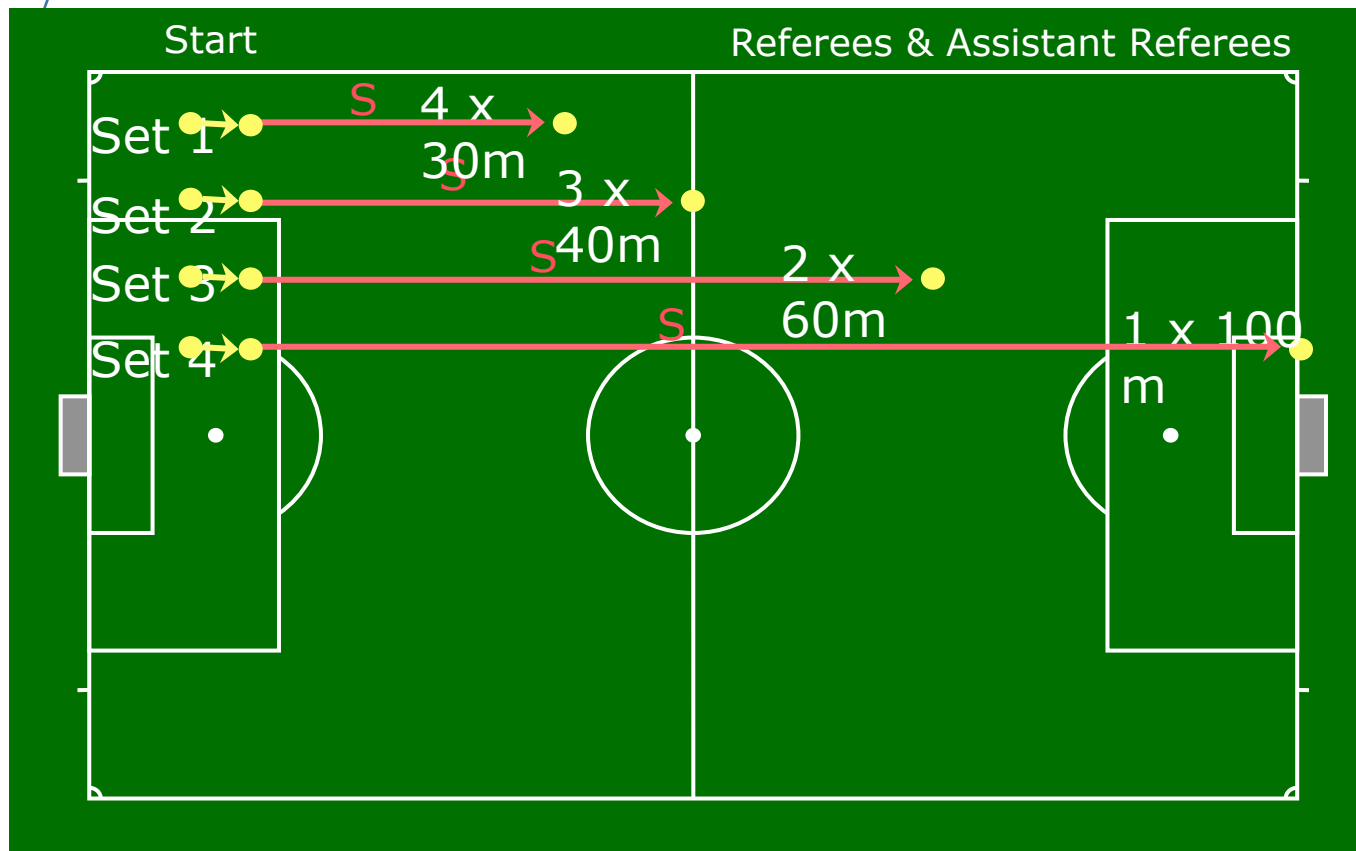


While supporting most of your weight
through your arms to maintain
balance. Rotate your hips while your
thighs roll over the top of the
stability ball to the side.

20" EACH EXERCISE. 5 TO 8 SETS - RECOVERY
BETWEEN EACH EXERCISE 20 SECONDS AND 1 MINUTE
BETWEEN EACH SET

Thursday: Repeated Speed Ability (RSA) ex.

