



# Performance Training in Futsal Refereeing

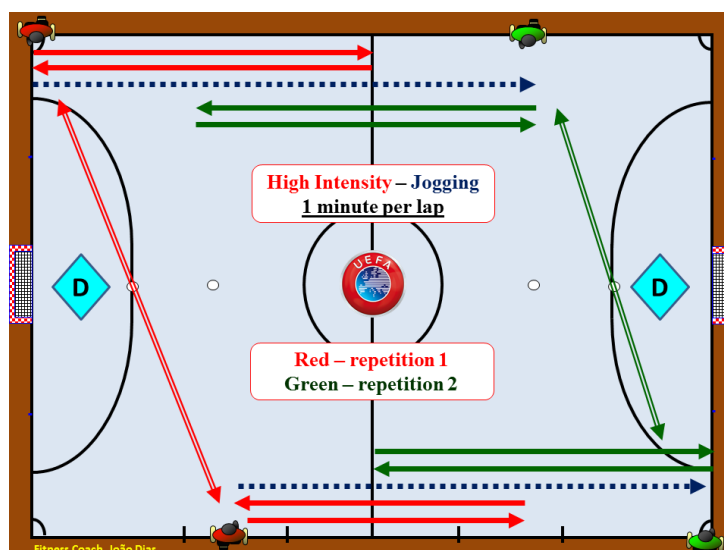
## Weekly Training Plan

### **WEEK 13 from Monday 25<sup>th</sup> to Sunday 31<sup>st</sup> of March** **Macrocycle VIII - week 1 (Training week 43)**

- Mon. 25<sup>th</sup>:** \* Low Int. - 5' jogging slowly building up to 70% HRmax  
Tr. 169
- \* 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. 170
- \* 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?v=ov91YQWISFg>
  - \* High Int. - run at 90% HRmax / jogging, according to the figure
    - Rep 1 & 2 alternatively, with decision making every repetitions
    - In total, this exercise takes 26' (4 sets of 5')
    - 2' break between each set (hydration & stretching)



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

Total duration: 81'

