



## Performance Training in Futsal Refereeing Weekly Training Plan

### **WEEK 1 from Monday 28<sup>th</sup> of December to Sunday 03<sup>rd</sup> of January** **Macrocycle I - week 1 (Training week 1)**

**Mon. 28<sup>th</sup>:** \* Low Int. - 5' jogging slowly building up to 70% HRmax  
Tr. 1

\* Warm up - 15' mobilisation and dynamic stretching

\* Low Int. - 24' run at 70% HRmax (3x 8')  
At the end of each 8' period, 2' break (hydration & stretching)

\* Cool down - 5' jogging and walking, followed by 10' static stretching

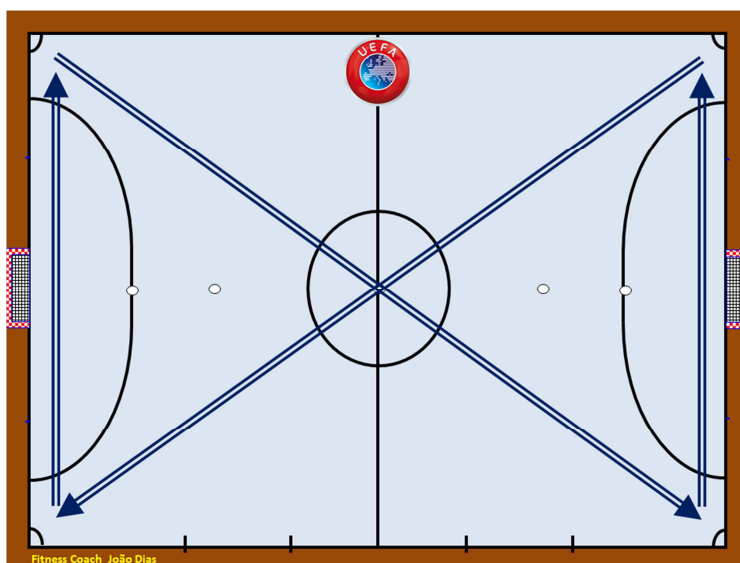
Total duration: 65'

**Tue. 29<sup>th</sup>:** \* Low Int. - 5' jogging slowly building up to 70% HRmax  
Tr. 2

\* Warm up - 20' jogging, mobilisation and dynamic stretching

\* Functional Training Session – 3 sets of 4 minutes (1' rest between each set)  
[https://www.youtube.com/watch?app=desktop&v=aUYRVSNz\\_VY](https://www.youtube.com/watch?app=desktop&v=aUYRVSNz_VY)

\* High Int. - 1' run at 90% HRmax, 30" jogging, 2 sets of 8 repetitions  
(with 3' break between sets – hydration & stretching)  
- In total, this exercise takes 27'



\* Cool down - 5' jogging and walking, followed by 10' static stretching

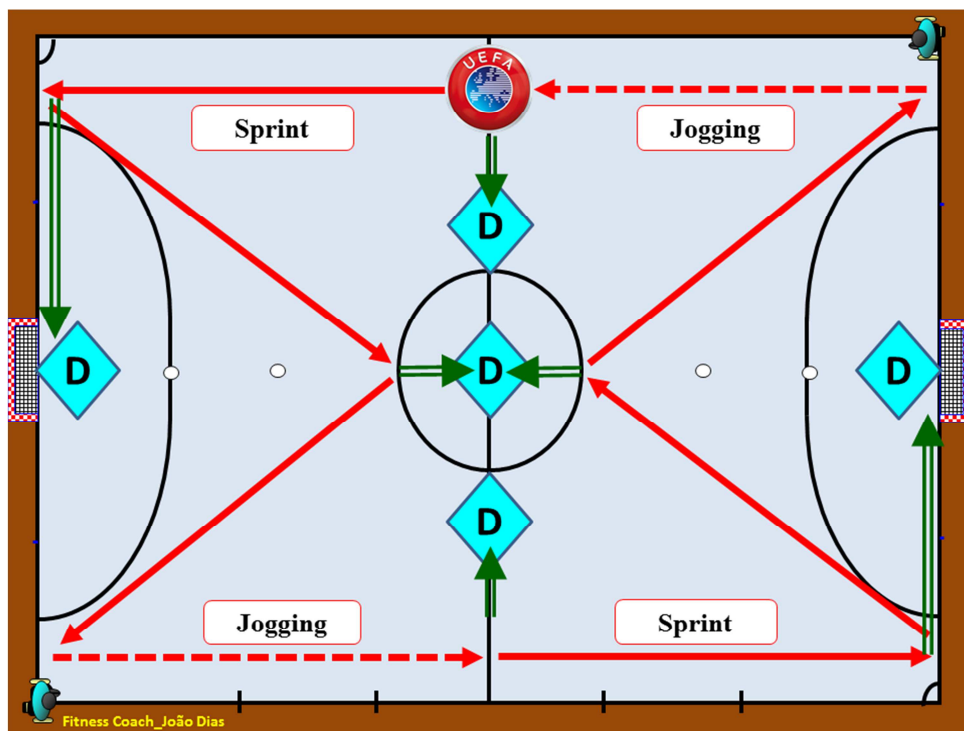
Total duration: 77'



## Performance Training in Futsal Refereeing Weekly Training Plan

**Wed. 30<sup>th</sup>:** REST DAY / Optional Training Session (Injury Prevention)

**Thu. 31<sup>st</sup>:** \* Low Int. - 5' jogging slowly building up to 70% HRmax  
Tr. 3  
\* Warm up - 20' jogging, mobilisation and dynamic stretching  
\* Strength - 15' strength, core stability and injury prevention exercises  
\* Integrated Technical Exercise – One by one, on the sideline, following the movements mentioned in the figure.  
Take technical/disciplinary decisions after the accelerations.



Set 1: 45'' per lap – 8 laps  
Break: 2' – Hydration & Stretching  
Set 2: 60'' per lap – 6 laps  
Break: 2' – Hydration & Stretching  
Set 3: 45'' per lap – 8 laps

Total of 18' exercise, with 2' break between sets

\* Cool down - 5' jogging and walking, followed by 10' static stretching

Total duration: 78'