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2 sets of 10 fast runs

| | |
|--------------------|--------|
| Set 1 (10 sprints) | 8 min |
| Recovery | 5 min |
| Set 2 (10 sprints) | 8 min |
| Total duration | 16 min |

| | | |
|----------------|----|--------|
| Walking | W | --- |
| Jogging | J | 920 m |
| Backwards | BW | --- |
| Sideways | SW | --- |
| High intensity | HI | --- |
| Sprint | S | 920 m |
| Total distance | | 1840 m |

Set 1: 10 fast runs should be performed from a dynamic start position. Decelerate smoothly, turn and jog back to the start. Depending on the age and/or fitness level, the re-starts are timed as follows:

TOP

Set 1 every 30"
Set 2 every 40"
Set 3 every 60"
Set 4 every 100"

INTERMEDIATE

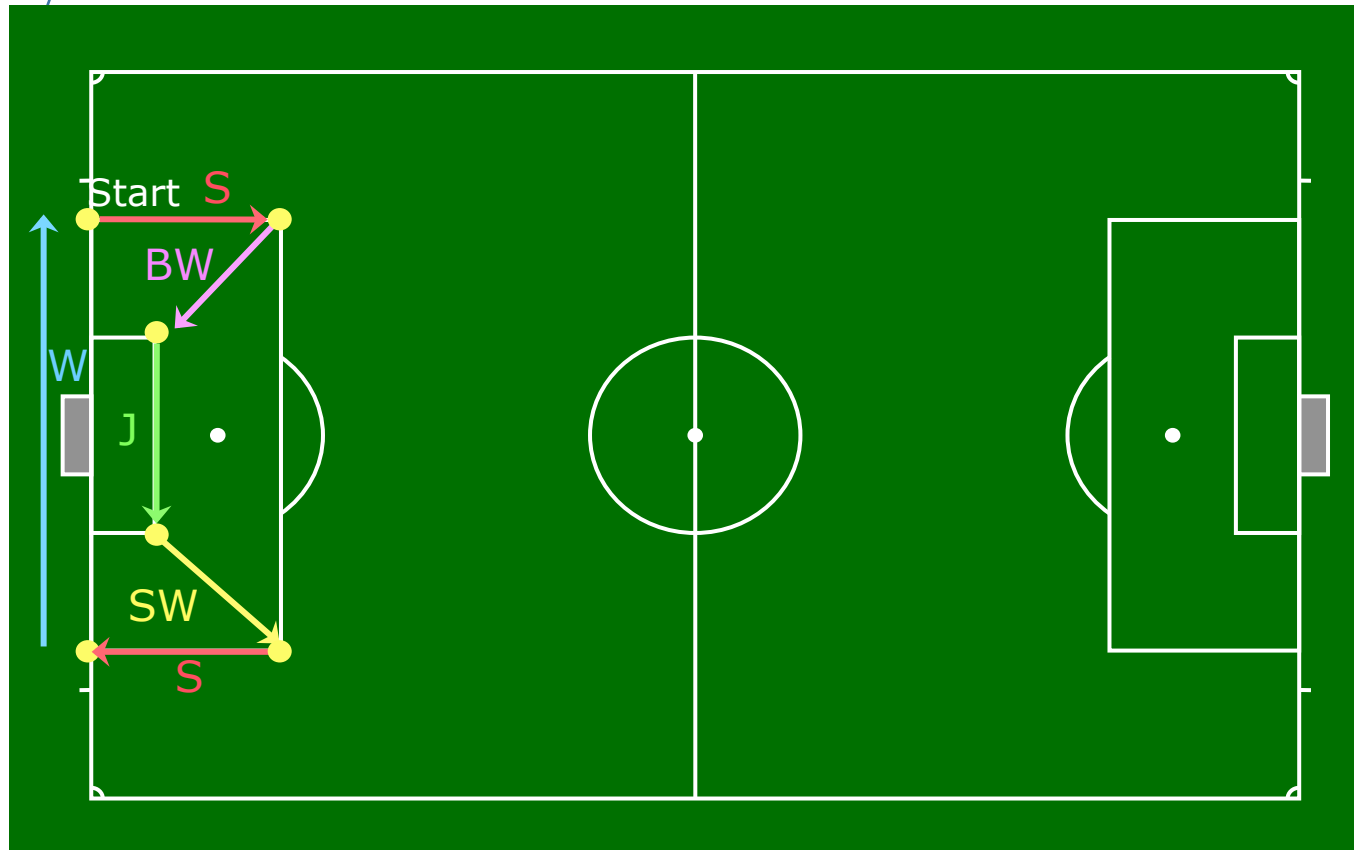
Set 1 every 35"
Set 2 every 45"
Set 3 every 65"
Set 4 every 110"

Recovery: 2 min in between each set

Set 2: Again, perform 10 sprints

Friday: Speed exercise

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2 sets of 5 laps

| | |
|----------------|--------|
| One lap | 1 min |
| Set 1 (5 laps) | 5 min |
| Recovery | 5 min |
| Set 2 (5 laps) | 5 min |
| Total duration | 15 min |

| | | |
|----------------|----|--------|
| Walking | W | 400 m |
| Jogging | J | 200 m |
| Backwards | BW | 100 m |
| Sideways | SW | 100 m |
| High intensity | HI | --- |
| Sprint | S | 320 m |
| Total distance | | 1120 m |