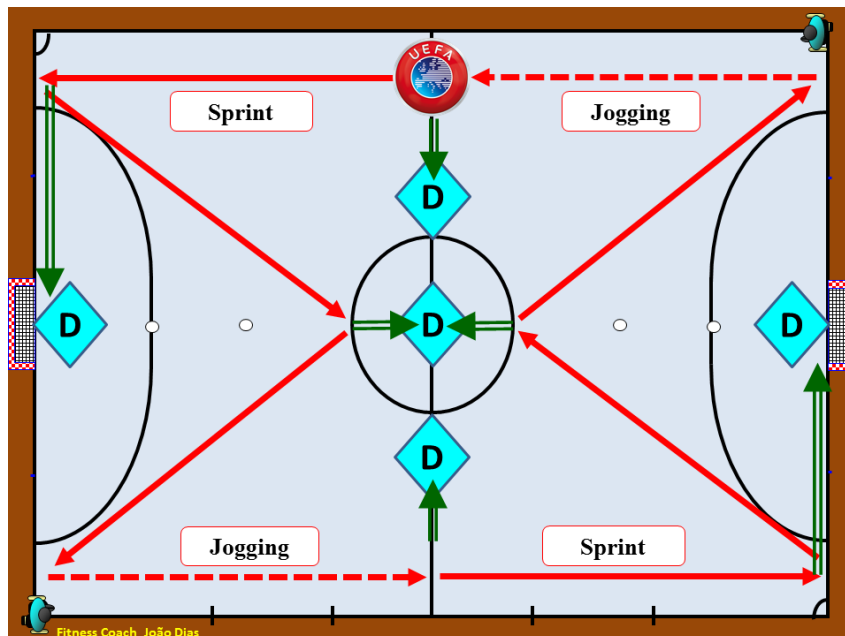


## Performance Training in Futsal Refereeing Weekly Training Plan

**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. 171

- \* 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

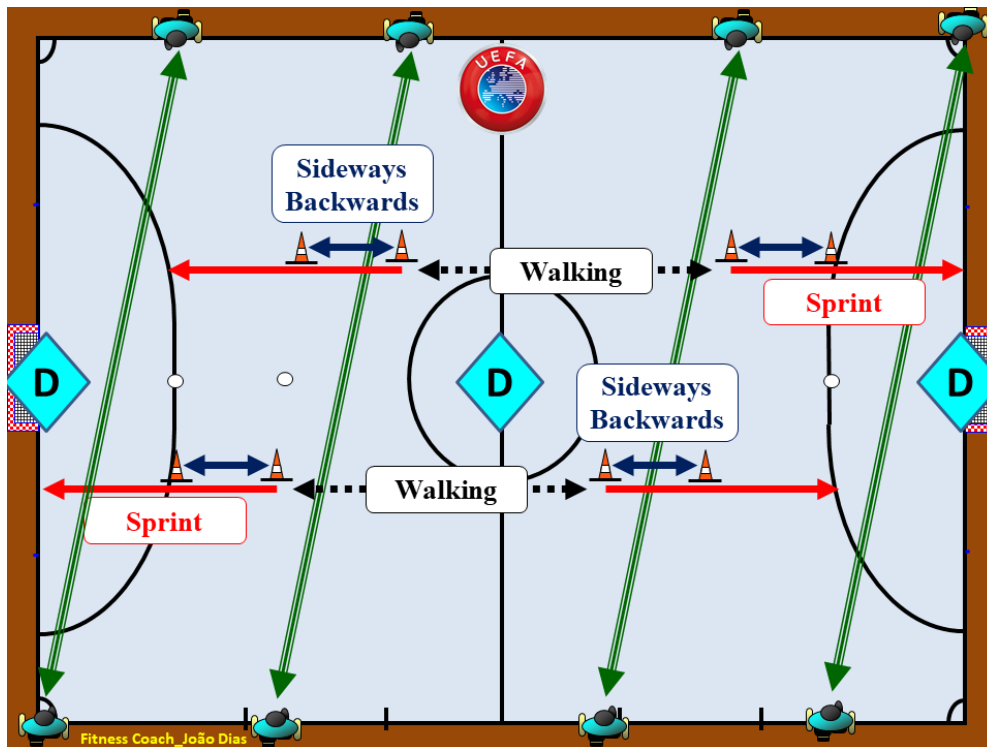
Total duration: 80'



## Performance Training in Futsal Refereeing Weekly Training Plan

**Fri. 29<sup>th</sup>:**  
Tr. 172

- \* 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. 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 14 from Monday 01<sup>st</sup> to Sunday 07<sup>th</sup> of April** **Macrocycle VIII - week 2 (Training week 44)**

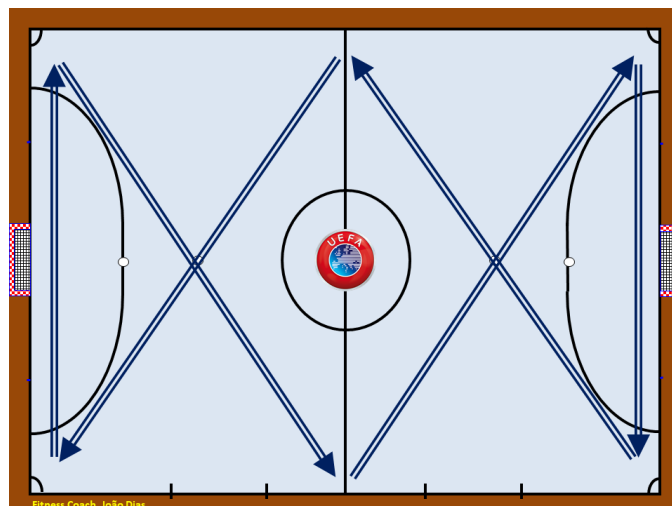
**Mon. 01<sup>st</sup>:** \* Low Int. - 5' jogging slowly building up to 70% HRmax  
Tr. 173