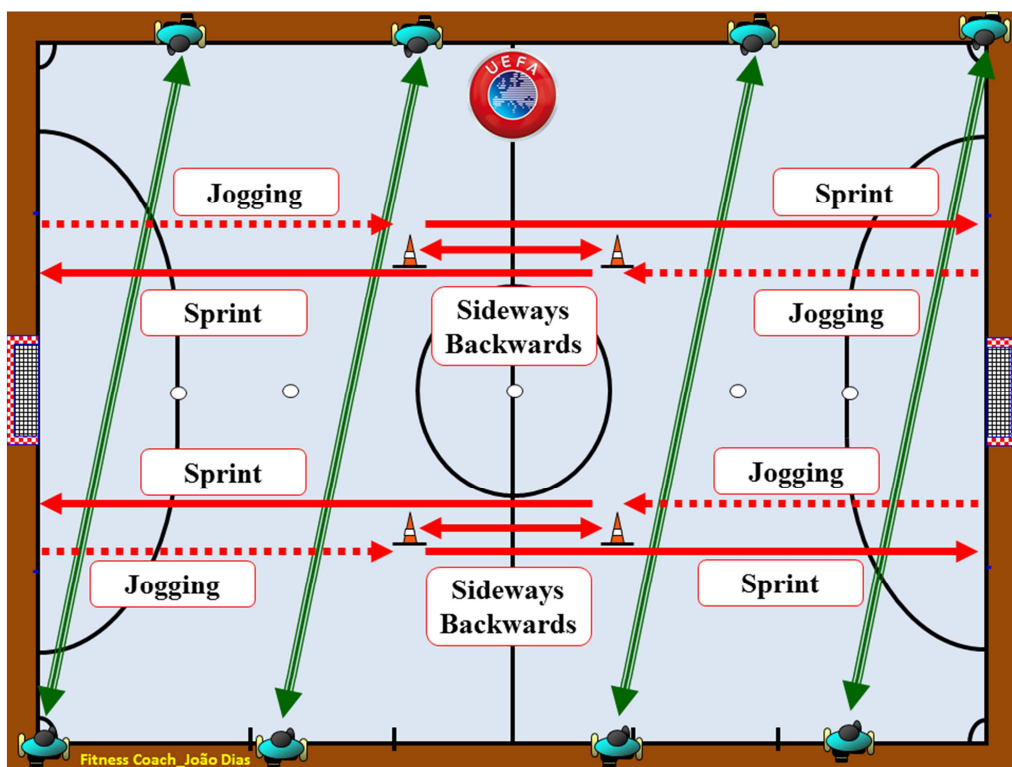


## Performance Training in Futsal Refereeing Weekly Training Plan

**Fri. 01<sup>st</sup>:** REST DAY

**Sat. 02<sup>nd</sup>:** \* Warm up - 20' jogging, mobilisation and dynamic stretching  
Tr. 4

- \* Speed
  - Variations on the sideline pitch as follows:
  - 5' Exercise
  - 5' Hydration and Stretching
  - 5' Exercise



- \* Cool down - 5' jogging and walking, followed by 10' static stretching

Total duration: 50'

**Sun. 03<sup>rd</sup>:** MATCH

If you don't have a match appointment for the domestic league, use your free time for additional recovery, or to work on any fitness weaknesses you might have (e.g., aerobic endurance, strength, injury prevention,...).

You may also consider alternative intermittent activities such as playing badminton, football, squash, or tennis.



## Performance Training in Futsal Refereeing Weekly Training Plan

### **WEEK 2 from Monday 04<sup>th</sup> to Sunday 10<sup>th</sup> of January** **Macrocycle I - week 2 (Training week 2)**

**Mon. 04<sup>th</sup>:** \* Low Int. - 5' jogging slowly building up to 70% HRmax  
Tr. 5

\* Warm up - 15' mobilisation and dynamic stretching

\* Low Int. - 24' run at 70% HRmax (3x 8')  
At the end of each 8' period, 2' break (hydration & stretching)

\* Cool down - 5' jogging and walking, followed by 10' static stretching

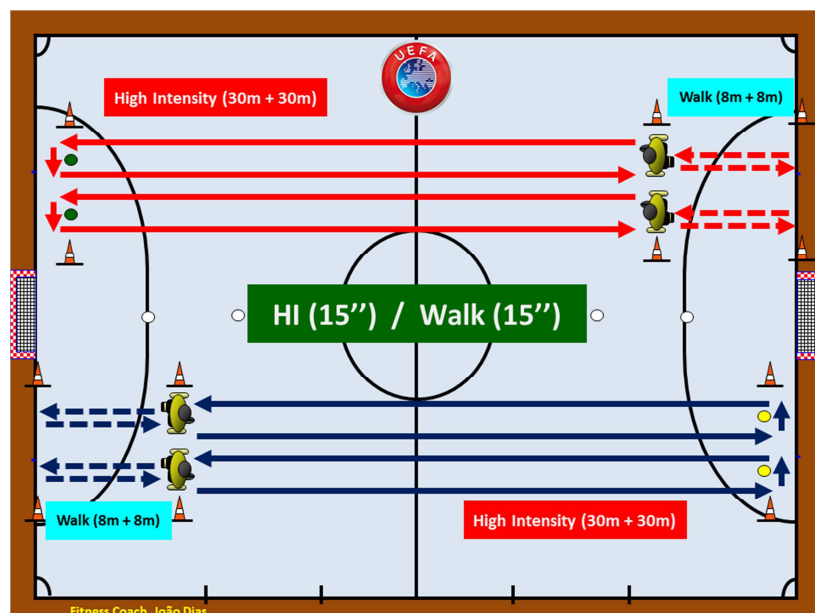
Total duration: 65'

**Tue. 05<sup>th</sup>:** \* Low Int. - 5' jogging slowly building up to 70% HRmax  
Tr. 6

\* Warm up - 20' jogging, mobilisation and dynamic stretching

\* Functional Training Session – 3 sets of 4 minutes (1' rest between each set)  
<https://www.youtube.com/watch?app=desktop&v=UVYn8FmMbPc>

\* High Int. - 15'' run at 90% HRmax, 15'' walking, 20x (10' each set)  
- In total, this exercise takes 25' (2 sets of 10', with 5' break)



\* Cool down - 5' jogging and walking, followed by 10' static stretching

Total duration: 80'



**Thu. 07<sup>th</sup>:** \* Low Int. - 5' jogging slowly building up to 70% HRmax  
Tr. 7

\* Warm up - 20' jogging, mobilisation and dynamic stretching

\* Strength - 15' strength, core stability and injury prevention exercises

\* Integrated Technical Exercise – One by one, on the sideline, following the movements mentioned in the figure.  
Change sideline after each decision making (by jogging).