Set 1: Sprint exercise in the penalty box, 5 laps in total

Recovery: 5 min

Set 2: Sprint exercise in the penalty box, again 5 laps in total

Saturday: Game

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Sunday: Active Recovery - Light Intensity exercise

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Active recovery (AR)

- 10' warm up (walking & jogging on a treadmill between 09 & 12 km/hr, followed by mobilisation exercises)
- 30' non-weight bearing exercises (70-75% HRmax), such as: 15' cycling (80-90 cycles/min); 5' rowing (33-38 cycles/min); 10' gliding / stepping (65-75 cycles/min)
- 10' CORE exercises (*should be done on a daily bases*)
- 10' extensive stretching, followed by Sauna, Jacuzzi, massage, ...

Total duration: +/-60 min

During these LI-sessions or Active recovery, the energy system is aerobically and the impact on the joints should be low. This kind of training should help you to recover better after an intense training or game. The tempo should be an 'comfortable jog/run'.

A photograph of a women's soccer team huddled together on a grass field. The players are wearing white jerseys with red accents and white shorts. One player in the foreground is wearing a purple jersey and purple shorts. They are all looking down at a soccer ball in the center of the huddle. The background shows a stadium with blue seating.

Week 5

Fitness team

Week 5



Normal week with game on Saturday.

- Monday CORE
• Extra CORE & basic strength exercises total time: 50 min
- Tuesday S / Agi&Coo / HI
• Speed – reactive ex.
• Agility & Coo icw Speed
• HI-endurance run total time: 90 min
- Wednesday Rest
- Thursday Strength / SE
• Strength
• SE field run exercise total time: 90 min
- Friday S
• Speed work in preparation for the game total time: 60 min
- Saturday GAME

Monday: CORE & basic strength exercises

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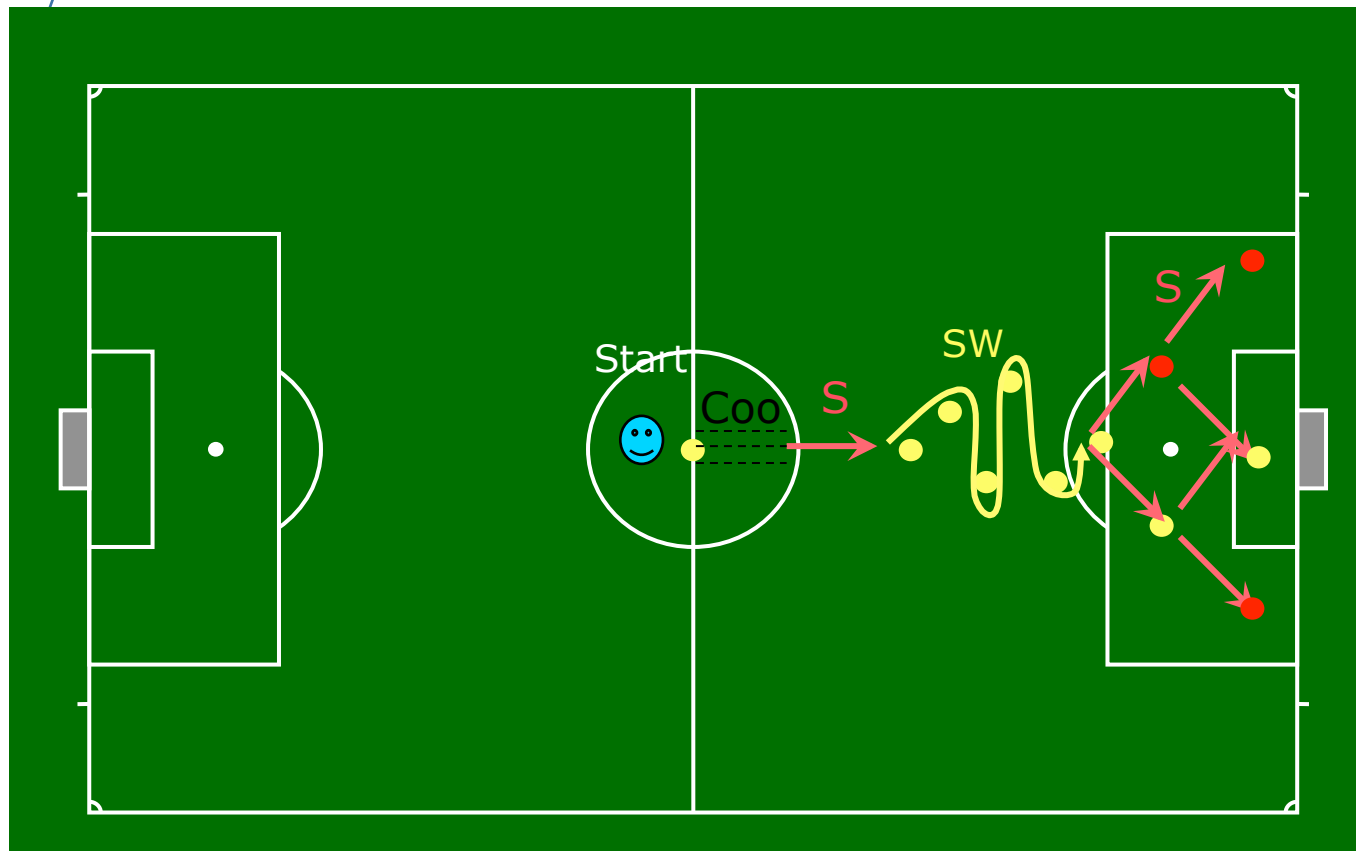
Perform minimal the exercises below, you can do additional exercises you know ...