- \* 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. 174

- \* Warm up - 20' jogging, mobilisation and dynamic stretching
- \* Functional Training Session – 1 workout of 12 minutes  
<https://www.youtube.com/watch?v=w6NuscjVacQ>
- \* High Int. - 40'' run at 90% HRmax / 20'' jogging (18 sets)  
- This exercise has to be performed in the normal range of the HI training zone (85 to 95% HRmax).  
- In total, this exercise takes 18'



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

Total duration: 75'



## Performance Training in Futsal Refereeing Weekly Training Plan

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

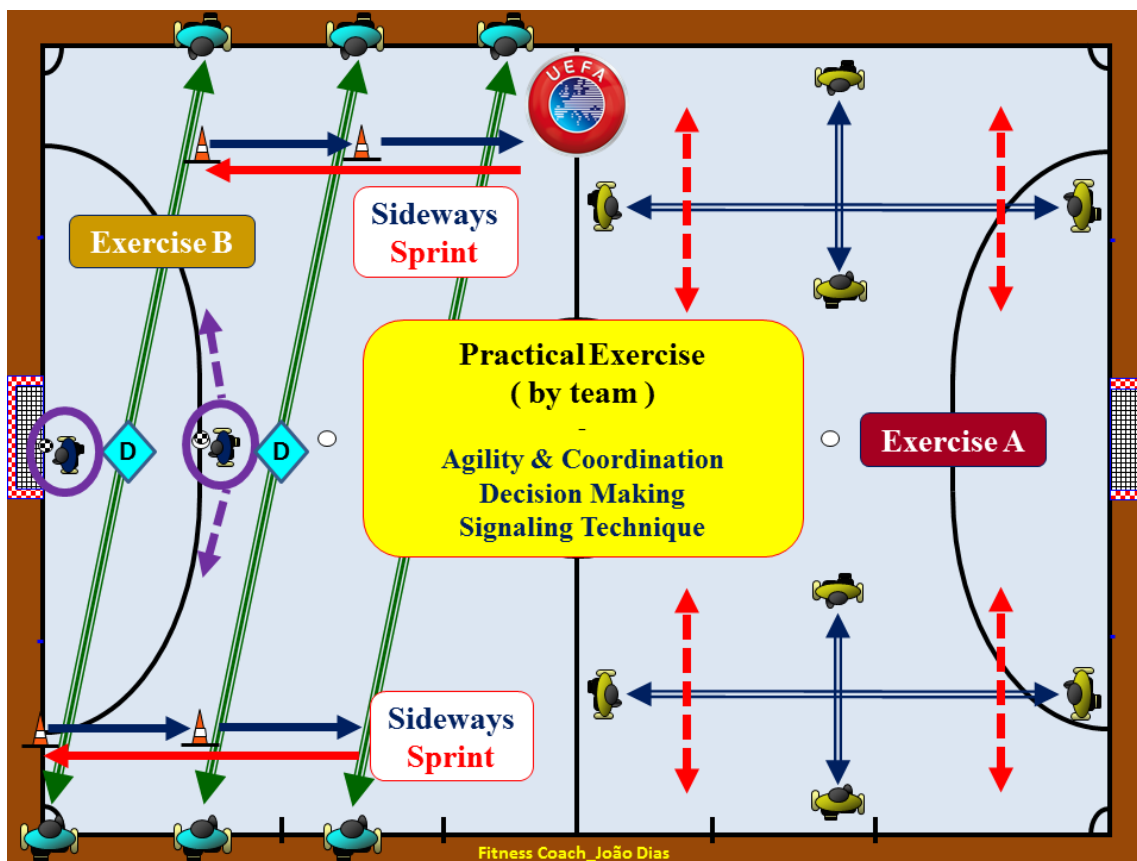
**Thu. 04<sup>th</sup>:** \* Low Int. - 5' jogging slowly building up to 70% HRmax  
Tr. 175

