



## Training plan – August 2018

Jean-Baptist Bultynck – Kader Touati

Alan Brown – Kelesha Antoine - Lingling Zhang - Tracey Lovell

## Objectives & Planning

- We wish the colleagues present at the FWWC U20 France a lot of succes!
- The planning is a continuation of the July plan!
- If you don't have any game, please replace this 'session' by a MI-session. Means go for a longer run of longer cycling tour on Saturday.
- Enjoy your next training session!
- Fitness team

# *Week 1*

## *Fitness team*

## Week 1



Normal week with game on Saturday.

- Wednesday Rest
- Thursday Strength / RSA
  - Strength
  - RSA field run exercise total time: 90 min
- Friday S
  - Speed work (general & in preparation for the game) total time: 60 min
- Saturday GAME
- Sunday AR
  - Active recovery total time: 60 min



**Wednesday: REST day**


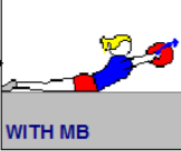
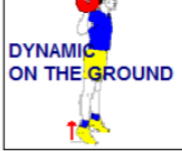


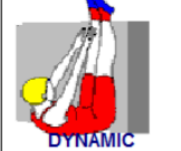








# Thursday: Strength exercises

JB AND KADER  
FIFA FITNESS  
INSTRUCTORS

## CORE STABILITY AND PLIOMETRIC EXERCISES

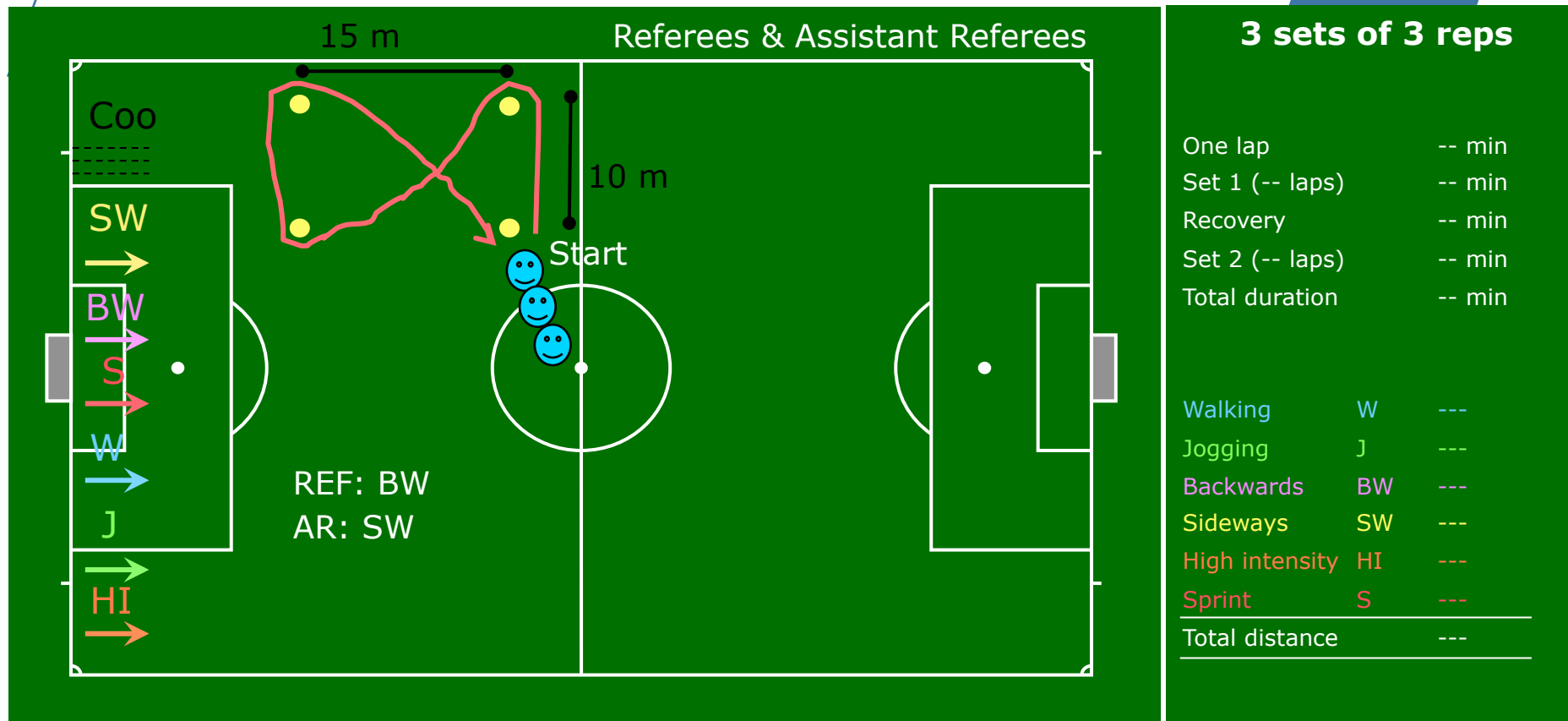
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<b>1</b> <p>LOWER</p> <p><b>JUMPING BOX</b></p>  <p>box = 30 cm to 50 cm time = 40 to 60 times</p>	<p>UPPER</p>  <p>WITH MB</p> <p>Just up and down with the ball 20 times</p>	<b>2</b> <p>LOWER</p> <p><b>DYNAMIC ON THE GROUND</b></p>  <p>Weight : 20kg 20 times -...</p>	<p>UPPER</p>  <p>AMPLITUDE</p> <p>With MB or Weight Skg 20 times each side Move the ball on side...</p>
<b>3</b> <p>LOWER</p>  <p><b>LOWER BACK</b></p> <p>1' HOLDING STATIC POSITION</p>	<p>UPPER...</p>  <p><b>DYNAMIC</b></p> <p>IN 1 MINUTE FAST AS POSSIBLE</p>	<b>4</b> <p>LOWER</p>  <p><b>SQUAT JUMP</b></p> <p>45° FLEXION 30 TIMES</p>	<p>UPPER</p>  <p><b>PUSH UP ON THE BOX</b></p> <p>10 TIMES From the box to the ground and back (both hands together)</p>
<b>5</b> <p>LOWER</p>  <p><b>DEADLIFT</b></p> <p>30 KG . 1 MINUTE</p>	<p>UPPER</p>  <p><b>Bicycle - FAST</b></p> <p>1.30 MINUTES NON STOP</p>	<b>6</b> <p>LOWER</p>  <p><b>LUNGES</b></p> <p>2 MINUTES NON STOP LEFT AND RIGHT</p>	<p>UPPER</p>  <p><b>DYNAMIC FAST</b></p> <p>3 MINUTES NON STOP</p>

**6 STATIONS IN TOTAL.  
EACH NUMBER OF EXERCISES HAVE 2 EXERCISES.  
2 TIMES EACH NUMBER (MEANS 4 )  
REST 1' TO THE OTHER STATION.**

## Thursday: Repeated Speed Ability (RSA) exercise

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**Set 1:** Referee sprints 60m – 1min rest – 5 reps

For (MD-2) – 2 sets x 5 reps Total distance 2x 300 m (approximately)

For (MD-3) – 3 sets x 3 reps Total distance 3x 300 m (approximately)

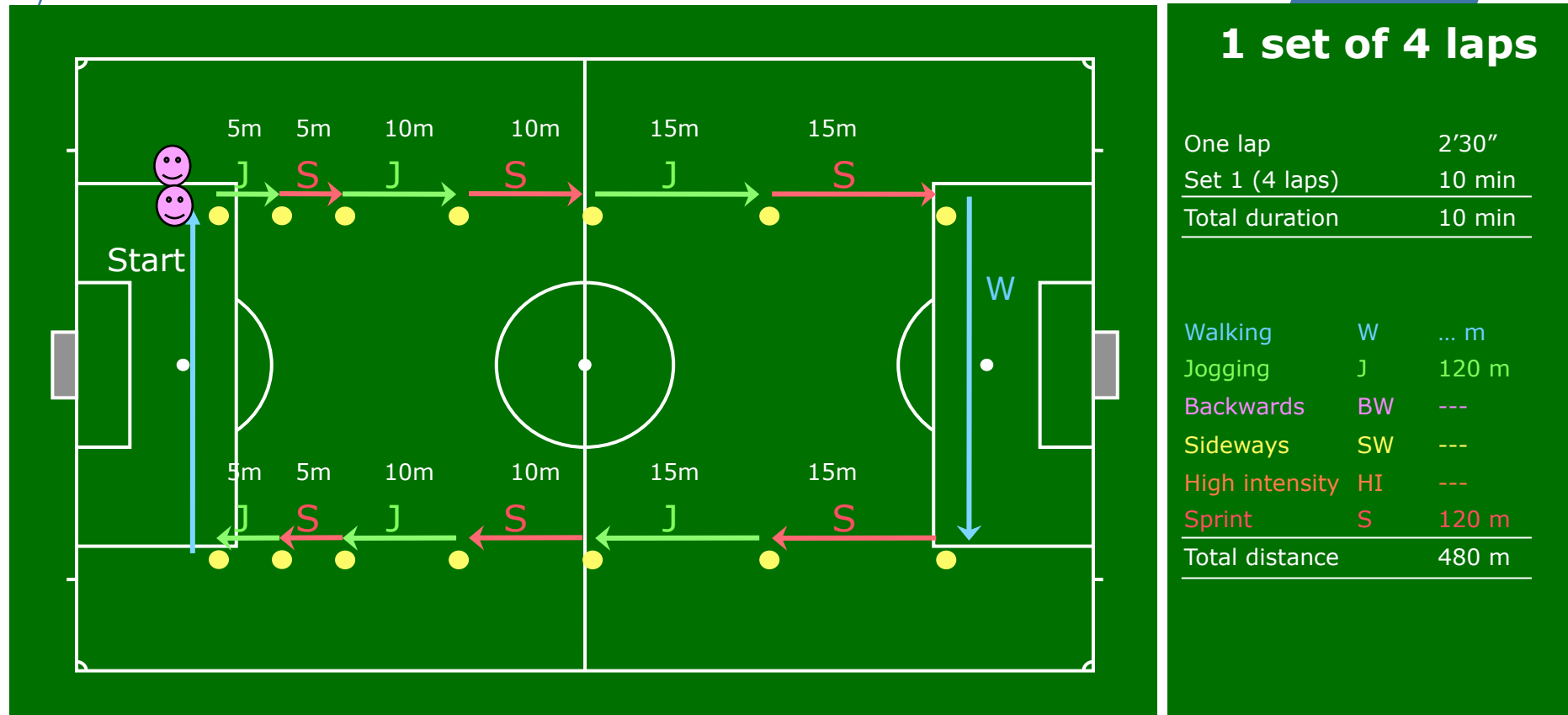
**Recovery:** between reps: 60" / between sets: 3'

**Set 2:** VARIATION: The first 10 m can also be done backwards (REF) or sideways (AR), before sprinting the remaining 50m.

...

## Friday: Speed exercise

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**Set 1:** Jog to the first cone, sprint to the second cone, jog to the third cone, sprint to the fourth cone, jog to the fifth cone, sprint to the sixth cone. Walk back to the start.

### 3 sets

In total  $100\text{m} \times 2 \times 3 = 600\text{m}$ .