- **One-leg squats**
 - Stand on one leg on a stair.
 - Exercise: perform squats by bending your hip and knee to 90 degrees. Bend slowly and straighten up more quickly.
 - Do not let your knee cave inward.
 - **2 x 10 reps (each leg)**
- **Forward bend in single-leg stance**
 - Balance on one leg with your eyes open at 2-3m from the wall.
 - Exercise: Throw the ball to the wall and catch it back. Touch the ground with the ball after catching.
 - Do not let your knee cave inward
 - **2 x 10 reps (each leg)**
- In addition to the set of strength and injury prevention exercises ...
- **Abdominals**
 - Lie on your back, both legs stretched with an angle of 45°
 - Exercise: hold your legs in the correct position (45°) and cross them L & R
 - **2 x 20 sec**
- **Push ups with knee and diagonal hand support**
 - Lie on your stomach
 - Exercise: push your body up and perform push-ups on hands and feet or knees.
 - **2 x 10 reps**

NOTE: increase every week with 1 set more (week 1 = 2 sets; week 2 = 3 sets; ...)

Tuesday: Speed & Agility exercise

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3 sets of 5 reps

| | |
|----------------|----------|
| Set 1 (5x) | 5 min |
| Recovery | 2 min |
| Set 2 (5x) | 5 min |
| Recovery | 2 min |
| Set 2 (5x) | 5 min |
| Total duration | ± 19 min |

| | | |
|----------------|----|-------|
| Walking | W | ... m |
| Jogging | J | ... m |
| Backwards | BW | ... m |
| Sideways | SW | ... m |
| High intensity | HI | ... m |
| Sprint | S | 215 m |
| Total distance | | ... m |

*Speed combined with **agility**. All exercises must be performed maximally in order to gain the full physiological benefit. This work should be quality and non-fatiguing. The HR should be back to 60-65% HRmax prior to each individual sprint.*