\* 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

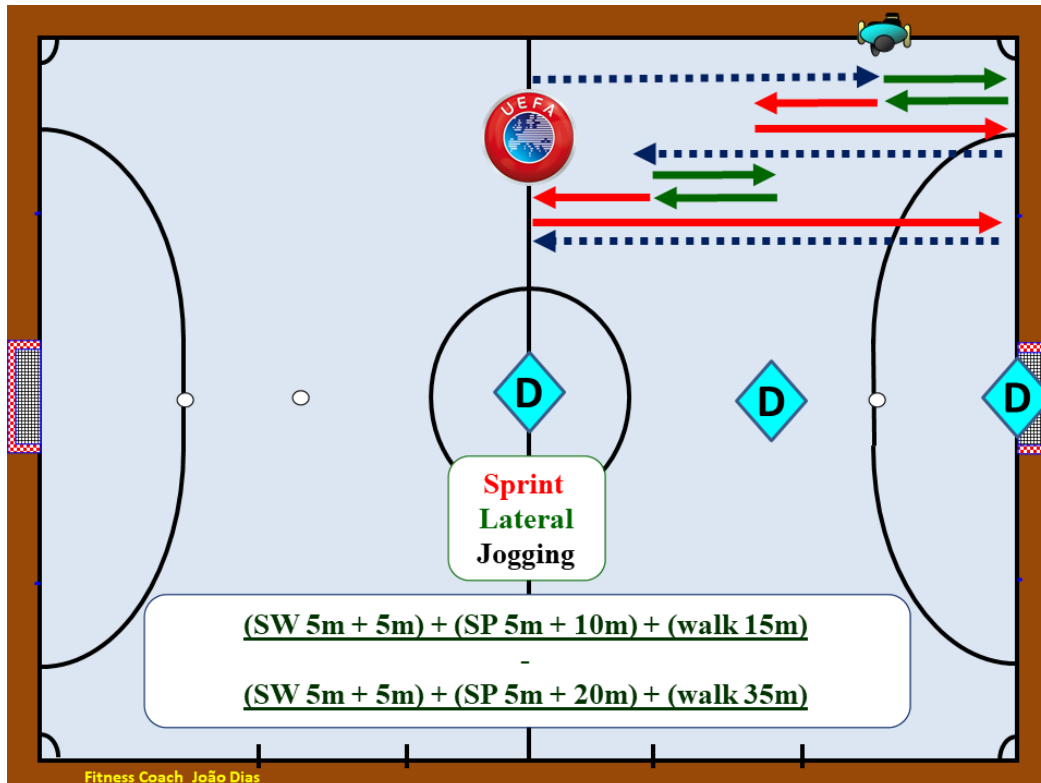
Total duration: 81'



## Performance Training in Futsal Refereeing Weekly Training Plan

**Fri. 05<sup>th</sup>:**  
Tr. 176

- \* 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.



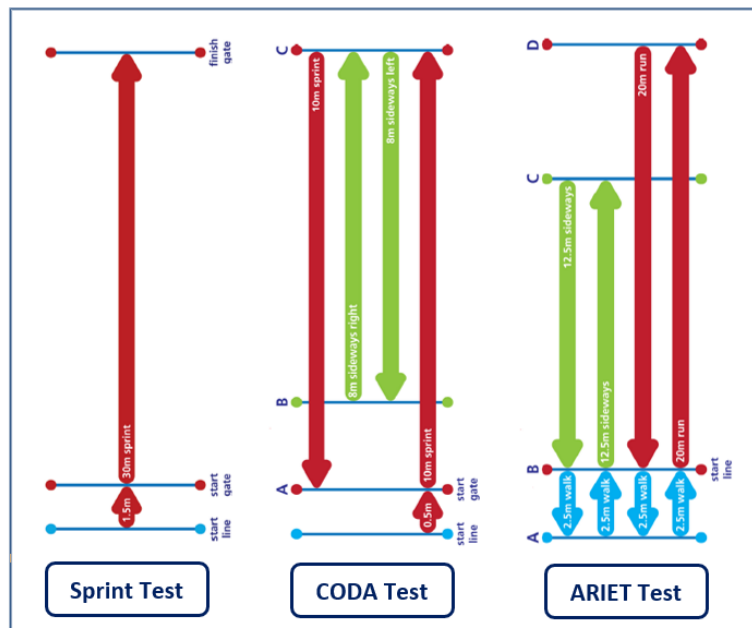
# Performance Training in Futsal Refereeing Weekly Training Plan