Use the polar watch to determine the recovery time in between repetitions. It should be less than 60-65% of HRmax before you restart the next repetition (approximately 120 bts/min)

**Variation:** instead of jogging, run backwards or sideways.



## Saturday: Game

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## Sunday: Active Recovery - Light Intensity exercise

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### Active recovery (AR)

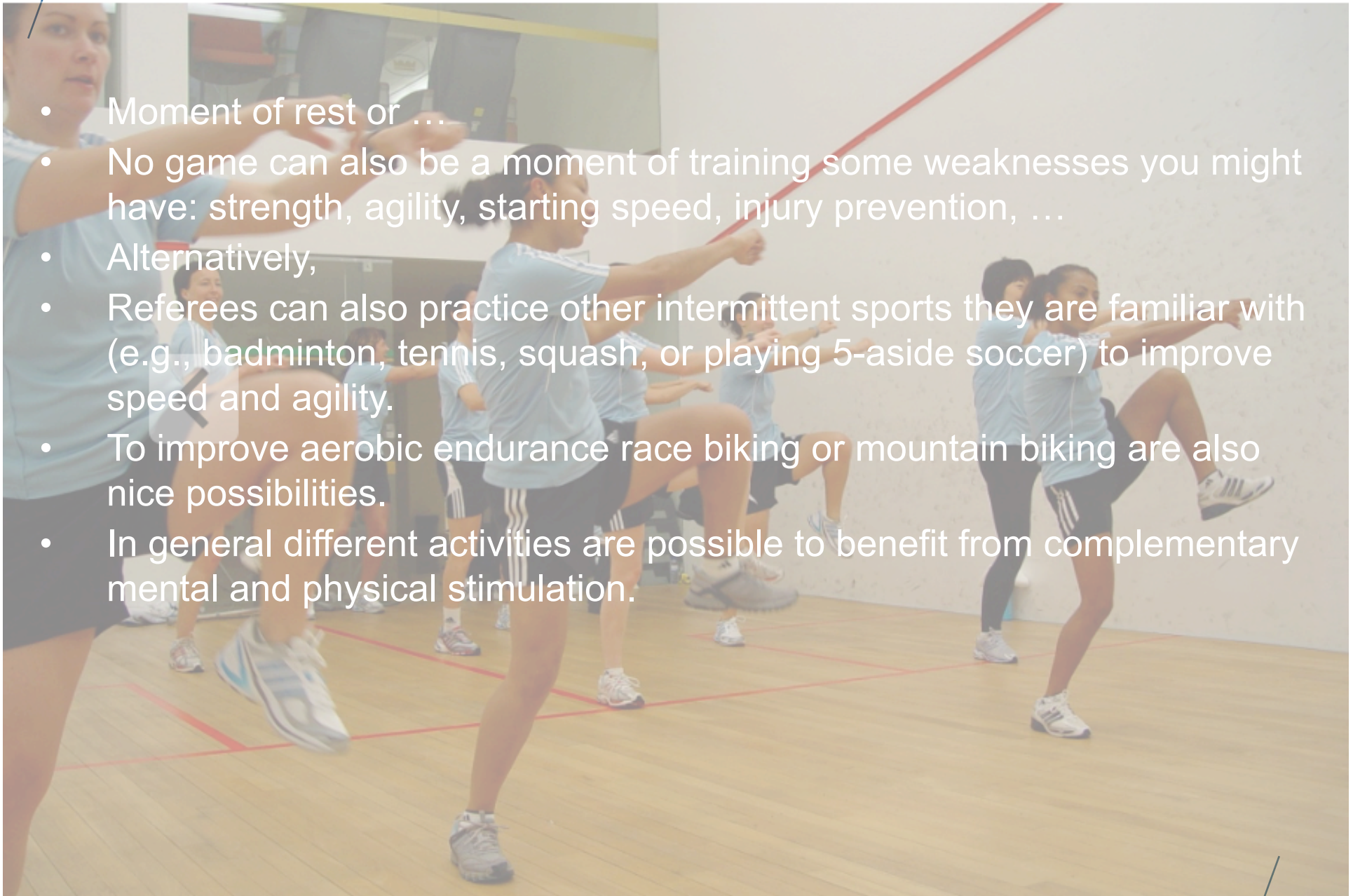
- 10' warm up (walking & jogging on a treadmill between 09 & 12 km/hr, followed by mobilisation exercises)
- 30' non-weight bearing exercises (70-75% HRmax), such as: 15' cycling (80-90 cycles/min); 5' rowing (33-38 cycles/min); 10' gliding / stepping (65-75 cycles/min)
- 10' CORE exercises (*should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

- 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.





# *Week 2*

## *Fitness team*

## Week 2

The FIFA logo is located in the top right corner. It consists of the word "FIFA" in white, bold, sans-serif capital letters, set against a blue parallelogram background.

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 / SE  
• Strength  
• SEfield 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 ...***

- **Bicycle crunch**

- Position: Lie on your back with hips and knees bent 90° and hands at your temples.
- Exercise: Bend one knee towards your head while straightening the other. Use abdominal muscles to tilt your upper body by bringing your opposite elbow to the raised knee.
- Comment: Continue by alternating your other knee.
- **2x 30 reps (variant: /)**

- **Lateral leap**

- Position: Stand upright with legs approximately hip width apart, with arms to the side.
- Exercise: quickly flex the knees, hips and ankles while dipping to a quarter squat position. Immediately leap up and out (laterally) as far as possible. Softly absorb the landing and repeat.
- Comment: Allow the arms to naturally swing – keep the chest up and out and the core tight. Minimize the time between the landing and the next jump!
- **2x 30 reps (variant: /)**

- **Bench dip**

- Position: Sit sideways on bench. Place hands on edge of bench. Use arms to support weight and ease body forward to place feet on floor directly in front with knees bent.
- Exercise: Using arms, lower body until slight stretch is felt or buttocks touch floor. Return and repeat.
- Comment: Height bench should allow for full range of motion.
- **2x 30 reps (variant: /)**

- In addition to the set of strength and injury prevention exercises ...

- **Abdominals – curl up**

- **Push ups with knee and diagonal hand support**

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



## Tuesday: Speed & Agility exercise

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Referees & Assistant Referees

2 sets of 10  
reps

Set 1 (...)	... min
Recovery	... min
Set 2 (...)	... min
Total duration	± ... min

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

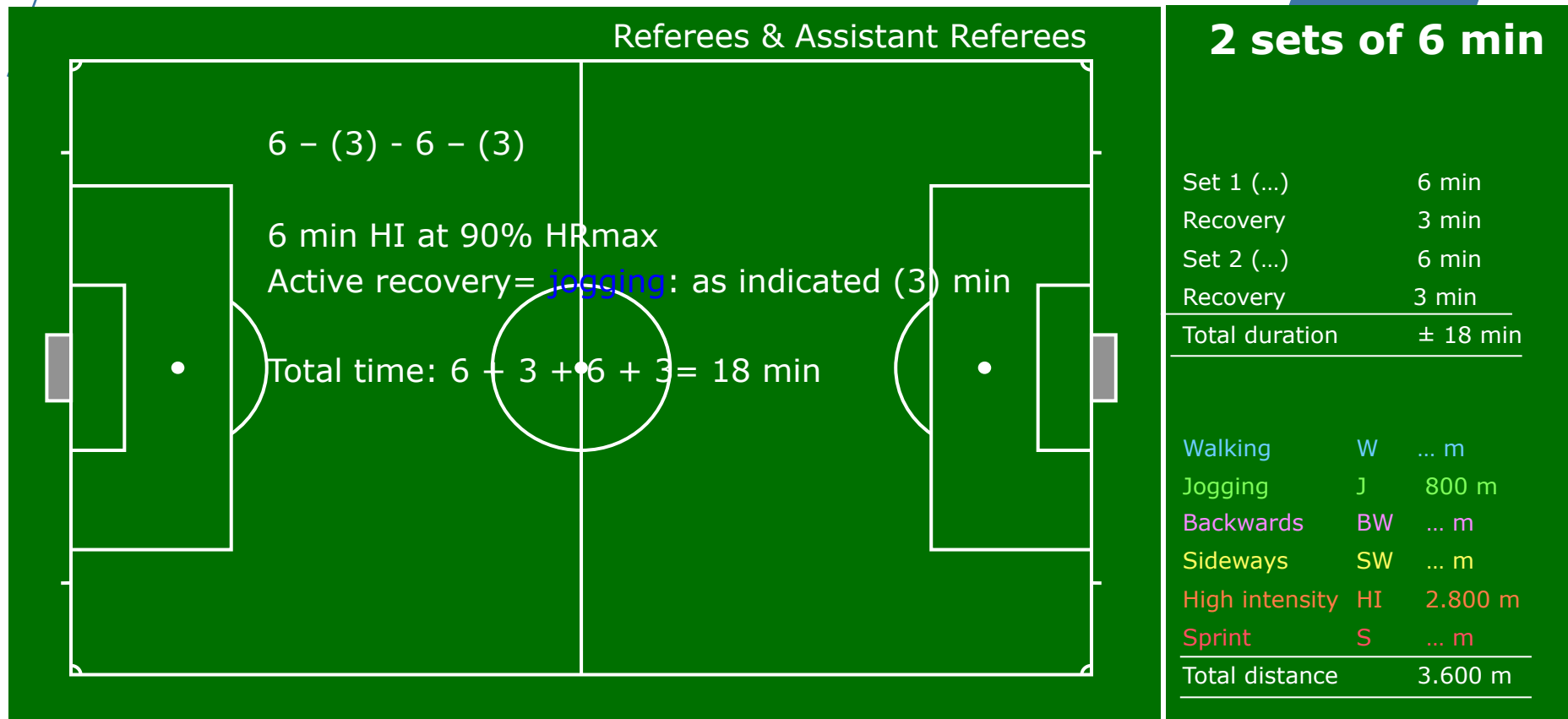
**Set 1:** Coordination exercises + sprint on coach signal. Perform 6 to 10 sprints. Make different coordination exercises.

**Recovery:** 4 min

**Set 2:** Repeat the same exercise.

## Tuesday: High Intensity exercise

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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:** 6 min at 90% HRmax (HI tempo run) = +/- 1,4km. *followed by 3 min of jogging (active recovery)*

**Recovery:** 3 min

**Set 2:** Repeat the same exercise.

**Total:** (6' HI + 3' jog)x 2 = 18 min

During these HI-sessions, the lactate producing energy system may be highly stimulated for short periods of time. Specially, this means that the training overlaps anaerobic speed endurance training. You should yourself (or by your private coach) ensure that the exercise intensity during HI-training sessions does not become so high that the training becomes exclusively speed endurance training. If the intensity is too high, you will not be able to keep a high enough work rate during subsequent work periods and the desired effect of this HI-training will be lost. So please keep an eye on your polar watch!

- Referees & Assistant Referees
- Min. 50 min **cycling** at 76% Hrmax + after each 10 min a longer acceleration of 3/2 min (at 86% Hrmax)
- Total of 50 min = 10 (at 76%) + 3 (at 86%) + 10 + 2 + 10 + 3 + 10 + 2

●

- **'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**


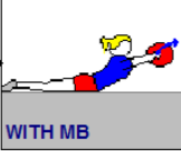
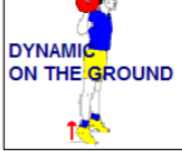


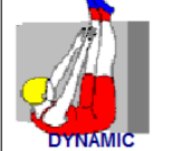








# Thursday: Strength exercises

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## CORE STABILITY AND PLIOMETRIC EXERCISES