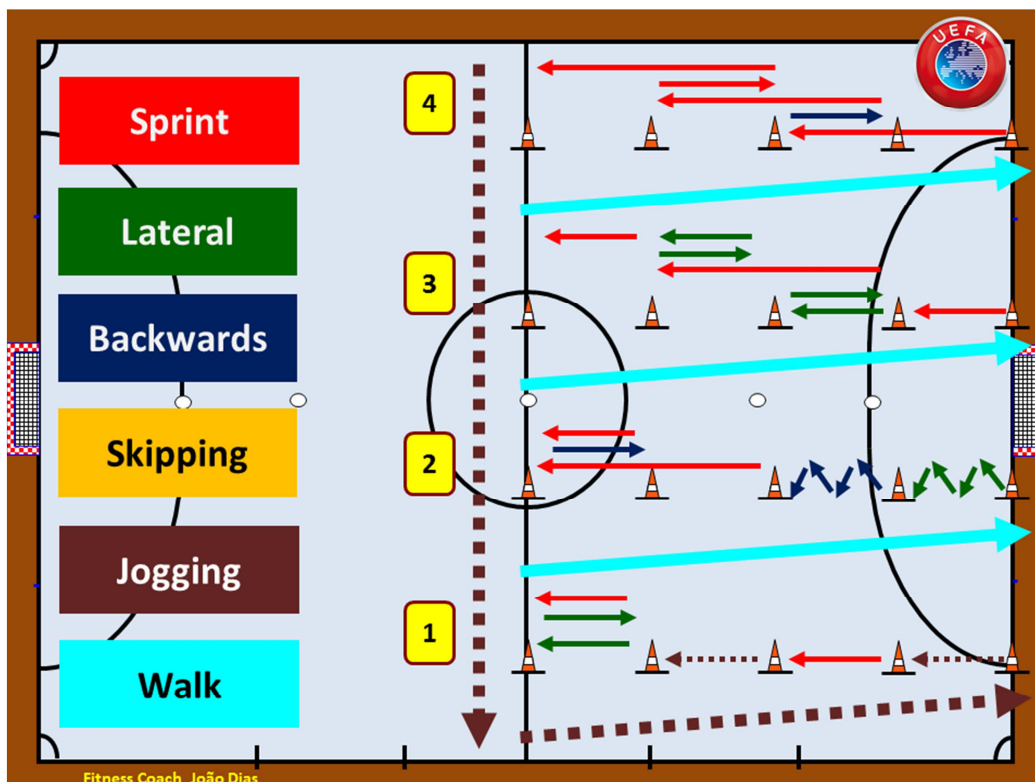
Total duration: 79'



## Performance Training in Futsal Refereeing Weekly Training Plan

**Fri. 08<sup>th</sup>:**  
Tr. 8

- \* Warm up - 20' jogging, mobilisation and dynamic stretching
- \* Speed & Agility - Variations of movements as follows:
  - Set 1 – 2 laps
  - 5' Hydration and Stretching
  - Set 2 – 2 laps



- \* Cool down - 5' jogging and walking, followed by 10' static stretching

Total duration: 50'

**Sat. 09<sup>th</sup>:** REST DAY

**Sun. 10<sup>th</sup>:** MATCH

If you don't have a match appointment for the domestic league, use your free time for additional recovery, or to work on any fitness weaknesses you might have (e.g., aerobic endurance, strength, injury prevention,...).

You may also consider alternative intermittent activities such as playing badminton, football, squash, or tennis.



## Performance Training in Futsal Refereeing Weekly Training Plan

### **WEEK 3 from Monday 11<sup>th</sup> to Sunday 17<sup>th</sup> of January** **Macrocycle I - week 3 (Training week 3)**

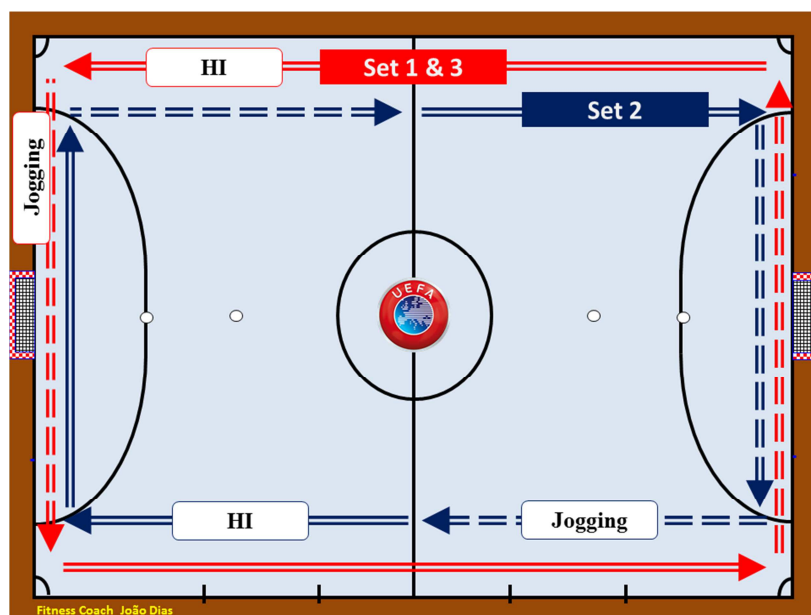
**Mon. 11<sup>th</sup>:** \* Low Int. - 5' jogging slowly building up to 70% HRmax  
Tr. 9

- \* Warm up - 15' mobilisation and dynamic stretching
- \* Low Int. - 24' run at 70% HRmax (3x 8')  
At the end of each 8' period, 2' break (hydration & stretching)
- \* Cool down - 5' jogging and walking, followed by 10' static stretching

Total duration: 65'

**Tue. 12<sup>th</sup>:** \* Low Int. - 5' jogging slowly building up to 70% HRmax  
Tr. 10

- \* Warm up - 20' jogging, mobilisation and dynamic stretching
- \* Functional Training Session – 3 sets of 4 minutes (1' rest between each set)  
<https://www.youtube.com/watch?app=desktop&v=PhVIFo6aAU8>
- \* High Int. - run at 90% HRmax / jogging, according to the figure  
- In total, this exercise takes 22' (3 sets of 6')  
- 2' break between each set (hydration & stretching)



- \* Cool down - 5' jogging and walking, followed by 10' static stretching

Total duration: 77'