## **WEEK 15 from Monday 08<sup>th</sup> to Sunday 14<sup>th</sup> of April** **Macrocycle VIII - week 3 (Training week 45)**

- Mon. 08<sup>th</sup>:** \* Low Int. - 5' jogging slowly building up to 70% HRmax  
Tr. 177
- \* 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. 09<sup>th</sup>:** \* Low Int. - 5' jogging slowly building up to 70% HRmax  
Tr. 178
- \* 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?v=zWj\\_anABsRc](https://www.youtube.com/watch?v=zWj_anABsRc)
  - \* High Int. - Practice the Futsal fitness assessment (international reference times)



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

Total duration: 74'

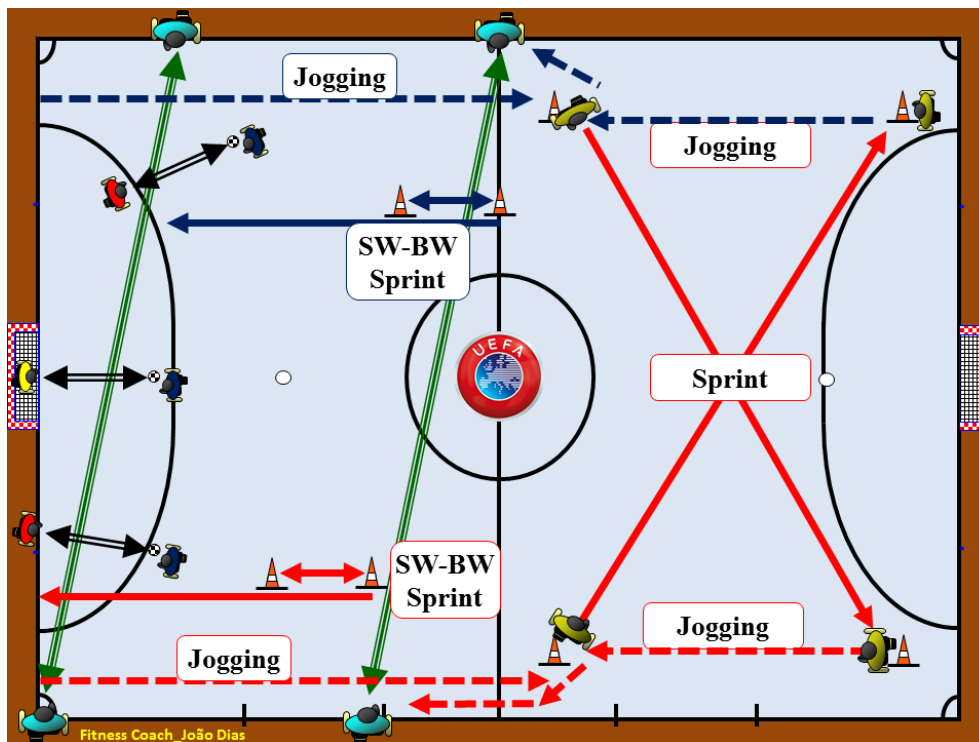


## Performance Training in Futsal Refereeing Weekly Training Plan

**Wed. 10<sup>th</sup>:** REST DAY / Optional Training Session (Injury Prevention)

**Thu. 11<sup>th</sup>:**  
Tr. 179

- \* 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'