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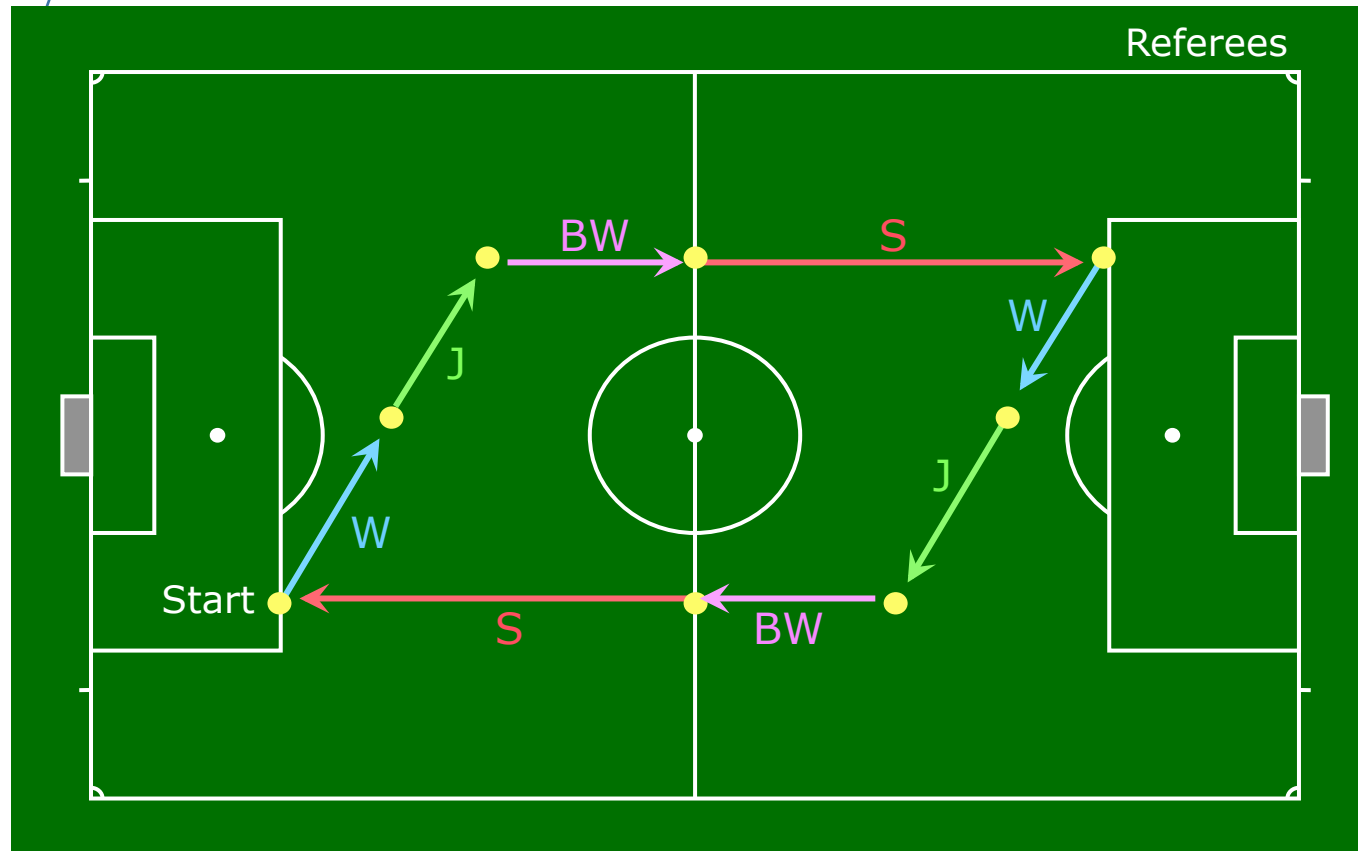
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**6 STATIONS IN TOTAL.**  
**EACH NUMBER OF EXERCISES HAVE 2 EXERCISES.**  
**2 TIMES EACH NUMBER (MEANS 4 )**  
**REST 1' TO THE OTHER STATION.**



## Thursday: Speed Endurance (SE) exercise

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### 2 sets of 6 laps

One lap	1'20"
Set 1 (6 laps)	8 min
Recovery	4 min
Set 2 (6 laps)	8 min
Total duration	20 min

Walking	W	480 m
Jogging	J	480 m
Backwards	BW	480 m
Sideways	SW	---
High intensity	HI	---
Sprint	S	720 m
Total distance		2160 m

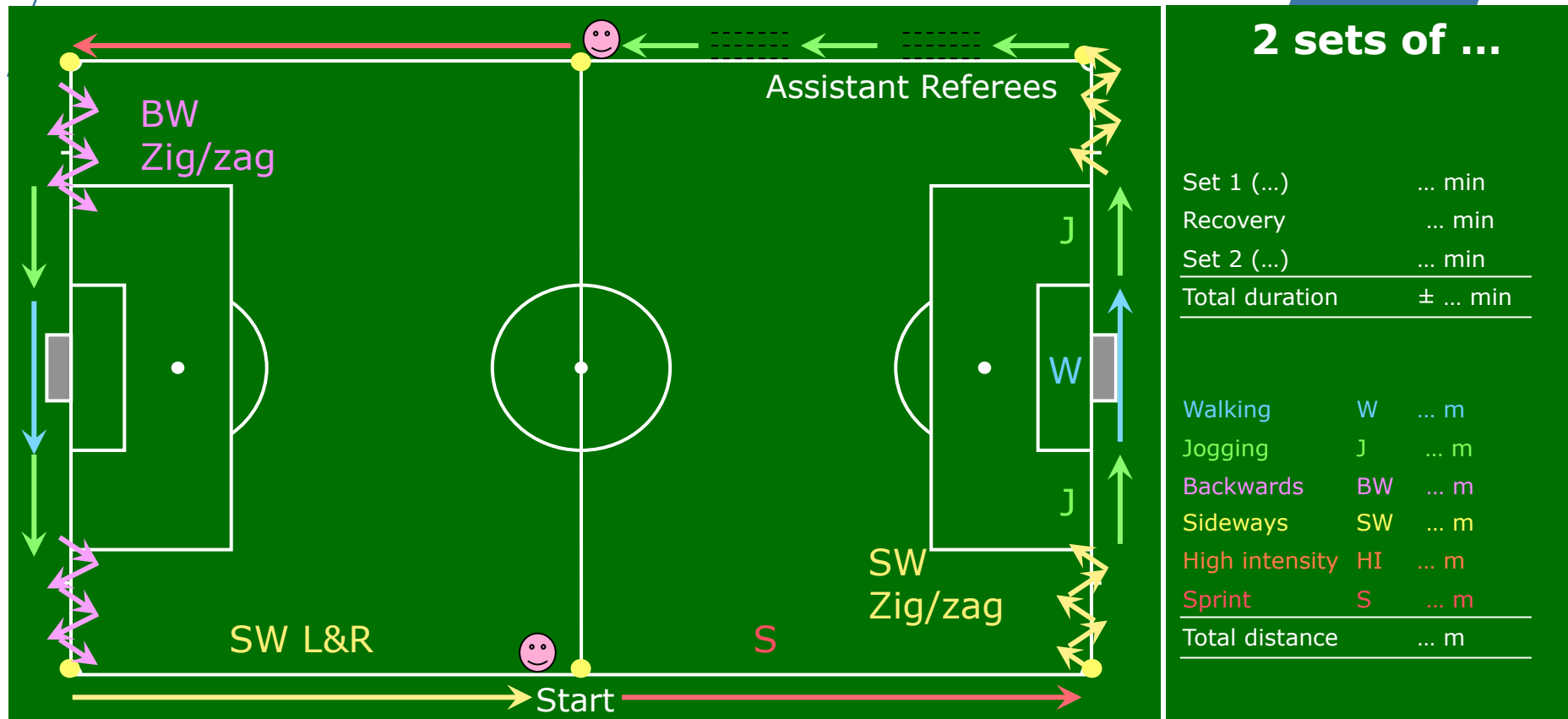
**Set 1:** Run 6 to 10 laps of the speed endurance exercise as indicated in the picture.

**Recovery:** 4 min.

**Set 2:** Again 6 to 10 laps of the same exercise.

# Speed endurance exercise for assistant referees

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**Set 1:** Perform the speed endurance exercise as indicated in the picture.

6 to 8x, almost max, 2 sets

**Recovery:** 4 min

**Set 2:** Repeat the same exercise.

**Note:** *The use of your flag is very useful!*

*Look always towards the field of play (towards your referee)!*

**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.

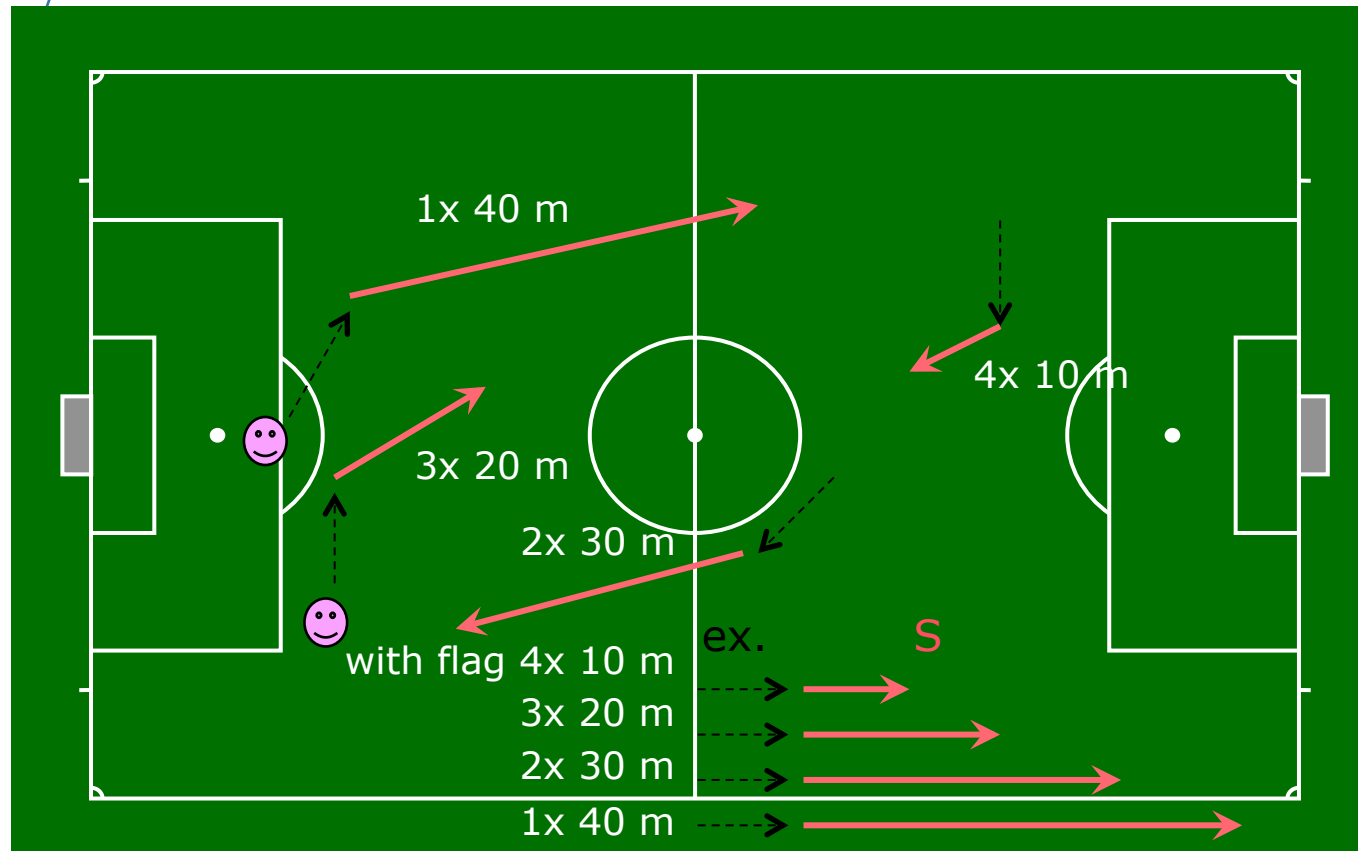
## Friday: Speed exercise

FIFA®

### 2 sets of ...

Set 1 (...)	... min
Recovery	... min
Set 2 (...)	... min
Total duration	± ... 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:** Sprints from a dynamic position; MD-1. Referees on specific positions on the pitch. Assistant referees run with their flag along the sideline.