## Performance Training in Futsal Refereeing Weekly Training Plan

**Wed. 13<sup>th</sup>:** REST DAY / Optional Training Session (Injury Prevention)

**Thu. 14<sup>th</sup>:** \* Low Int. - 5' jogging slowly building up to 70% HRmax  
Tr. 11

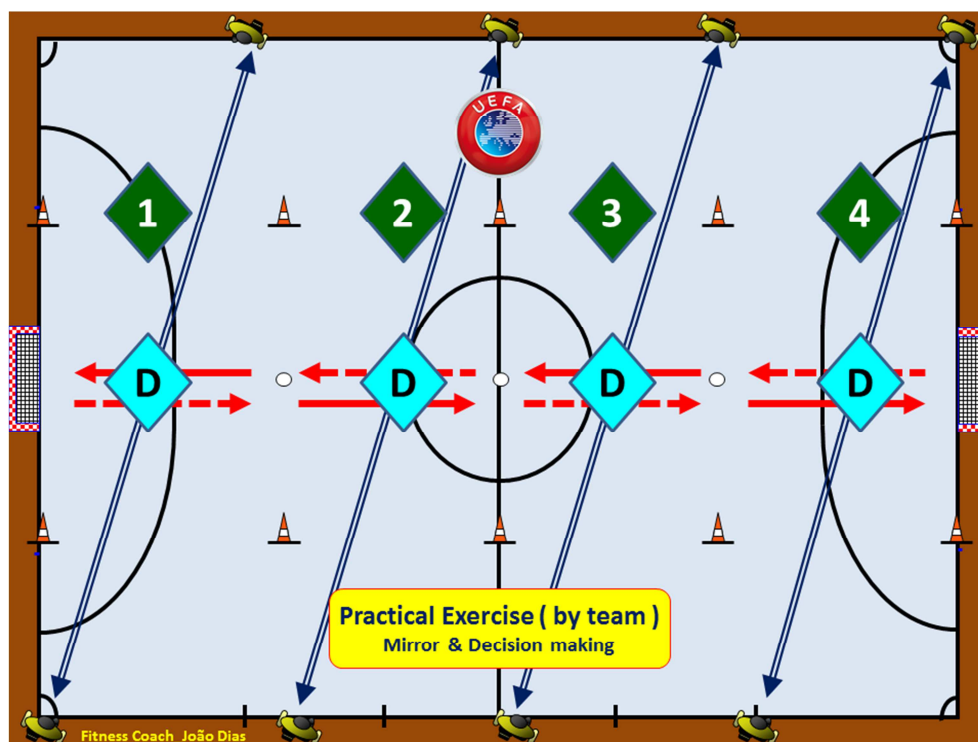
\* Warm up - 20' jogging, mobilisation and dynamic stretching

\* Strength - 15' strength, core stability and injury prevention exercises

\* Integrated Technical Exercise – Two by two, on the opposite sidelines, and according to the different places of the pitch (see the figure).

During 30'', one of the referees is the leader of the movements and decisions, and the other follows him. Immediately after 30'', the leader change.

After 1', each pair of referees change the position on the pitch (from 1 to 4)



Set 1: 4x (30''+30'') with 30'' break & change of position

Break: 1'30'' – Hydration & Stretching

Set 2: 4x (30''+30'') with 30'' break & change of position

Break: 1'30'' – Hydration & Stretching

Set 3: 4x (30''+30'') with 30'' break & change of position

Total of 20' exercise, with 1'30'' break between sets

\* Cool down - 5' jogging and walking, followed by 10' static stretching

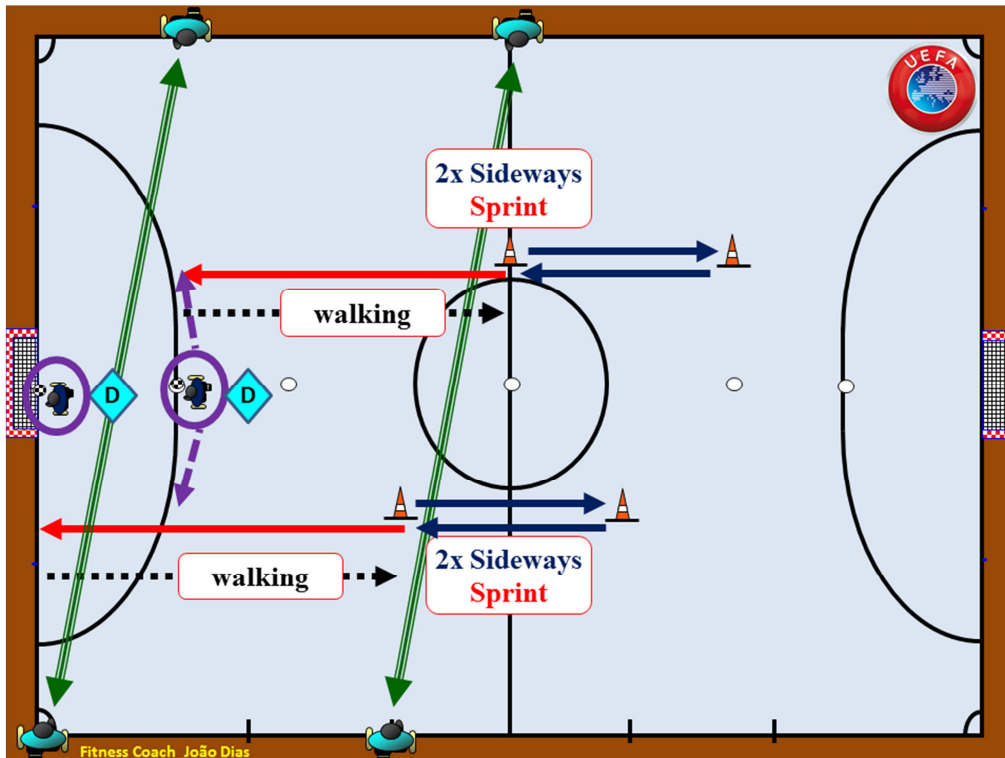
Total duration: 80'



## Performance Training in Futsal Refereeing Weekly Training Plan

**Fri. 15<sup>th</sup>:**  
Tr. 12

- \* Warm up - 20' jogging, mobilisation and dynamic stretching
- \* Speed - Variations on the sideline pitch as follows:
  - 5' Exercise - sideline Ref 1
  - 5' Hydration and Stretching
  - 5' Exercise - sideline Ref 2



- \* Cool down - 5' jogging and walking, followed by 10' static stretching

Total duration: 50'

**Sat. 16<sup>th</sup>:** REST DAY

**Sun. 17<sup>th</sup>:** MATCH

If you don't have a match appointment for the domestic league, use your free time for additional recovery, or to work on any fitness weaknesses you might have (e.g., aerobic endurance, strength, injury prevention,...).

You may also consider alternative intermittent activities such as playing badminton, football, squash, or tennis.



## Performance Training in Futsal Refereeing Weekly Training Plan

### **WEEK 4 from Monday 18<sup>th</sup> to Sunday 24<sup>th</sup> of January** **Macrocycle I - week 4 (Training week 4)**

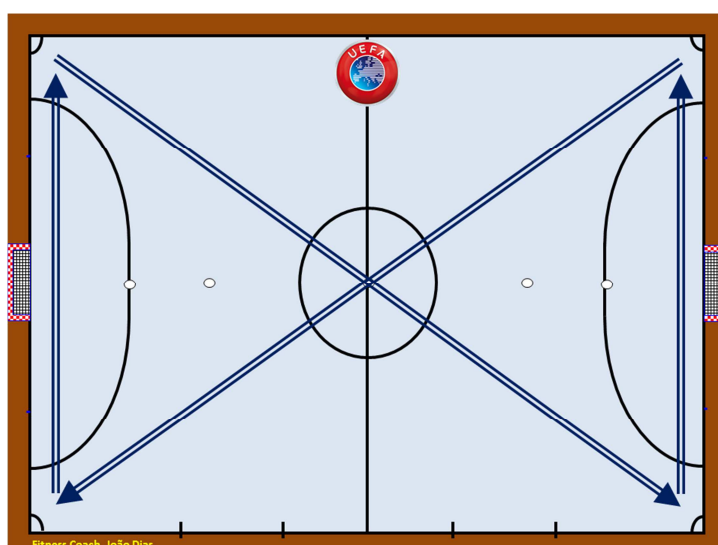
**Mon. 18<sup>th</sup>:** \* Low Int. - 5' jogging slowly building up to 70% HRmax  
Tr. 13