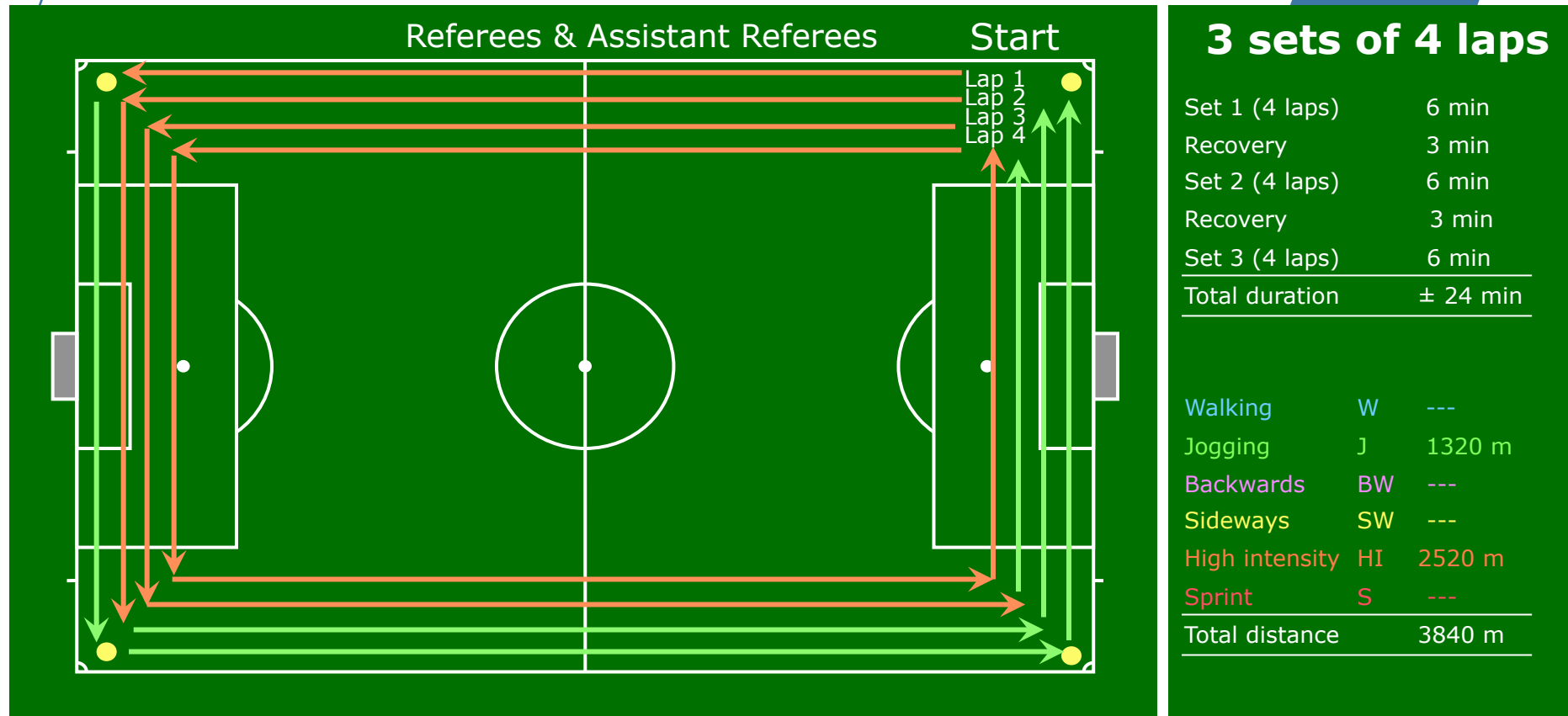
Set 1. Fast step across the coordination ladder – sprint – sideways move. Given signals will indicate the final directions. 5 repetitions.

Recovery: Walking; min 90 sec

Set 2 (& 3): Same as set 1, but the coach give the two colours at the same time.

Tuesday: High Intensity exercise

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Set 1: Run around the pitch as indicated in the picture. The distance of high intensity running increases every lap. In total, run 4 laps around the pitch.

Recovery: 3 min.

Set 2: Now start with 1 full lap of high intensity running (lap 4) and then work down to run one length of high intensity (lap 1).

Recovery: 3 min.

Set 3: Same as set 1.

- Alternative OUTDOOR

- Referees & Assistant Referees
- Min. 60 min **cycling** at 76% Hrmax + after each 10 min a longer acceleration of 3, 2 or 1 min (at 86% Hrmax)
- Total of 61 min = 10 (at 76%) + 3 (at 86%) + 10 + 2 + 10 + 1 + 10 + 3 + 10 + 2

- Alternative INDOOR

- **'indoor-treadmill'-workload:**
 - The High Intensity Training (HI) is a combination of MI-jogging/running at (76-85% HRmax) and (short) HI-tempo runs (86-93% HRmax).
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 - The same exercise as outside can be done inside.

[illegible]