**Recovery:** 4 min

**Set 2:** Repeat the same exercise.

## 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

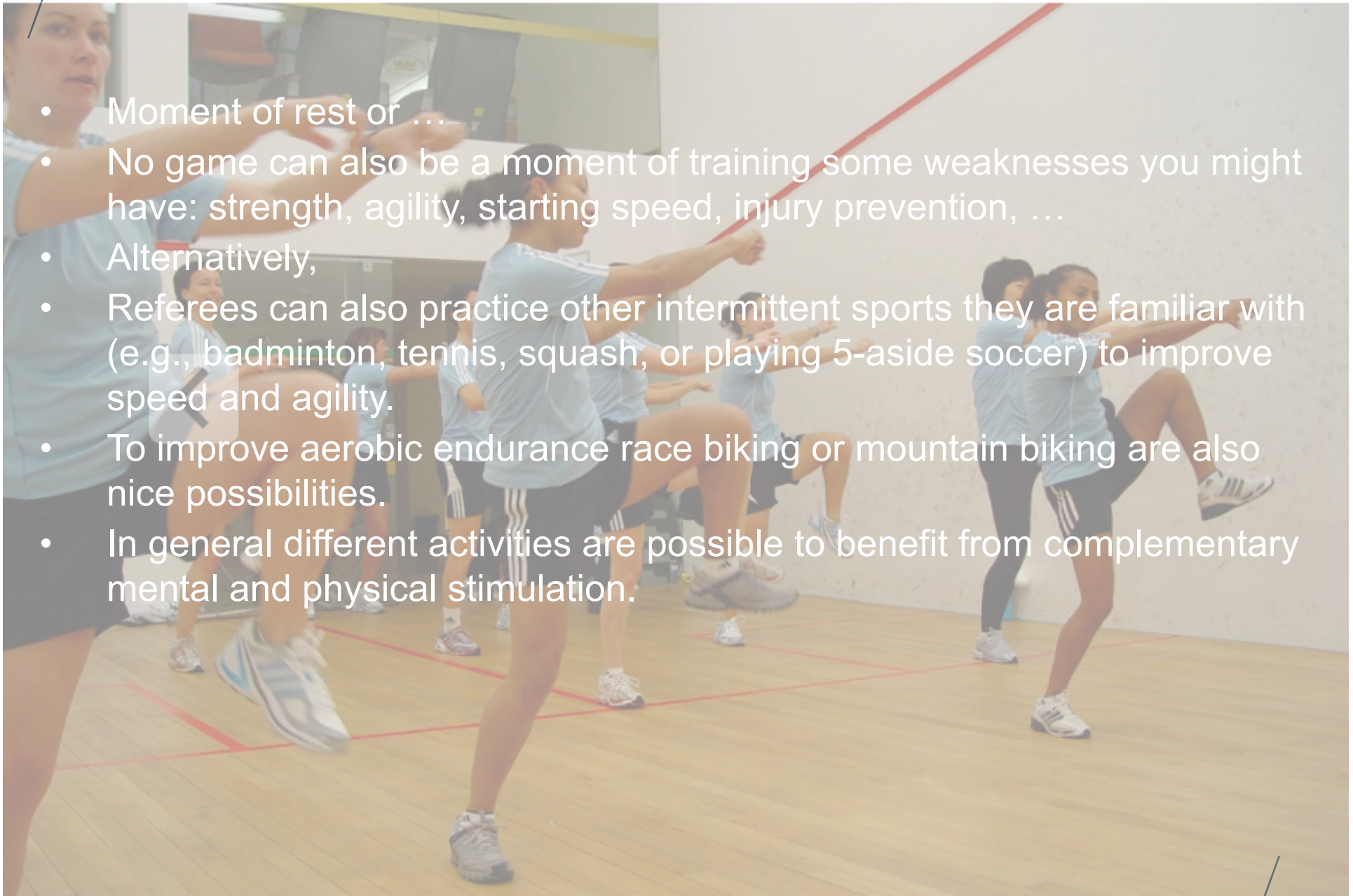
During these LI-sessions or Active recovery, the energy system is aerobically and the impact on the joints should be low. This kind of training should help you to recover better after an intense training or game. The tempo should be an 'comfortable jog/run'.



## Sunday: Alternative ...

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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 group of women's football players in green tracksuits and black shorts are running on a grass field. The image is partially obscured by a large blue diagonal graphic on the right side of the slide.

# *Week 3*

## *Fitness team*

## Week 3

The FIFA logo is located in the top right corner. It consists of the word "FIFA" in white, bold, sans-serif capital letters, set against a blue parallelogram background.

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 / RSA  
• Strength  
• RSA-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 ...***

- **Bicycle crunch**

- Position: Lie on your back with hips and knees bent 90° and hands at your temples.
- Exercise: Bend one knee towards your head while straightening the other. Use abdominal muscles to tilt your upper body by bringing your opposite elbow to the raised knee.
- Comment: Continue by alternating your other knee.
- **2x 30 reps (variant: /)**

- **Lateral leap**

- Position: Stand upright with legs approximately hip width apart, with arms to the side.
- Exercise: quickly flex the knees, hips and ankles while dipping to a quarter squat position. Immediately leap up and out (laterally) as far as possible. Softly absorb the landing and repeat.
- Comment: Allow the arms to naturally swing – keep the chest up and out and the core tight. Minimize the time between the landing and the next jump!
- **2x 30 reps (variant: /)**

- **Bench dip**

- Position: Sit sideways on bench. Place hands on edge of bench. Use arms to support weight and ease body forward to place feet on floor directly in front with knees bent.
- Exercise: Using arms, lower body until slight stretch is felt or buttocks touch floor. Return and repeat.
- Comment: Height bench should allow for full range of motion.
- **2x 30 reps (variant: /)**

- In addition to the set of strength and injury prevention exercises ...

- **Abdominals – curl up**

- **Push ups with knee and diagonal hand support**

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

## Tuesday: Speed & Agility exercise

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Use steps or hurdles or Bulgarian bags.

**-- sets of -- laps**

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

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

**Set 1:** *Reaction / reactive exercises in combination with speed!* Side jumps (2x) – sprint (5m) – sideways – backwards- (all 2x) – ending with a side jump (2 feet). Walk back – 5 reps.

**Recovery:** 4 min (also recovery after each sprint by walking back)

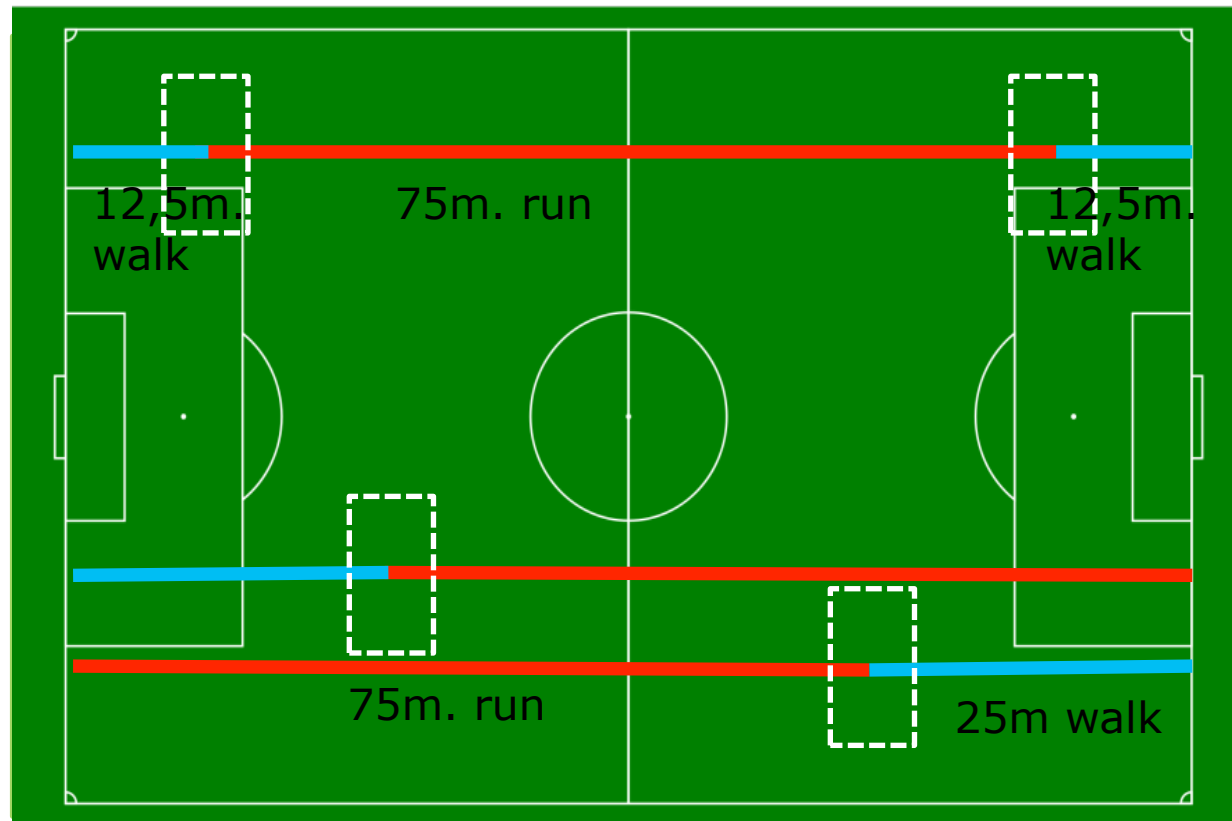
**Set 2:** Repeat the same exercise.

*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.*

## Tuesday: High Intensity exercise

**FIFA®**



### 2 sets of ...

Set 1 (...)	... min
Recovery	... min
Set 2 (...)	... min
Total duration	± ... min

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

### VARIATION ON FOOTBALL FIELD

**Referees & Assistant-Referees:** based on FIFA fitness test

Files 15"-20" (75m HI in 17" and 25 walk in 20") *Depending on the level! See extra chart last month.*

**Set 1:** 6 laps (or 24 accelerations) 15"-20" Referees / 15"-22" Assistant-Referees

**Recovery:** 3 to 4 min in between

**Set 2:** again 6 laps (or 24 accelerations) 15"-20" or 15"-22"

- Alternative OUTDOOR

- Referees & Assistant Referees
- Min. 60 min **cycling** at 76% Hrmax + after each 10 min a longer acceleration of 3 min (at 86% Hrmax)
- Total of 62 min = 10 (at 76%) + 3 (at 86%) + 10 + 3 + 10 + 3 + 10 + 3 + 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!*
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  - The same exercise as outside can be done inside.

[illegible]



**Wednesday: REST day**


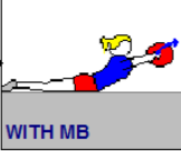
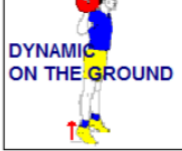


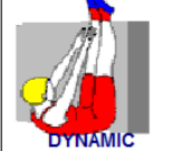








# Thursday: Strength exercises

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## CORE STABILITY AND PLIOMETRIC EXERCISES

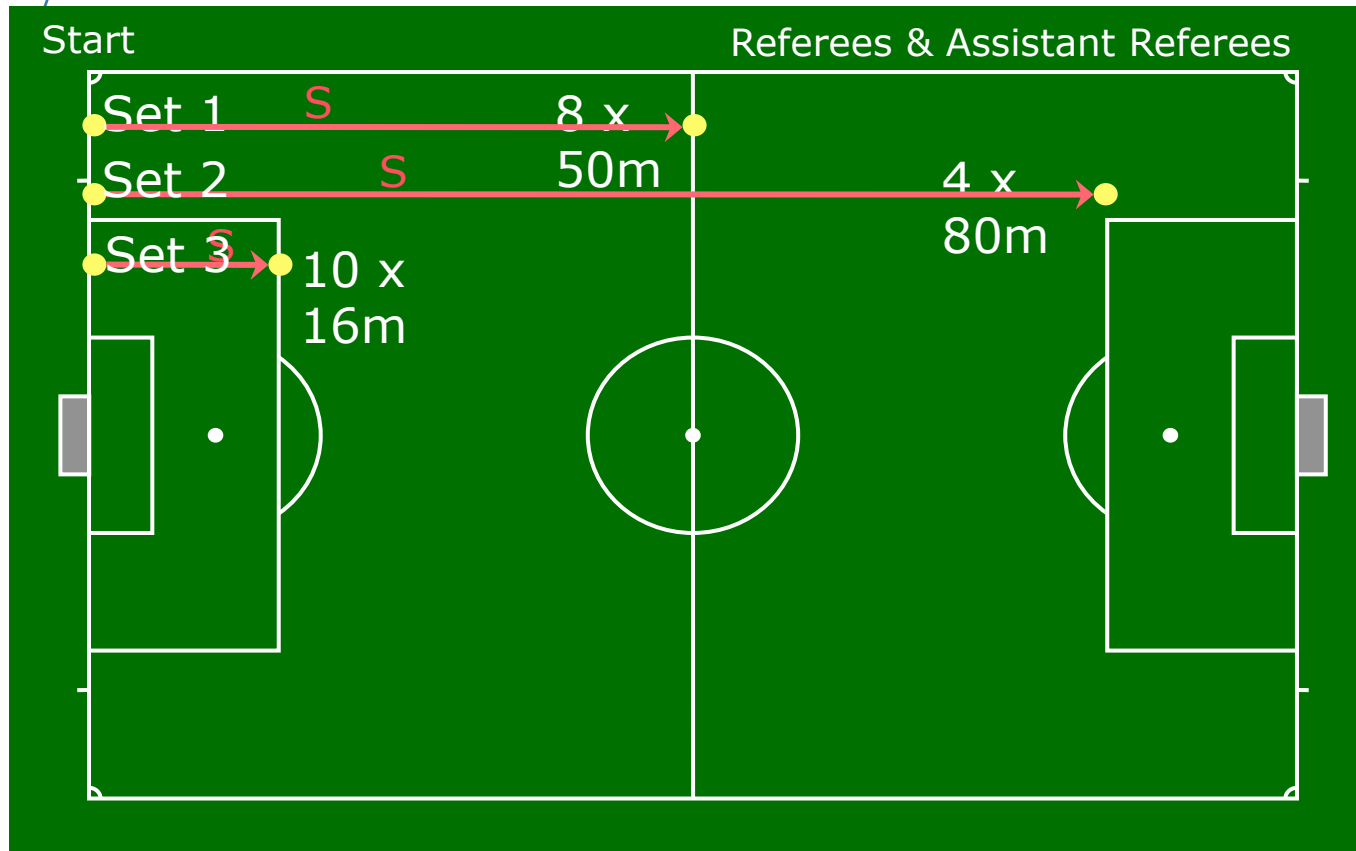
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<b>3</b> <p>LOWER</p>  <p>LOWER BACK</p> <p>1' HOLDING STATIC POSITION</p>	<p>UPPER...</p>  <p>DYNAMIC</p> <p>IN 1 MINUTE FAST AS POSSIBLE</p>	<b>4</b> <p>LOWER</p>  <p>SQUAT JUMP</p> <p>45° FLEXION 30 TIMES</p>	<p>UPPER</p>  <p>PUSH UP ON THE BOX</p> <p>10 TIMES From the box to the ground and back (both hands together)</p>
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**6 STATIONS IN TOTAL.**  
**EACH NUMBER OF EXERCISES HAVE 2 EXERCISES.**  
**2 TIMES EACH NUMBER (MEANS 4 )**  
**REST 1' TO THE OTHER STATION.**