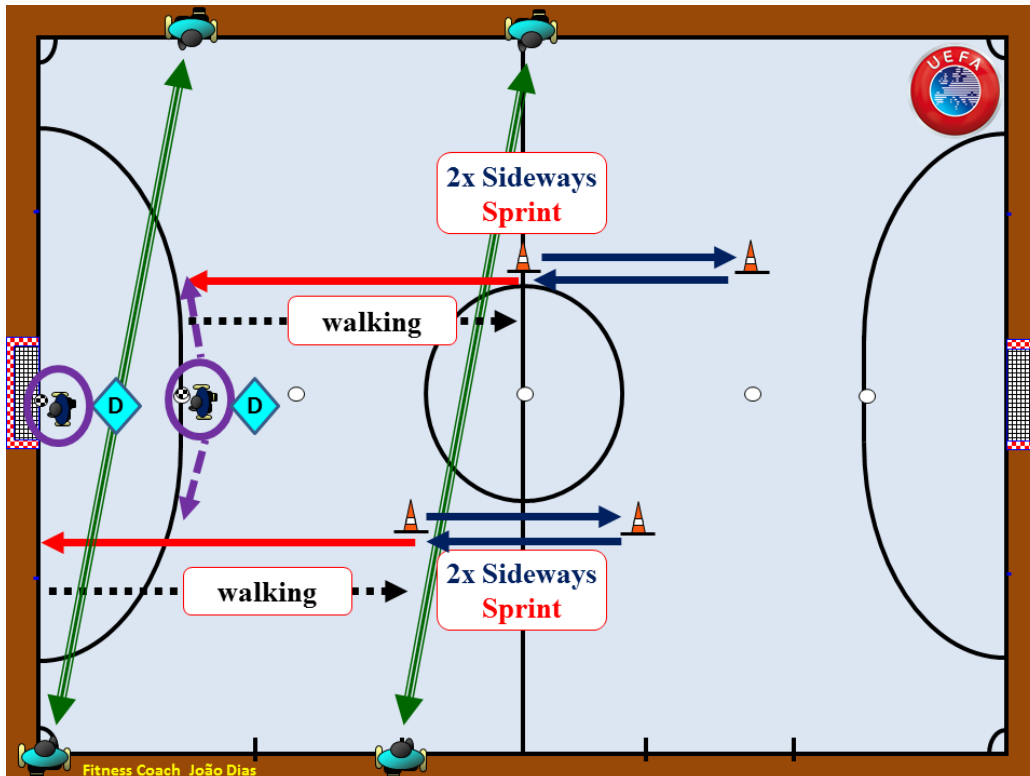




## Performance Training in Futsal Refereeing Weekly Training Plan

**Fri. 12<sup>th</sup>:**  
Tr. 180

- \* Warm up - 20' jogging, mobilisation and dynamic stretching
- \* Speed & Agility - 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. 13<sup>th</sup>:** REST DAY

**Sun. 14<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 16 from Monday 15<sup>th</sup> to Sunday 21<sup>st</sup> of April** **Macrocycle VIII - week 4 (Training week 46)**