- \* Warm up - 15' mobilisation and dynamic stretching
- \* Low Int. - 24' run at 70% HRmax (3x 8')  
At the end of each 8' period, 2' break (hydration & stretching)
- \* Cool down - 5' jogging and walking, followed by 10' static stretching

Total duration: 65'

**Tue. 19<sup>th</sup>:** \* Low Int. - 5' jogging slowly building up to 70% HRmax  
Tr. 14

- \* Warm up - 20' jogging, mobilisation and dynamic stretching
- \* Functional Training Session – 3 sets of 4 minutes (1' rest between each set)  
<https://www.youtube.com/watch?app=desktop&v=GRJQZxHrtb8>
- \* High Int. - 40'' run at 90% HRmax, 20'' jogging, 2 sets of 10 repetitions  
(with 3' break between sets – hydration & stretching)  
- In total, this exercise takes 23'



- \* Cool down - 5' jogging and walking, followed by 10' static stretching

Total duration: 78'

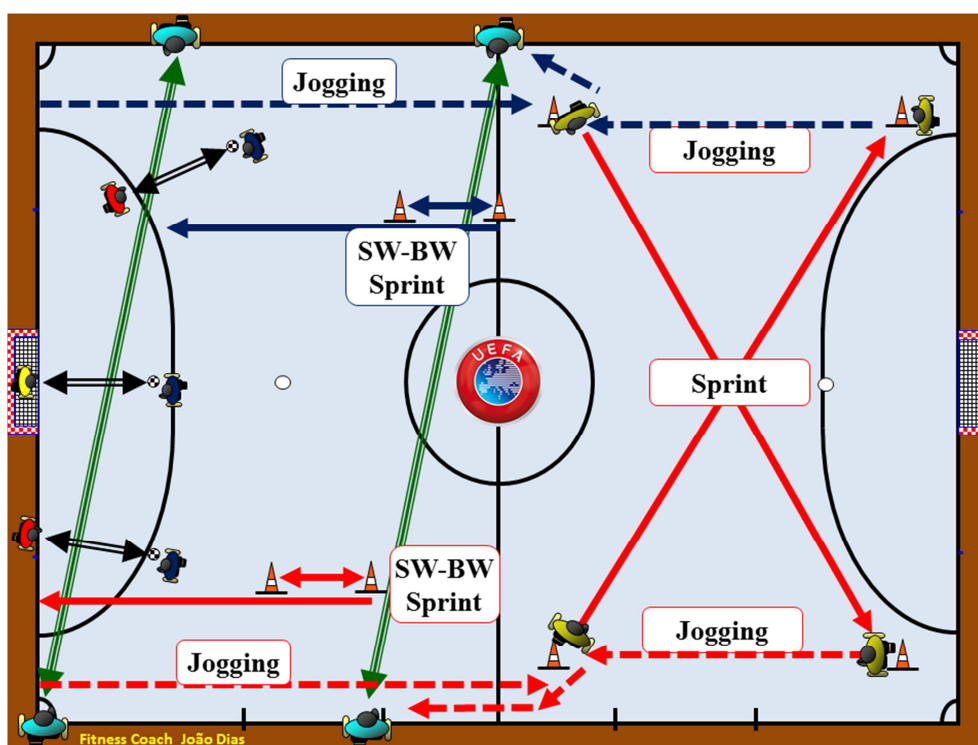


## Performance Training in Futsal Refereeing Weekly Training Plan

**Wed. 20<sup>th</sup>:** REST DAY / Optional Training Session (Injury Prevention)

**Thu. 21<sup>st</sup>:**  
Tr. 15

- \* Low Int. - 5' jogging slowly building up to 70% HRmax
- \* Warm up - 20' jogging, mobilisation and dynamic stretching
- \* Strength - 15' strength, core stability and injury prevention exercises
- \* Integrated Technical Exercise - Two by two, on the opposite sidelines, following the movements mentioned in the figure.  
Take technical/disciplinary decisions when the player touches the ball (each corridor), defender/attacker, alternatively.



Set 1: 5'  
Break: 2' – Hydration & Stretching  
Set 2: 5'  
Break: 2' – Hydration & Stretching  
Set 3: 5'

Total of 18' exercise, with 2' break between sets

- \* Cool down - 5' jogging and walking, followed by 10' static stretching

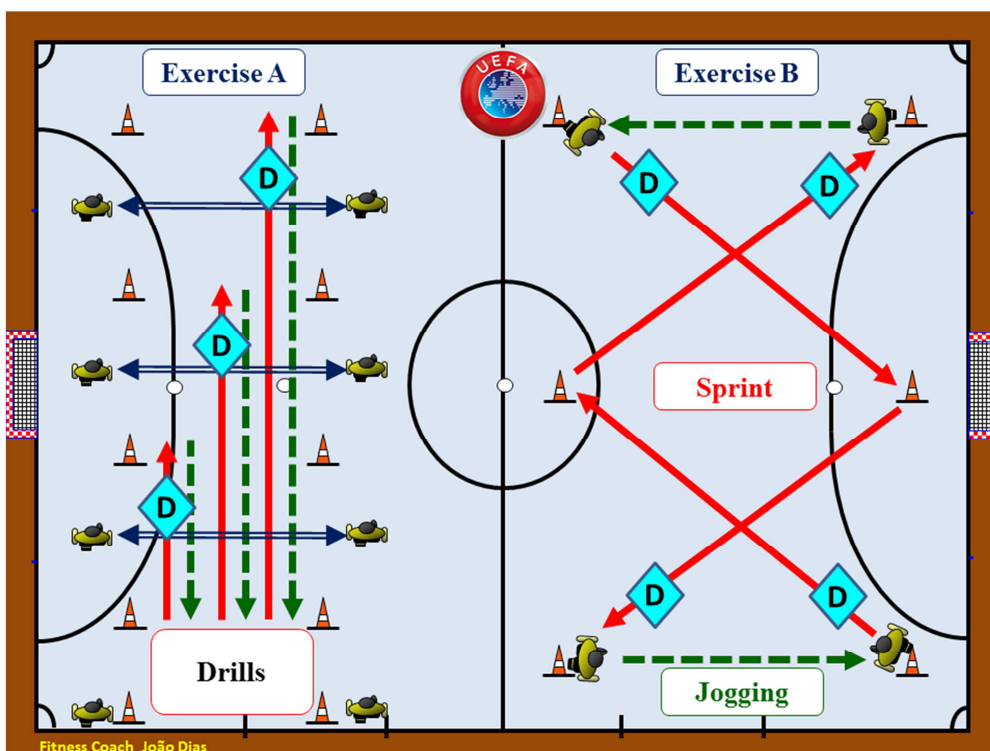
Total duration: 78'



## Performance Training in Futsal Refereeing Weekly Training Plan

**Fri. 22<sup>nd</sup>:**  
Tr. 16

- \* Warm up - 20' jogging, mobilisation and dynamic stretching
- \* Speed
  - Variations on the sideline pitch as follows:
    - 5' Exercise A
    - 5' Hydration and Stretching
    - 5' Exercise B



- \* Cool down - 5' jogging and walking, followed by 10' static stretching

Total duration: 50'

**Sat. 23<sup>rd</sup>:** REST DAY

**Sun. 24<sup>th</sup>:** MATCH

If you don't have a match appointment for the domestic league, use your free time for additional recovery, or to work on any fitness weaknesses you might have (e.g., aerobic endurance, strength, injury prevention,...).