Wednesday: REST day



Thursday: Strength exercises

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FIFA FITNESS
INSTRUCTORS

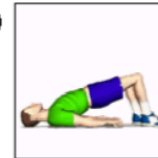
STRENGTH TRAINING FOR LEGS AND
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Performing the exercise, avoid the knees coming in
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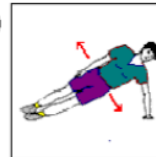
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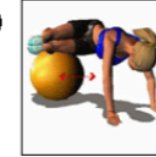
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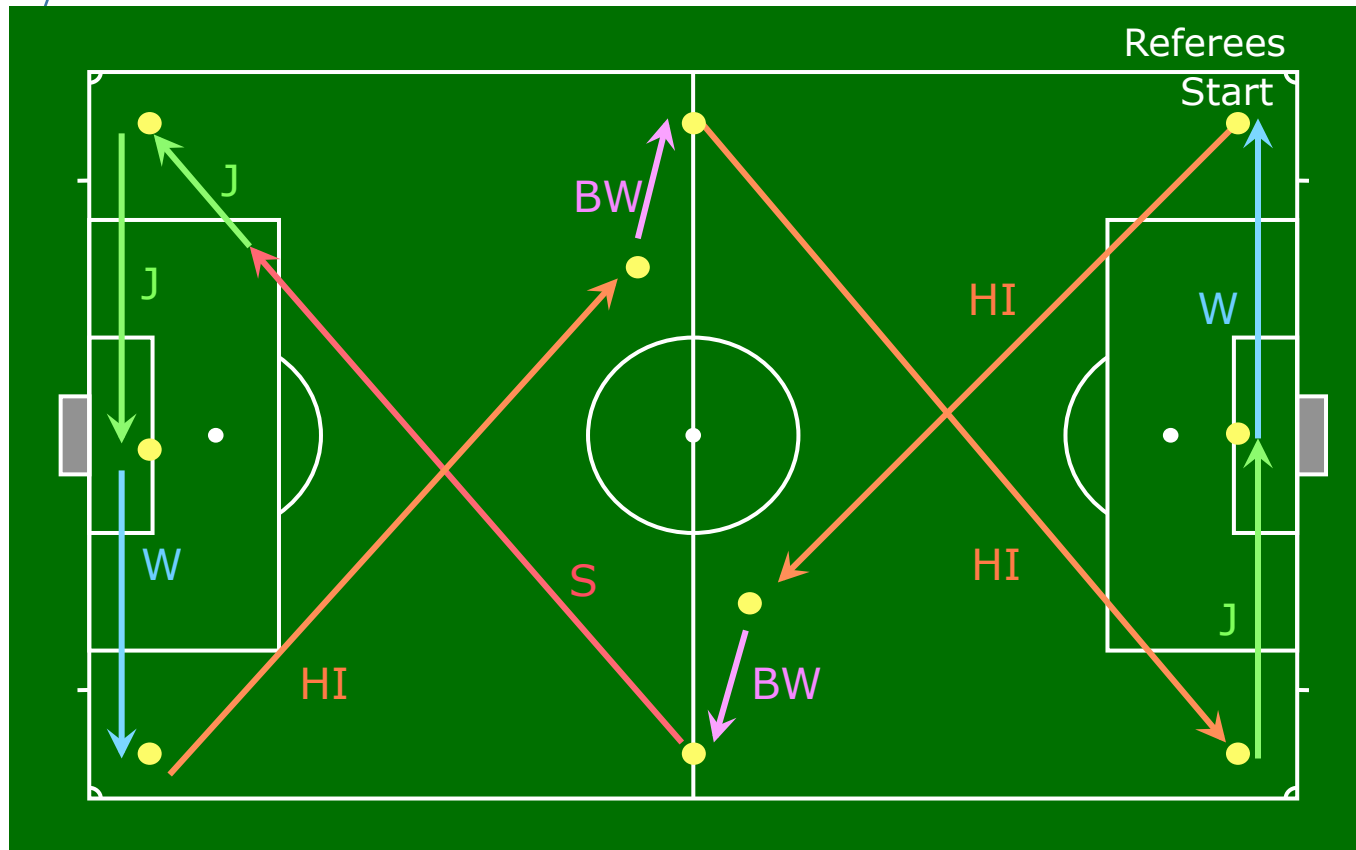


While supporting most of your weight
through your arms to maintain
balance. Rotate your hips while your
thighs roll over the top of the
stability ball to the side.

20" EACH EXERCISE. 5 TO 8 SETS - RECOVERY
BETWEEN EACH EXERCISE 20 SECONDS AND 1 MINUTE
BETWEEN EACH SET

Thursday: Speed endurance exercise

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2 sets of 5 laps

| | | |
|----------------|-----|--------|
| One lap | max | 2'30" |
| Set 1 (5 laps) | | 12'30" |
| Recovery | | 4 min |
| Set 2 (5 laps) | | 12'30" |
| Total duration | | 29 min |

| | | |
|----------------|----|--------|
| Walking | W | 600 m |
| Jogging | J | 800 m |
| Backwards | BW | 300 m |
| Sideways | SW | --- |
| High intensity | HI | 1950 m |
| Sprint | S | 600 m |
| Total distance | | 4250 m |

Set 1: Run 5 laps of the field specific exercise as indicated in the picture.