## Thursday: Repeated Speed Ability (RSA)

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### 3 sets of fast runs

Set 1 (8 x 50m)	10 min
Set 2 (4 x 80m)	7.5 min
Set 3 (10 x 16m)	3.5 min
Recovery	2' each set
Total duration	27 min

Walking	W	---
Jogging	J	880 m
Backwards	BW	---
Sideways	SW	---
High intensity	HI	---
Sprint	S	880 m
Total distance		1760 m

**Set 1:** 8 sprints to the midline (50" recovery in between each sprint).

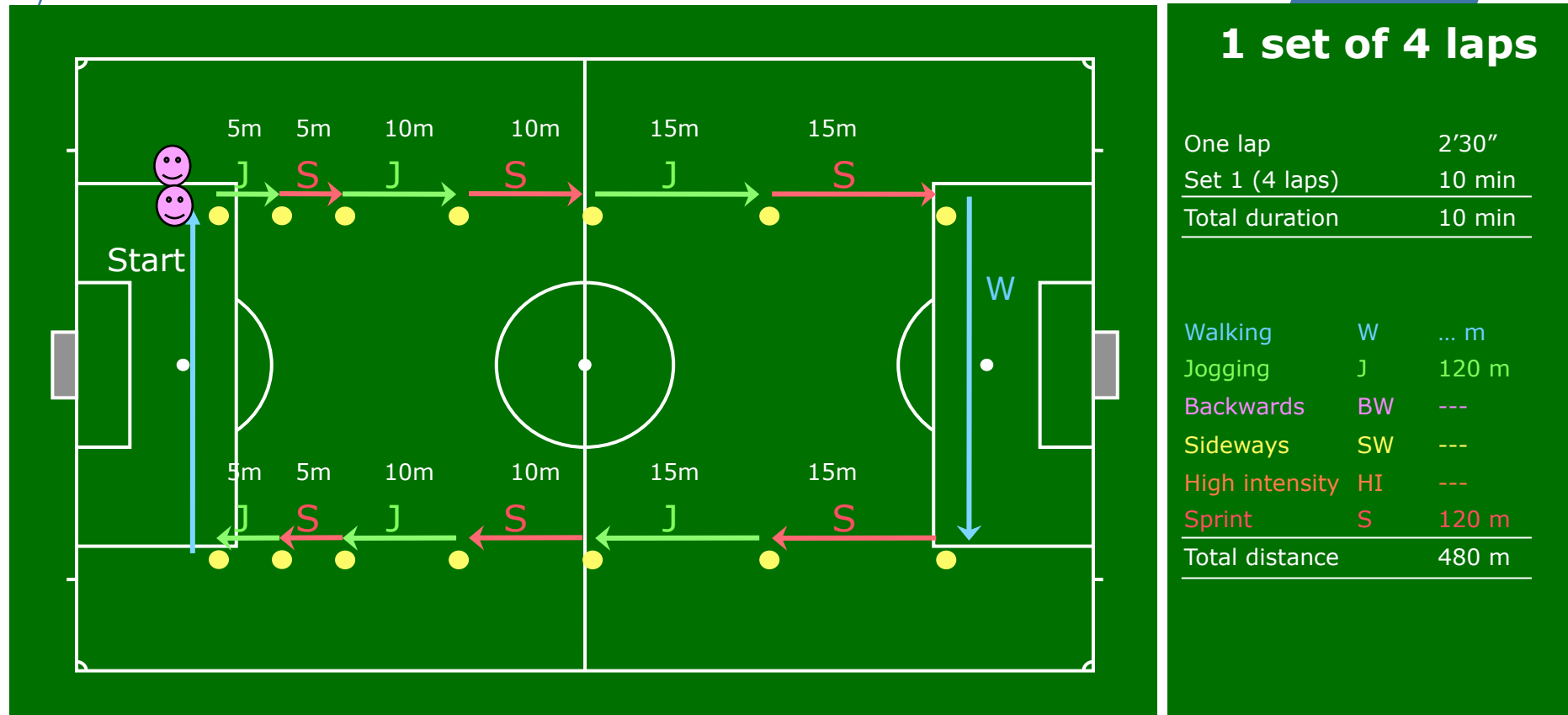
**Set 2:** 4 sprints of 80 m (70" recovery in between each sprint).

**Set 3:** 10 sprints to the penalty box (20" recovery in between each sprint).

**Recovery:** between each set 2'30" or 1 lap of jogging around the pitch.

## Friday: Speed exercise

FIFA®



**Set 1:** Jog to the first cone, sprint to the second cone, jog to the third cone, sprint to the fourth cone, jog to the fifth cone, sprint to the sixth cone. Walk back to the start.

### 3 sets

In total  $100\text{m} \times 2 \times 3 = 600\text{m}$ .

Use the polar watch to determine the recovery time in between repetitions. It should be less than 60-65% of HRmax before you restart the next repetition (approximately 120 bts/min)

**Variation:** instead of jogging, run backwards or sideways.



## Saturday: Game

**FIFA®**





## 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 football training session on a grassy field. In the foreground, a Black player is in a low, ready stance, holding a purple ball. A white player is leaning forward, ready to pass or receive the ball. In the background, two other players are watching. They are all wearing white Adidas training shirts and black shorts. The scene is set outdoors with trees in the background.

# *Week 4*

## *Fitness team*

## Week 4

The FIFA logo is displayed in white capital letters on a blue parallelogram background.

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
- 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 ...***

- **Bicycle crunch**

- Position: Lie on your back with hips and knees bent 90° and hands at your temples.
- Exercise: Bend one knee towards your head while straightening the other. Use abdominal muscles to tilt your upper body by bringing your opposite elbow to the raised knee.
- Comment: Continue by alternating your other knee.
- **2x 30 reps (variant: /)**

- **Lateral leap**

- Position: Stand upright with legs approximately hip width apart, with arms to the side.
- Exercise: quickly flex the knees, hips and ankles while dipping to a quarter squat position. Immediately leap up and out (laterally) as far as possible. Softly absorb the landing and repeat.
- Comment: Allow the arms to naturally swing – keep the chest up and out and the core tight. Minimize the time between the landing and the next jump!
- **2x 30 reps (variant: /)**

- **Bench dip**

- Position: Sit sideways on bench. Place hands on edge of bench. Use arms to support weight and ease body forward to place feet on floor directly in front with knees bent.
- Exercise: Using arms, lower body until slight stretch is felt or buttocks touch floor. Return and repeat.
- Comment: Height bench should allow for full range of motion.
- **2x 30 reps (variant: /)**

- In addition to the set of strength and injury prevention exercises ...

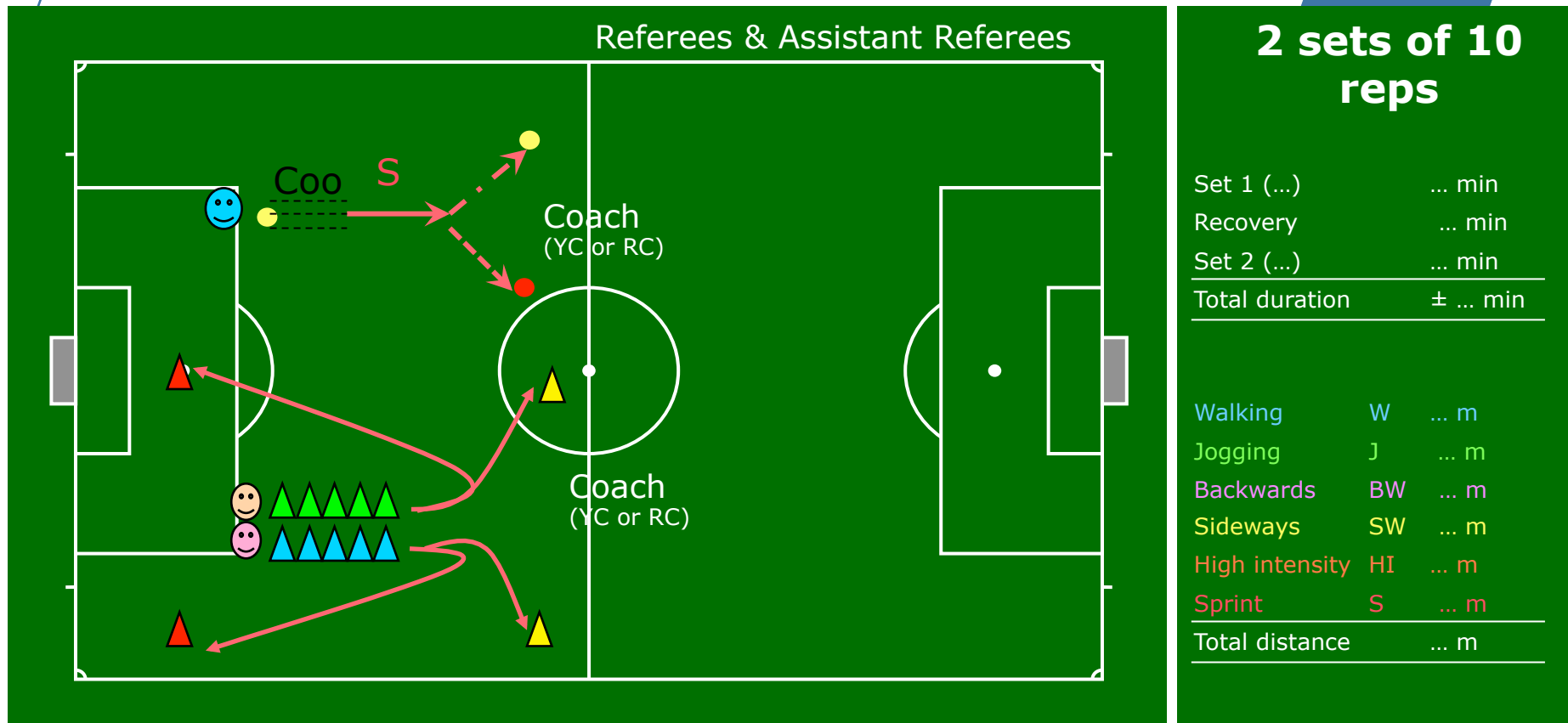
- **Abdominals – curl up**

- **Push ups with knee and diagonal hand support**

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

## Tuesday: Speed & Agility exercise

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**Set 1:** Coordination exercises + sprint on coach signal. Perform 6 to 10 sprints. Make different coordination exercises.