You may also consider alternative intermittent activities such as playing badminton, football, squash, or tennis.



## Performance Training in Futsal Refereeing Weekly Training Plan

### **WEEK 5 from Monday 25<sup>th</sup> to Sunday 31<sup>st</sup> of January** **Macrocycle I - week 5 (Training week 5)**

**Mon. 25<sup>th</sup>:** \* Low Int. - 5' jogging slowly building up to 70% HRmax  
Tr. 17

\* Warm up - 15' mobilisation and dynamic stretching

\* Low Int. - 24' run at 70% HRmax (3x 8')  
At the end of each 8' period, 2' break (hydration & stretching)

\* Cool down - 5' jogging and walking, followed by 10' static stretching

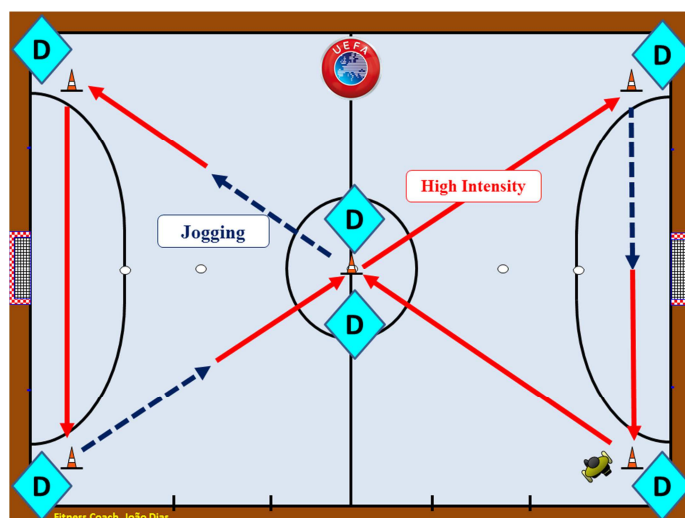
Total duration: 65'

**Tue. 26<sup>th</sup>:** \* Low Int. - 5' jogging slowly building up to 70% HRmax  
Tr. 18

\* Warm up - 20' jogging, mobilisation and dynamic stretching

\* Functional Training Session – 3 sets of 4 minutes (1' rest between each set)  
<https://www.youtube.com/watch?app=desktop&v=eVdG5ke1u5s>

\* High Int. - run at 90% HRmax / jogging, according to the figure  
- In total, this exercise takes 26' (4 sets of 5')  
- 2' break between each set (hydration & stretching)  
- Decision making after the HI runs.



\* Cool down - 5' jogging and walking, followed by 10' static stretching

Total duration: 74'

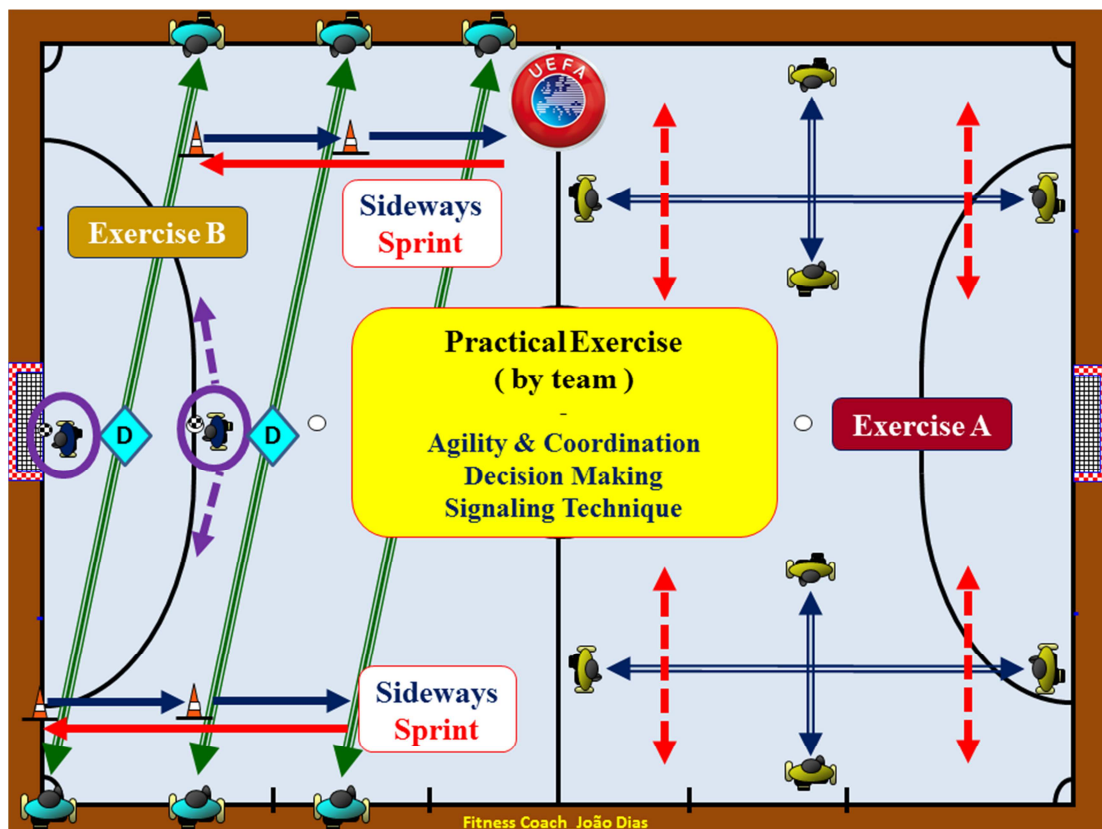


## Performance Training in Futsal Refereeing Weekly Training Plan

**Wed. 27<sup>th</sup>:** REST DAY / Optional Training Session (Injury Prevention)

**Thu. 28<sup>th</sup>:** \* Low Int. - 5' jogging slowly building up to 70% HRmax  
Tr. 19

- \* Warm up - 20' jogging, mobilisation and dynamic stretching
- \* Strength - 15' strength, core stability and injury prevention exercises
- \* Integrated Technical Exercise - Two by two, following the movements mentioned in the figure.  
In exercise B take technical/disciplinary decisions after the accelerations.