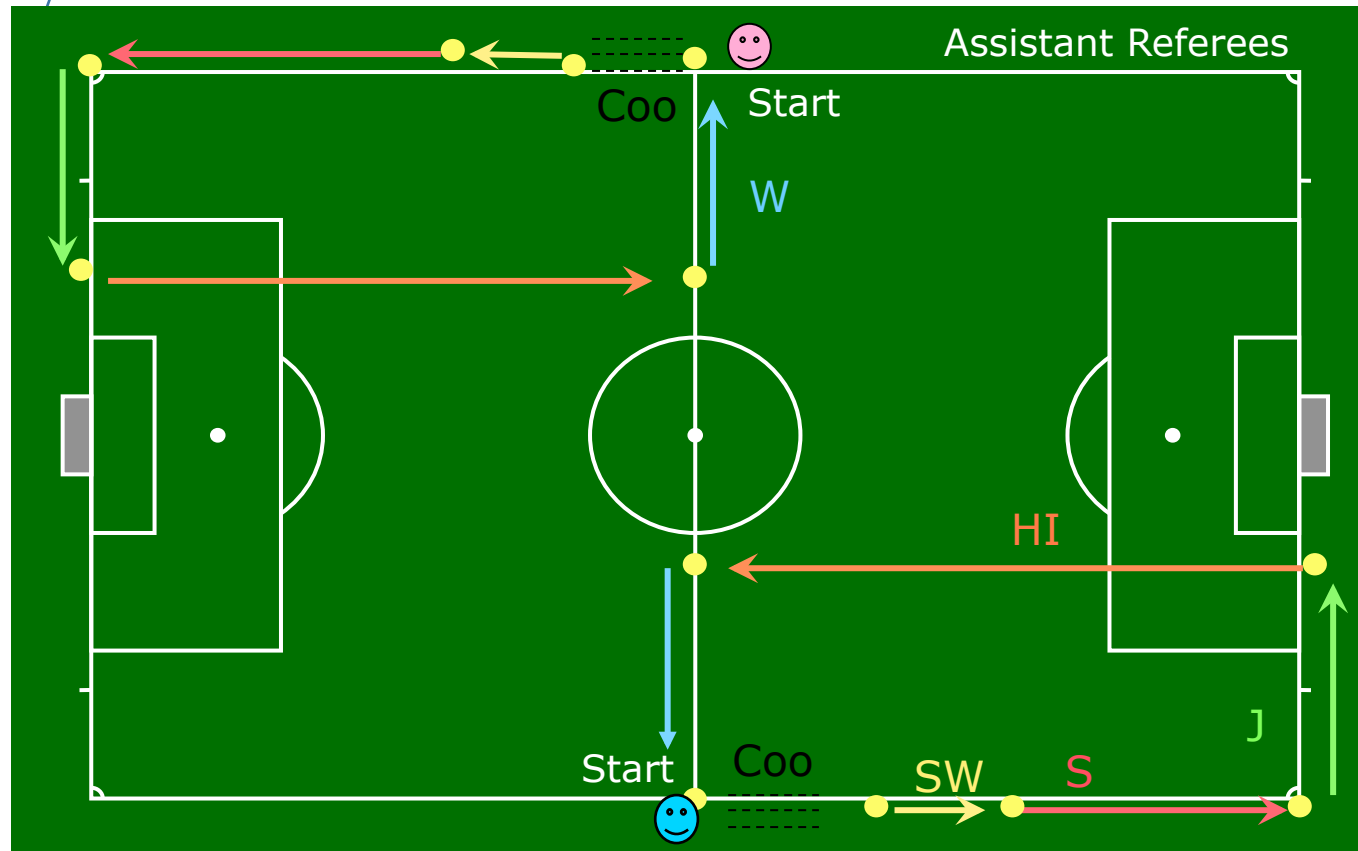
Recovery: 4 min

Set 2: Again 5 laps of the same exercise.

Timing: +/- 2'30" per lap = +/- 12'30" per set Or 29 min in total

Thursday: Speed endurance exercise for AR

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2 sets of ...

| | |
|----------------|----------|
| Set 1 (...) | 12 min |
| Recovery | 4 min |
| Set 2 (...) | 12 min |
| Total duration | ± 26 min |

| | | |
|----------------|----|----------|
| Walking | W | 180 m |
| Jogging | J | 180 m |
| Backwards | BW | ... m |
| Sideways | SW | 120 m |
| High intensity | HI | 600 m |
| Sprint | S | 360 m |
| Total distance | | ± 1440 m |

Set 1: Perform min. 12 min of the speed endurance exercise as indicated in the picture. From Start, coordination, AR run sideways with flag in the left hand. Sprint to the corner flag, followed by a little jog and a HI-acceleration towards the middle.