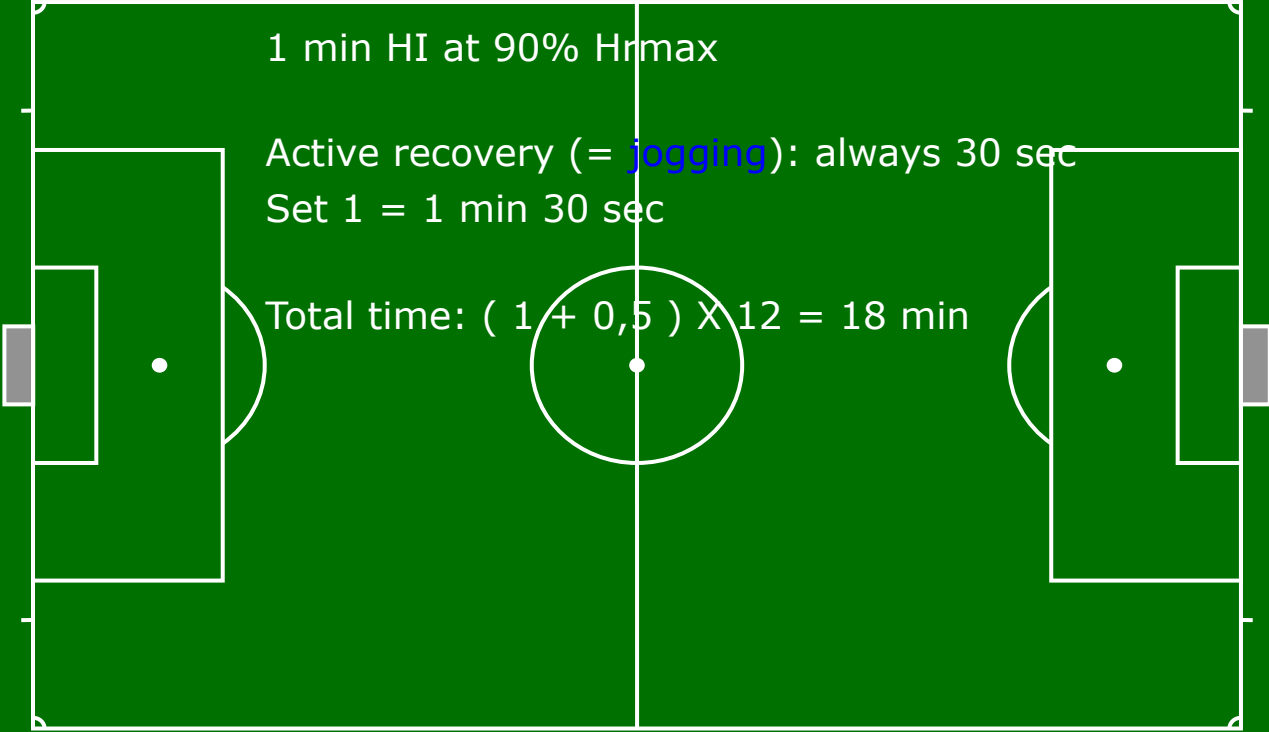
**Recovery:** 4 min

**Set 2:** Repeat the same exercise.



## Tuesday: High Intensity exercise

FIFA®



Referees & Assistant Referees

1 min HI at 90% Hrmax

Active recovery (= jogging): always 30 sec

Set 1 = 1 min 30 sec

Total time: ( 1 + 0,5 ) X 12 = 18 min

### 12 sets of 1 min

Set 1 - 12 (...)	1 min
Recovery 1 - 12	30 sec
Total duration	± 18 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 (76% HRmax) as active recovery. This session you can perform on any 'sportive' surface as grass, forest, hard sand, ...

**Set 1:** 1 min at 90% HRmax (HI tempo run) *followed by 30 sec of jogging (active recovery)*

**Recovery:** 30 sec

**Set 2:** Repeat the same exercise.

Total: (1' HI + 30" jog)x 12 = 18 min

During these HI-sessions, the lactate producing energy system may be highly stimulated for short periods of time. Specially, this means that the training overlaps anaerobic speed endurance training. You should yourself (or by your private coach) ensure that the exercise intensity during HI-training sessions does not become so high that the training becomes exclusively speed endurance training. If the intensity is too high, you will not be able to keep a high enough work rate during subsequent work periods and the desired effect of this HI-training will be lost. So please keep an eye on your polar watch!

- Referees & Assistant Referees
- Min. 60 min **cycling** at 76% Hrmax + after each 10 min a longer acceleration of 3 min (at 86% Hrmax)
- Total of 62 min = 10 (at 76%) + 3 (at 86%) + 10 + 3 + 10 + 3 + 10 + 3 + 10

●

- **'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.

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**Wednesday: REST day**

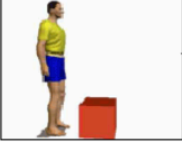
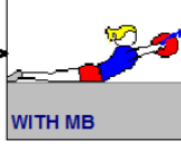



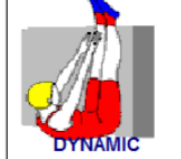



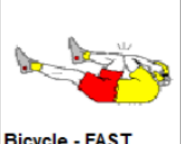




# Thursday: Strength exercises

FIFA FITNESS  
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## STRENGTH TRAINING

FIFA®

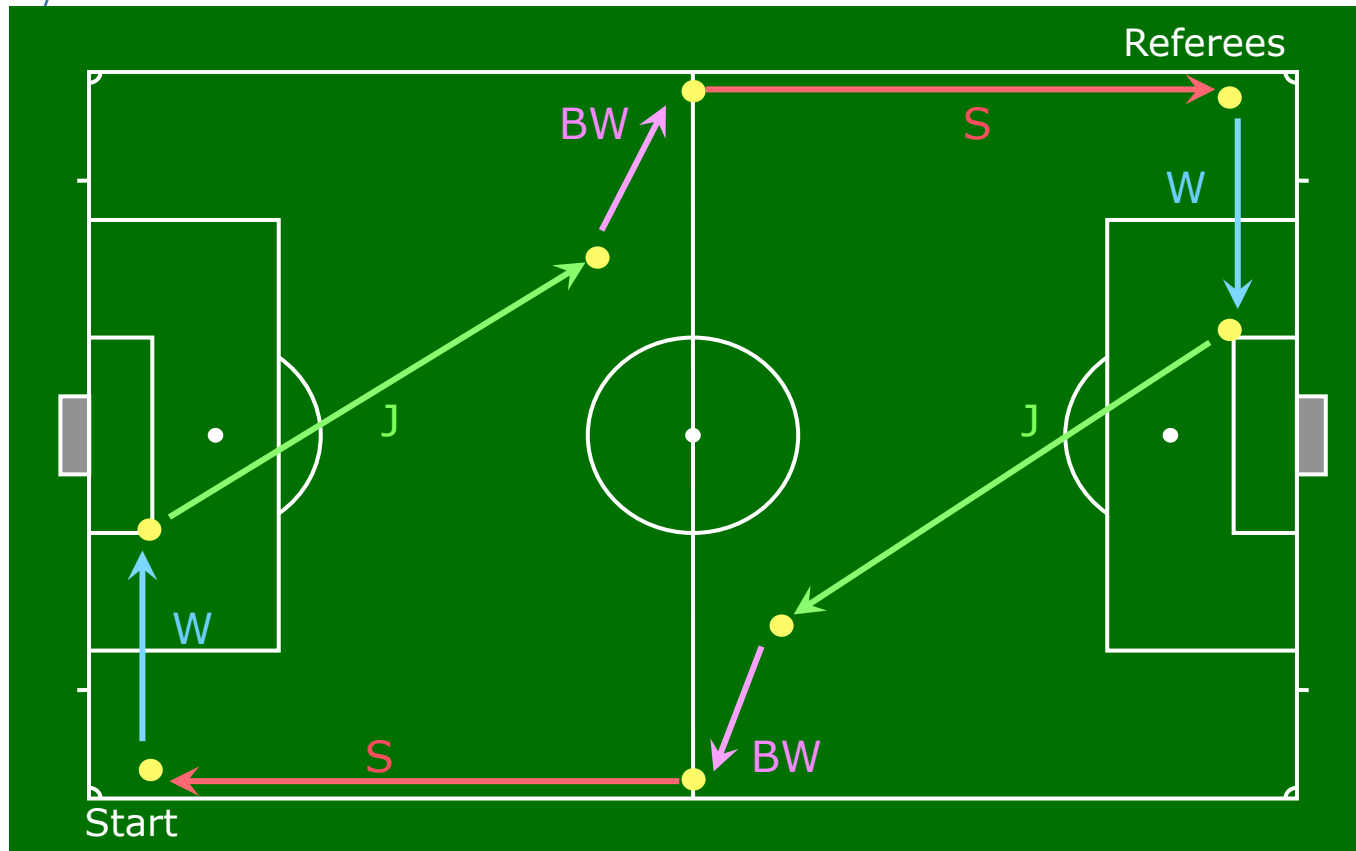
<b>1</b> LOWER <b>JUMPING BOX</b>  box = 30 cm to 50 cm time = 40 to 60 time...	<b>UPPER</b>  <b>WITH MB</b> Just up an down with the ball 20 times	<b>2</b> LOWER <b>DYNAMIC ON THE GROUND</b>  Weight : 20kg 20 times -...	<b>UPPER</b>  <b>AMPLITUDE</b> With MB or Weight 5kg 20 times each side Move the ball on side...
<b>3</b> LOWER  <b>Rope</b> 5x20 m Rope With or Without Hoop	<b>UPPER ...</b>  <b>DYNAMIC</b> IN 1 MINUTE FAST AS POSSIBLE	<b>4</b> LOWER  <b>Box or Hurdles SQUAT JUMP</b> 45° FLEXION 30 TIMES	<b>UPPER</b>  <b>PUSH UP ON THE BOX</b> 10 TIMES From the box to the ground and back (both hands together)
<b>5</b> LOWER <b>DEADLIFT</b>  15 to 30 KG . 1 MINUTE	<b>UPPER</b>  <b>Bicycle - FAST</b> 1.30 MINUTES NON STOP	<b>6</b> LOWER <b>LUNGES</b>  2 MINUTES NON STOP LEFT AND RIGHT	<b>UPPER</b>  <b>DYNAMIC FAST</b> 3 MINUTES NON STOP

**6 STATIONS IN TOTAL.**  
**EACH NUMBER OF EXERCISES HAVE 2 EXERCISES.**  
**2 TIMES EACH NUMBER (MEANS 4 )**  
**REST 1' TO THE OTHER STATION.**



## Thursday: Speed endurance exercise for referees

FIFA®



### 2 sets of 5 laps

One lap	2 min
Set 1 (5 laps)	10 min
Recovery	4 min
Set 2 (5 laps)	10 min
Total duration	24 min

Walking	W	500 m
Jogging	J	800 m
Backwards	BW	200 m
Sideways	SW	--- m
High intensity	HI	--- m
Sprint	S	800 m
Total distance		2300 m