Set 1 – Exercise A: 6'  
Break: 2' – Hydration & Stretching  
Set 2 – Exercise B (sideline Ref 1): 8'  
Break: 2' – Hydration & Stretching  
Set 3 – Exercise B (sideline Ref 2): 8'

\* Cool down - 5' jogging and walking, followed by 10' static stretching

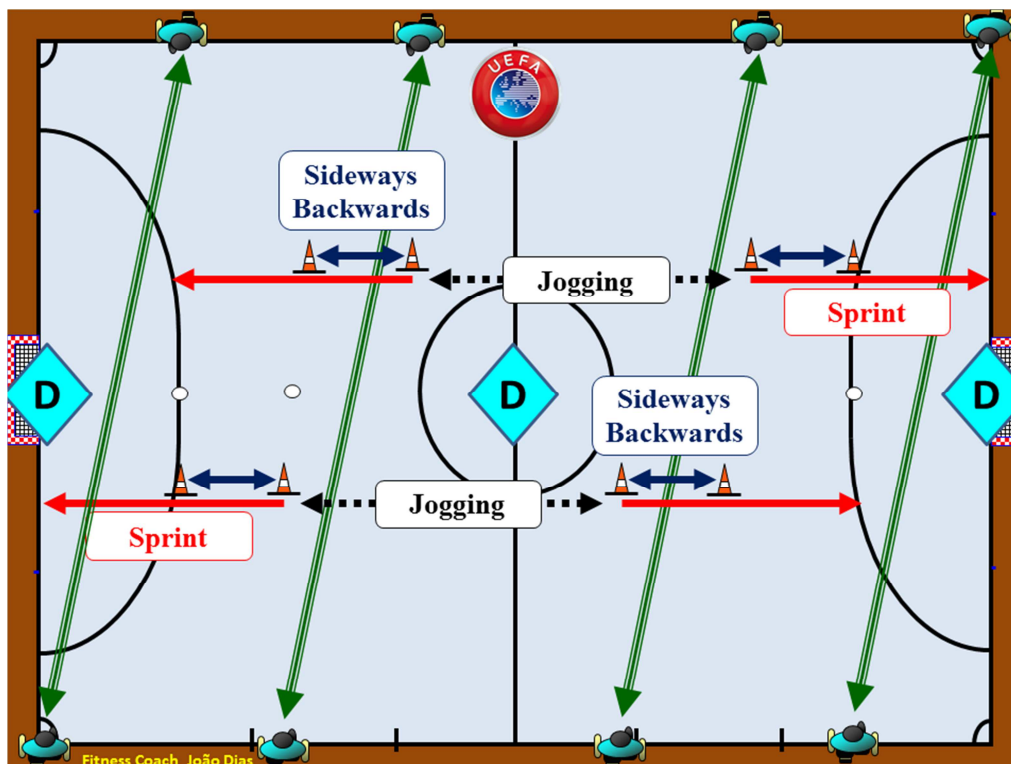
Total duration: 81'



## Performance Training in Futsal Refereeing Weekly Training Plan

**Fri. 29<sup>th</sup>:**  
Tr. 20

- \* Warm up - 20' jogging, mobilisation and dynamic stretching
- \* Speed - Variations on the sideline pitch as follows:
  - 5' Exercise - sideline Ref 1
  - 5' Hydration and Stretching
  - 5' Exercise - sideline Ref 1



- \* Cool down - 5' jogging and walking, followed by 10' static stretching

Total duration: 50'

**Sat. 30<sup>th</sup>:** REST DAY

**Sun. 31<sup>st</sup>:** MATCH

If you don't have a match appointment for the domestic league, use your free time for additional recovery, or to work on any fitness weaknesses you might have (e.g., aerobic endurance, strength, injury prevention,...).

You may also consider alternative intermittent activities such as playing badminton, football, squash, or tennis.



## Performance Training in Futsal Refereeing Weekly Training Plan

### **WEEK 6 from Monday 01<sup>st</sup> to Sunday 07<sup>th</sup> of February** **Macrocycle I - week 6 (Training week 6)**

**Mon. 01<sup>st</sup>:** \* Low Int. - 5' jogging slowly building up to 70% HRmax  
Tr. 21

\* Warm up - 15' mobilisation and dynamic stretching

\* Low Int. - 24' run at 70% HRmax (3x 8')  
At the end of each 8' period, 2' break (hydration & stretching)

\* Cool down - 5' jogging and walking, followed by 10' static stretching

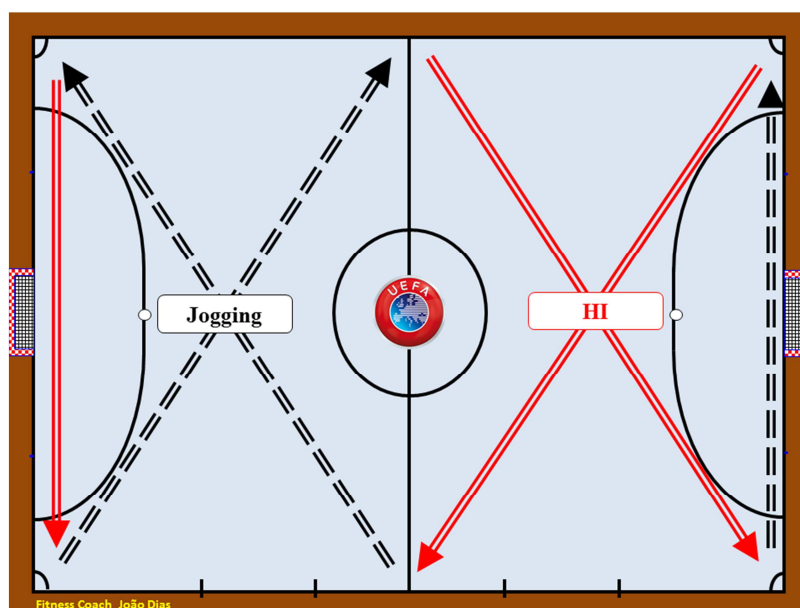
Total duration: 65'

**Tue. 02<sup>nd</sup>:** \* Low Int. - 5' jogging slowly building up to 70% HRmax  
Tr. 22

\* Warm up - 20' jogging, mobilisation and dynamic stretching

\* Functional Training Session – 3 sets of 4 minutes (1' rest between each set)  
[https://www.youtube.com/watch?app=desktop&v=1Go-ZYq\\_5E4](https://www.youtube.com/watch?app=desktop&v=1Go-ZYq_5E4)

\* High Int. - 15'' run at 90% HRmax, 15'' jogging, 3 sets of 16 reps  
- 2' break between each set (hydration & stretching)  
- In total, this exercise takes 28'



\* Cool down - 5' jogging and walking, followed by 10' static stretching

Total duration: 83'