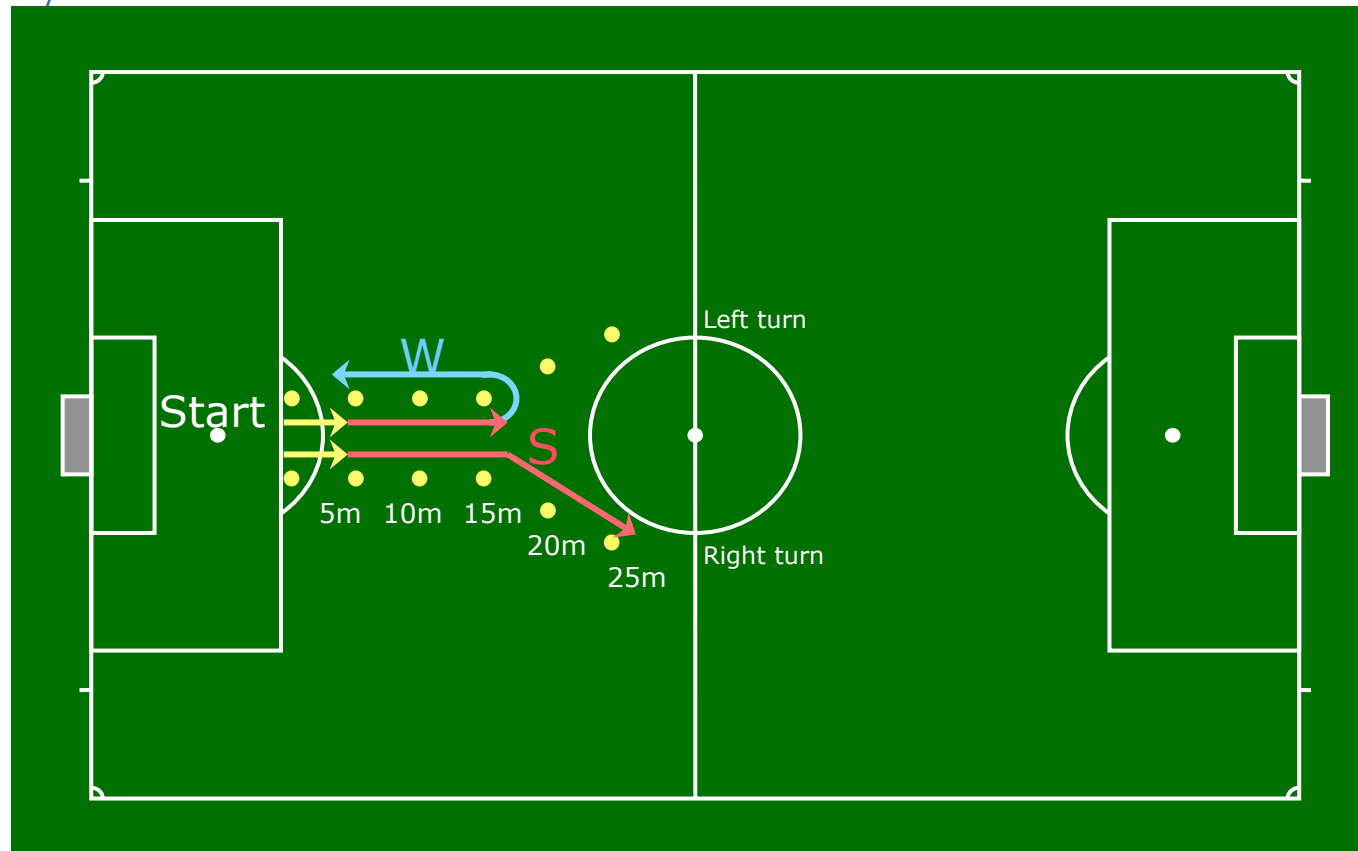
Recovery: 4 min

Set 2: Repeat the same exercise.

Visual concentration : the coach can show a card at every moment (red= free kick defender, green=free kick attacker, black=offside, yellow=out defender, orange=out attacker) The assistant referee has to decide with a flag signal.

Friday: Speed exercise

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2 sets of 10 sprints

| | |
|--------------------|--------|
| Set 1 (10 sprints) | 5 min |
| Recovery | 5 min |
| Set 2 (10 sprints) | 5 min |
| Total duration | 15 min |

| | | |
|----------------|----|-------|
| Walking | W | 300 m |
| Jogging | J | --- m |
| Backwards | BW | --- m |
| Sideways | SW | --- m |
| High intensity | HI | --- m |
| Sprint | S | 300 m |
| Total distance | | 600 m |

Short sprints from a dynamic starting position (heel lifts, knee lifts, sideways L & R, jogging backwards...).
Sprinting up and walking down.

Set 1 (right turn): (2 x 5m) - (2 x 10 m) - (2 x 15 m) - (2 x 20 m) - (2 x 25 m)

Recovery: 5 min

Set 2 (left turn): (2 x 5m) - (2 x 10 m) - (2 x 15 m) - (2 x 20 m) - (2 x 25 m)



Success!

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