### REPETITION FROM JULY!

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

**Recovery:** 4 min.

**Set 2:** Run again 5 laps of the same exercise.

Or

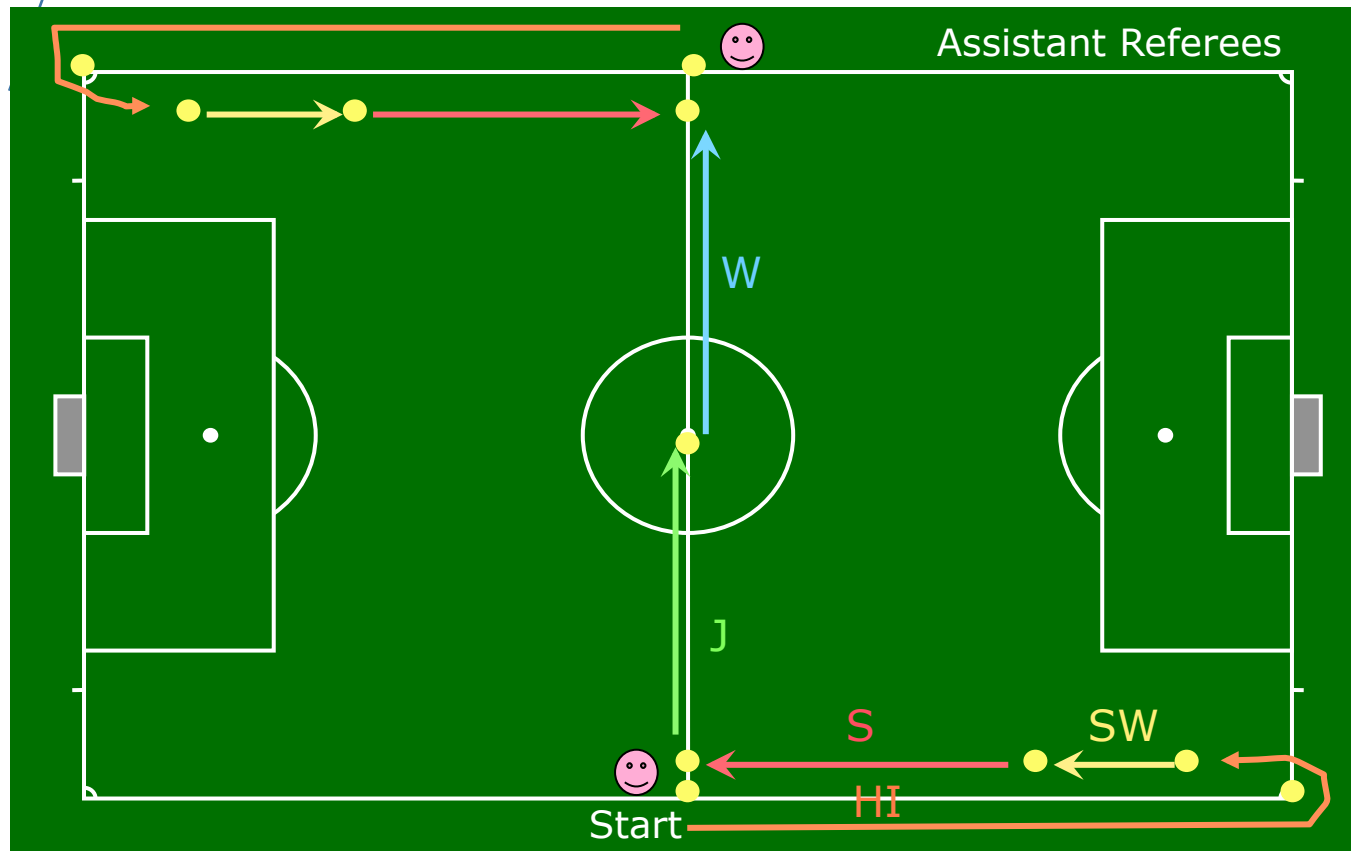
**Set 1:** Perform 10 to 12 min of field specific exercise as indicated in the picture.

**Recovery:** 4 min

**Set 2:** Repeat the same exercise.

## Thursday: Speed endurance exercise for AR's

**FIFA®**



### 2 sets of ...

Set 1 (...)	... min
Recovery	... min
Set 2 (...)	... min
Total duration	± ... min

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

### REPETITION FROM JULY!

**Set 1:** Perform 10 min to 12 of the speed endurance exercise as indicated in the picture.

(5 to 6 laps; max 1'45 to 2' for each lap)

**Recovery:** 4 min

**Set 2:** Repeat the same exercise.

All together this exercise takes  $10 + 4 + 10 = \pm 24$  min

**Note:** AR: 'Look inside the field of play at your referee!' (As R has to overview ball and AR)

**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.

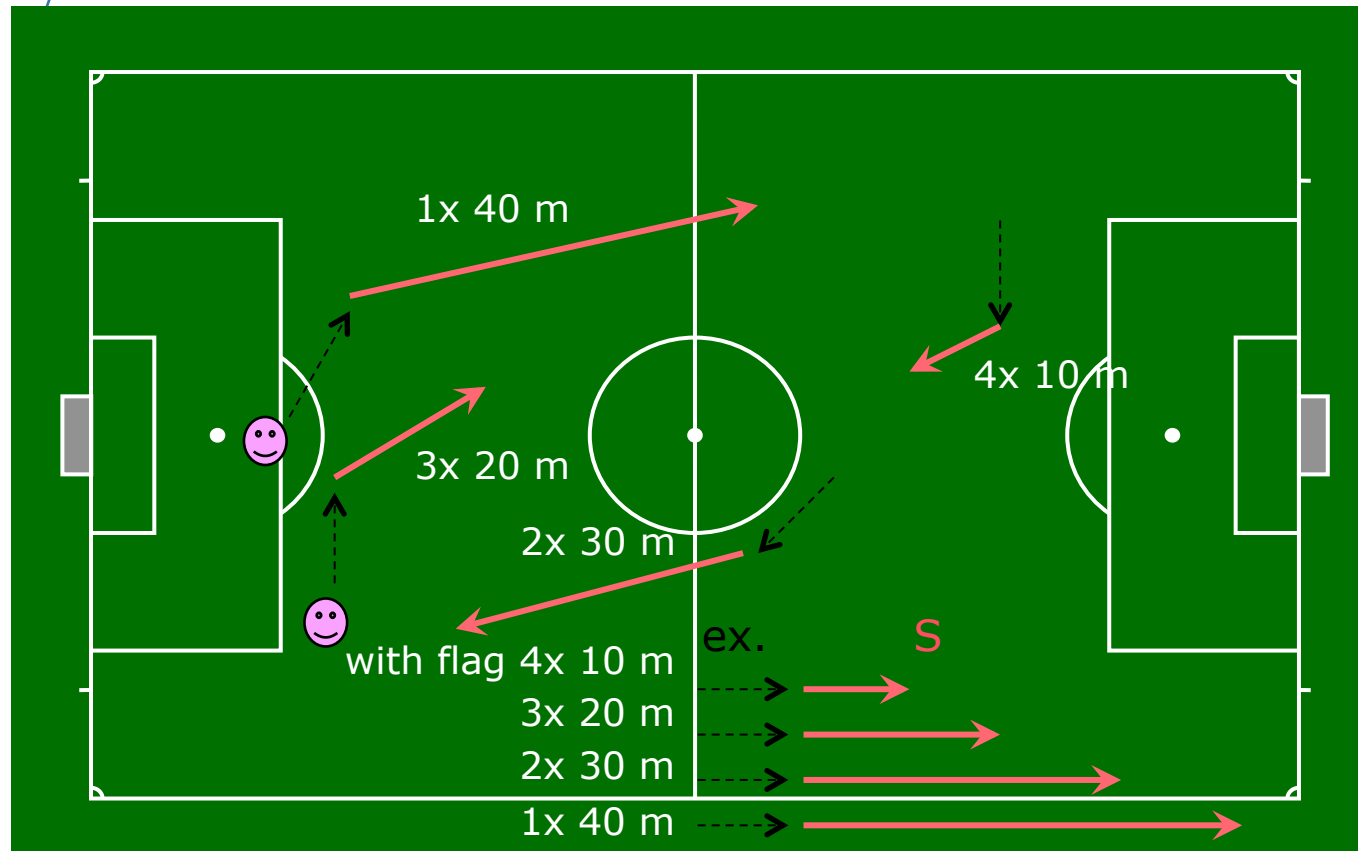
## Friday: Speed exercise

FIFA®

### 2 sets of ...

Set 1 (...)	... min
Recovery	... min
Set 2 (...)	... min
Total duration	± ... 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:** Sprints from a dynamic position; MD-1. Referees on specific positions on the pitch. Assistant referees run with their flag along the sideline.

**Recovery:** 4 min

**Set 2:** Repeat the same exercise.

## Saturday: Game

**FIFA®**





## 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'.



# ***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-field run ex. total time: 90 min

# Monday: CORE & basic strength exercises

FIFA®



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

- **Bicycle crunch**

- Position: Lie on your back with hips and knees bent 90° and hands at your temples.
- Exercise: Bend one knee towards your head while straightening the other. Use abdominal muscles to tilt your upper body by bringing your opposite elbow to the raised knee.
- Comment: Continue by alternating your other knee.
- **2x 30 reps (variant: /)**

- **Lateral leap**

- Position: Stand upright with legs approximately hip width apart, with arms to the side.
- Exercise: quickly flex the knees, hips and ankles while dipping to a quarter squat position. Immediately leap up and out (laterally) as far as possible. Softly absorb the landing and repeat.
- Comment: Allow the arms to naturally swing – keep the chest up and out and the core tight. Minimize the time between the landing and the next jump!
- **2x 30 reps (variant: /)**

- **Bench dip**

- Position: Sit sideways on bench. Place hands on edge of bench. Use arms to support weight and ease body forward to place feet on floor directly in front with knees bent.
- Exercise: Using arms, lower body until slight stretch is felt or buttocks touch floor. Return and repeat.
- Comment: Height bench should allow for full range of motion.
- **2x 30 reps (variant: /)**

- In addition to the set of strength and injury prevention exercises ...

- **Abdominals – curl up**

- **Push ups with knee and diagonal hand support**

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

## Tuesday: Speed & Agility exercise

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Sprint with turnaround  
(total 60m)

5m 10m 15m 20m

W

S

**-- sets of -- laps**

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

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

**Set 1:** *Speed exercises!* Sprint back and forth 5m – 10m – 15m. In total 40m. 4 times make one set.

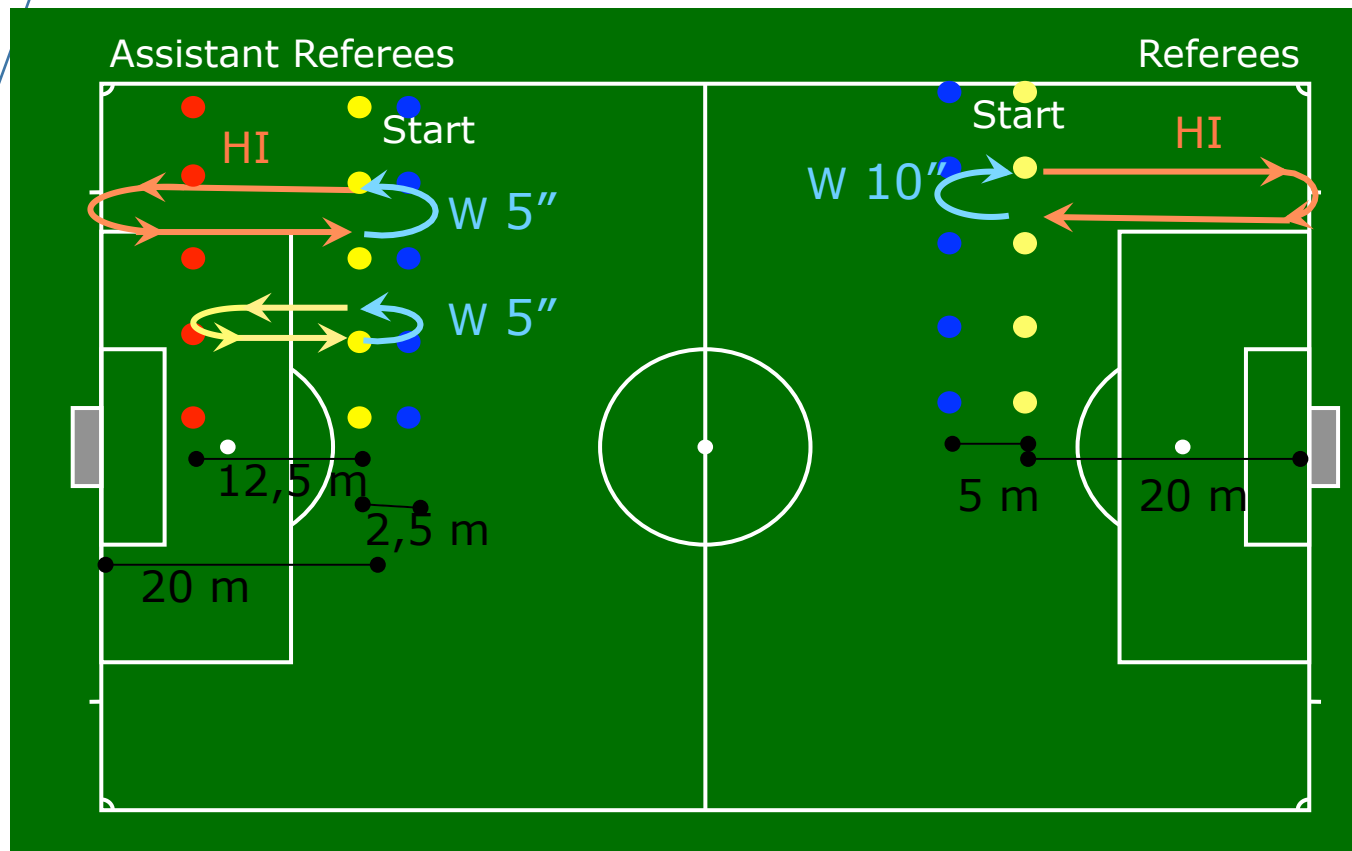
**Recovery:** 4 min (also recovery after each sprint by walking to the goal line and back)