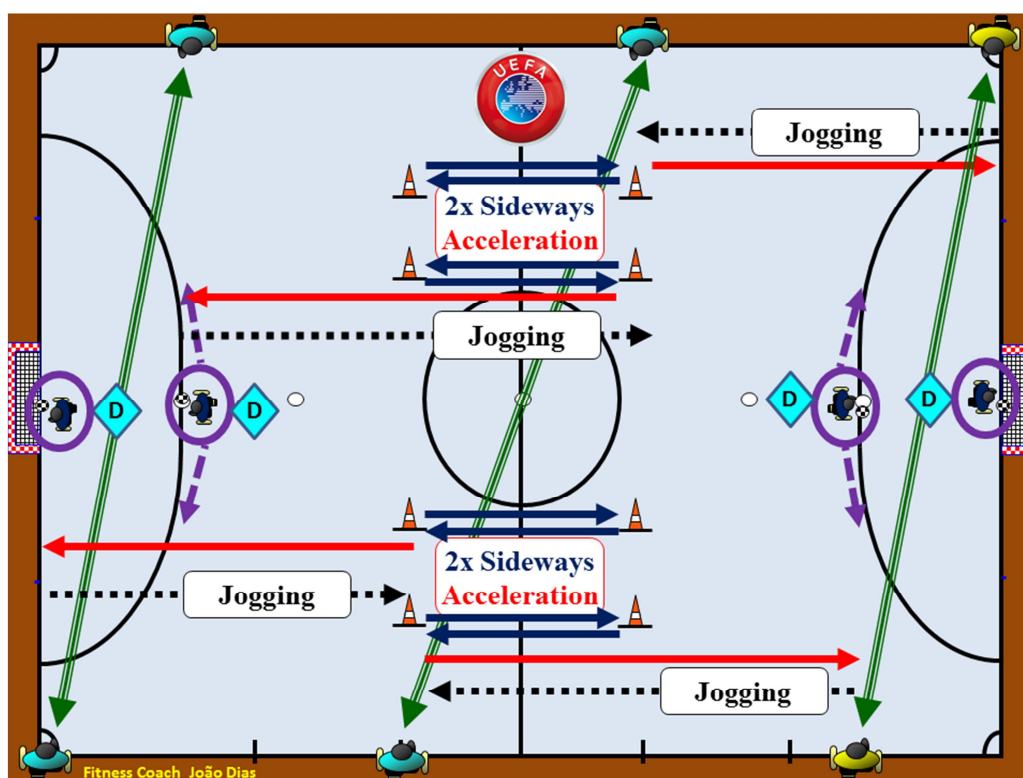


## Performance Training in Futsal Refereeing Weekly Training Plan

**Wed. 03<sup>rd</sup>:** REST DAY / Optional Training Session (Injury Prevention)

**Thu. 04<sup>th</sup>:** \* Low Int. - 5' jogging slowly building up to 70% HRmax  
Tr. 23

- \* Warm up - 20' jogging, mobilisation and dynamic stretching
- \* Strength - 15' strength, core stability and injury prevention exercises
- \* Integrated Technical Exercise – Two by two, on the sideline, following the movements mentioned in the figure.  
Take technical/disciplinary decisions after the accelerations.



Set 1 – Exercise on sideline Ref 1: 5'  
Break: 2' – Hydration & Stretching  
Set 2 – Exercise on sideline Ref 2: 5'  
Break: 2' – Hydration & Stretching  
Set 3 – Exercise on sideline Ref 1: 5'  
Break: 2' – Hydration & Stretching  
Set 4 – Exercise on sideline Ref 2: 5'

\* Cool down - 5' jogging and walking, followed by 10' static stretching

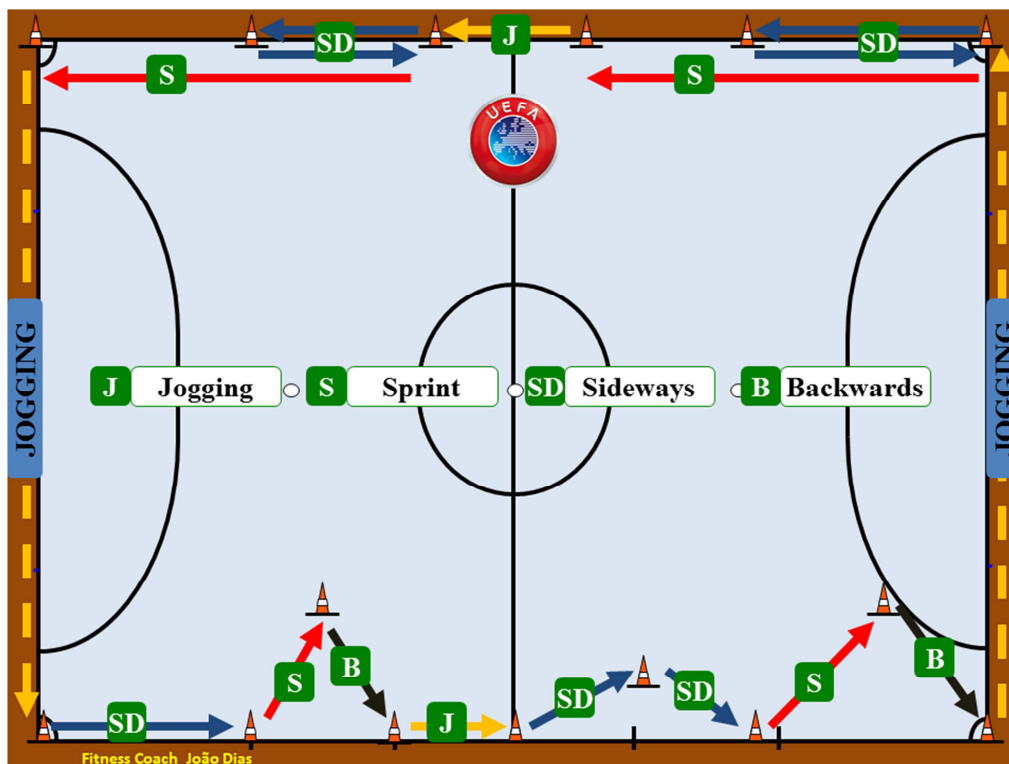
Total duration: 81'



## Performance Training in Futsal Refereeing Weekly Training Plan

**Fri. 05<sup>th</sup>:**  
Tr. 24

- \* Warm up - 20' jogging, mobilisation and dynamic stretching
- \* Speed & Agility
  - Variations on the sideline pitch as follows:
  - 5' Exercise
  - 5' Hydration and Stretching
  - 5' Exercise



- \* Cool down - 5' jogging and walking, followed by 10' static stretching

Total duration: 50'

**Sat. 06<sup>th</sup>:** REST DAY

**Sun. 07<sup>th</sup>:** MATCH

If you don't have a match appointment for the domestic league, use your free time for additional recovery, or to work on any fitness weaknesses you might have (e.g., aerobic endurance, strength, injury prevention,...).

You may also consider alternative intermittent activities such as playing badminton, football, squash, or tennis.