**Set 2:** Repeat the same exercise.



## Tuesday: High Intensity exercise

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### 2 sets of x reps

Set 1 (...)	4 min
Recovery	3 min
Set 2 (...)	4 min
Total duration	± 11 min

	ARIET	
Walking	W	... m
Jogging	J	... m
Backwards	BW	... m
Sideways	SW	... m
High intensity	HI	1040 m
Sprint	S	... m
Total distance		1040 m

**Referees:** Yo-Yo based: Yo-Yo Intermittent Recovery test Level 1

**Set 1:** level 15.2 – 17.2 (+/- 5min)

**Set 2:** level 14.5 – 16.8 (+/- 6 min)

**Recovery:** 3 min in between sets

**Assistant Referees:** ARIET based: Yo-Yo Intermittent Endurance test Level 2

**Set 1:** level 13,5 (8) – 15.5 (2) (+/- 4 min)

**Set 2:** level 13.5 (6) – 15.0 (3) (+/- 4 min)

**Recovery:** 3 min in between sets

**If still fresh enough, both sets can be repeated!**

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

●

- **'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**


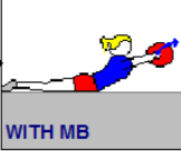
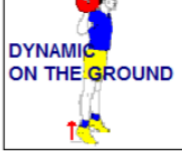


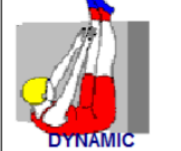








# Thursday: Strength exercises

JB AND KADER  
FIFA FITNESS  
INSTRUCTORS

## CORE STABILITY AND PLIOMETRIC EXERCISES

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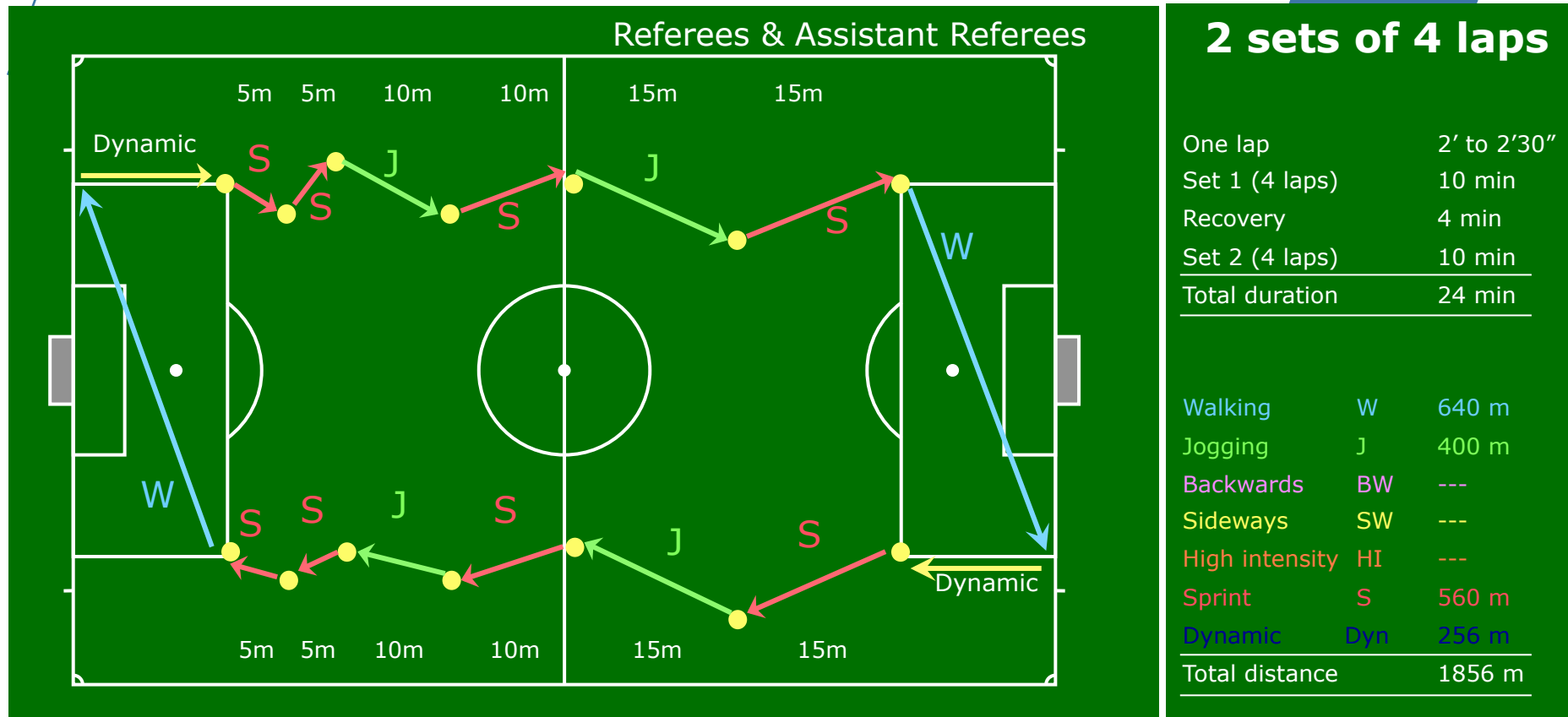
<b>1</b> <p>LOWER</p> <p><b>JUMPING BOX</b></p>  <p>box = 30 cm to 50 cm time = 40 to 60 times</p>	<p>UPPER</p>  <p>WITH MB</p> <p>Just up and down with the ball 20 times</p>	<b>2</b> <p>LOWER</p> <p><b>DYNAMIC ON THE GROUND</b></p>  <p>Weight : 20kg 20 times -...</p>	<p>UPPER</p>  <p>AMPLITUDE</p> <p>With MB or Weight Skg 20 times each side Move the ball on side...</p>
<b>3</b> <p>LOWER</p>  <p><b>LOWER BACK</b></p> <p>1' HOLDING STATIC POSITION</p>	<p>UPPER...</p>  <p><b>DYNAMIC</b></p> <p>IN 1 MINUTE FAST AS POSSIBLE</p>	<b>4</b> <p>LOWER</p>  <p><b>SQUAT JUMP</b></p> <p>45° FLEXION 30 TIMES</p>	<p>UPPER</p>  <p><b>PUSH UP ON THE BOX</b></p> <p>10 TIMES From the box to the ground and back (both hands together)</p>
<b>5</b> <p>LOWER</p>  <p><b>DEADLIFT</b></p> <p>30 KG . 1 MINUTE</p>	<p>UPPER</p>  <p><b>Bicycle - FAST</b></p> <p>1.30 MINUTES NON STOP</p>	<b>6</b> <p>LOWER</p>  <p><b>LUNGES</b></p> <p>2 MINUTES NON STOP LEFT AND RIGHT</p>	<p>UPPER</p>  <p><b>DYNAMIC FAST</b></p> <p>3 MINUTES NON STOP</p>

**6 STATIONS IN TOTAL.  
EACH NUMBER OF EXERCISES HAVE 2 EXERCISES.  
2 TIMES EACH NUMBER (MEANS 4 )  
REST 1' TO THE OTHER STATION.**



## Thursday: Repeated Speed Ability (RSA) exercise

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**Set 1:** Run 4 laps of the field run exercise as indicated in the picture.

Starting with a dynamic movement: high knees or heel lifts or fast feet or ...

Parallel each side line there are 3 accelerations to perform: 10m with inclination; 10 m and 15m.

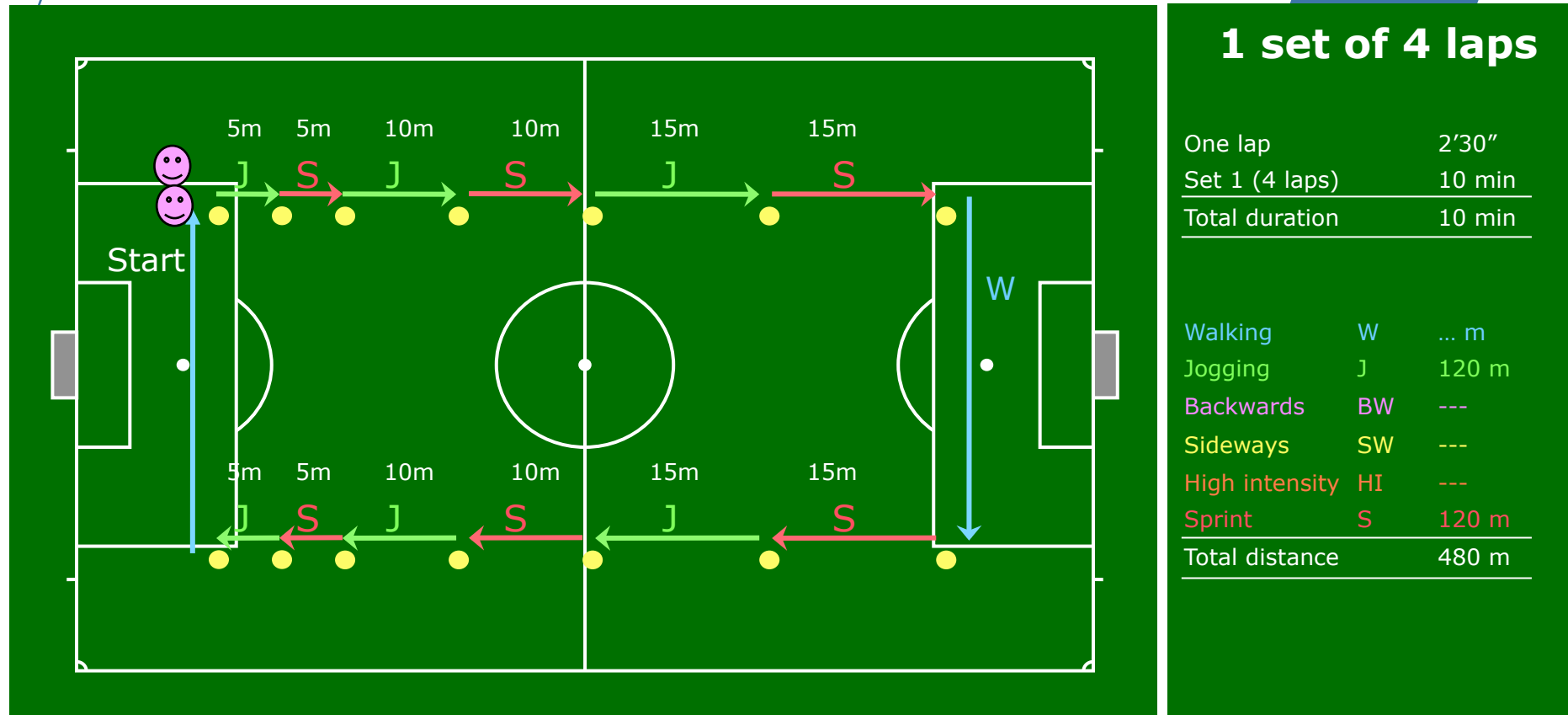
Recover by walking to the other side.

**Recovery:** 4 min.

**Set 2:** Again 4 laps of the same exercise.

## Friday: Speed exercise

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**Set 1:** Jog to the first cone, sprint to the second cone, jog to the third cone, sprint to the fourth cone, jog to the fifth cone, sprint to the sixth cone. Walk back to the start.

### 3 sets

In total  $100\text{m} \times 2 \times 3 = 600\text{m}$ .

Use the polar watch to determine the recovery time in between repetitions. It should be less than 60-65% of HRmax before you restart the next repetition (approximately 120 bts/min)

**Variation:** instead of jogging, run backwards or sideways.



**Success!**

Kader Touati: **mobile** 00 689 74 34 51 **mail** [kad.touati@gmail.com](mailto:kad.touati@gmail.com)  
Jean-Baptist Bultynck: **phone** +32 16 375 780 **mobile** +32 486 54 72 19 **mail** [jean-baptist.bultynck@ucll.be](mailto:jean-baptist.bultynck@ucll.be)

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*For the Game. For the World.*