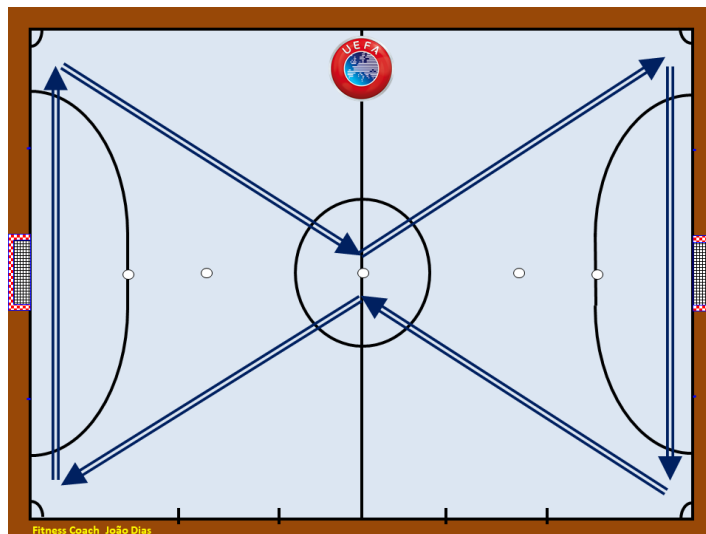
**Mon. 15<sup>th</sup>:** \* Low Int. - 5' jogging slowly building up to 70% HRmax  
Tr. 181

- \* 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. 16<sup>th</sup>:** \* Low Int. - 5' jogging slowly building up to 70% HRmax  
Tr. 182

- \* Warm up - 20' jogging, mobilisation and dynamic stretching
- \* Functional Training Session – 1 workout of 12 minutes  
<https://www.youtube.com/watch?v=m2Fi0v-grG0>
- \* High Int. - 1' run at 90% HRmax / 30'' jogging (12 sets)  
- This exercise has to be performed in the normal range of the HI training zone (85 to 95% HRmax).  
- In total, this exercise takes 18'



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

Total duration: 75'

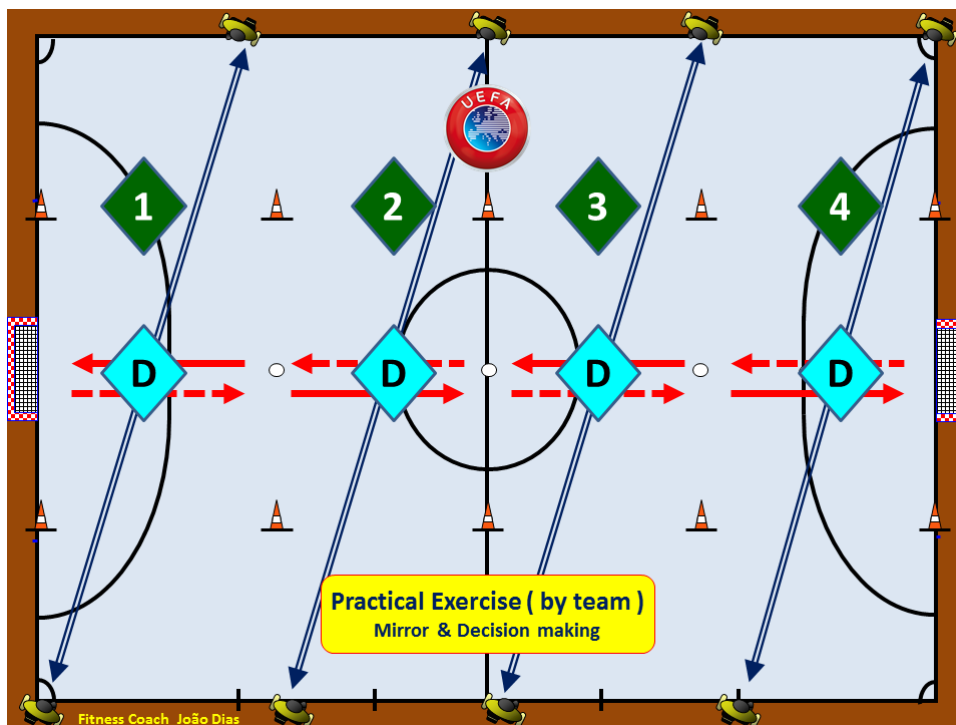


## Performance Training in Futsal Refereeing Weekly Training Plan

**Wed. 17<sup>th</sup>:** REST DAY / Optional Training Session (Injury Prevention)

**Thu. 18<sup>th</sup>:**  
Tr. 183

- \* 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, 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

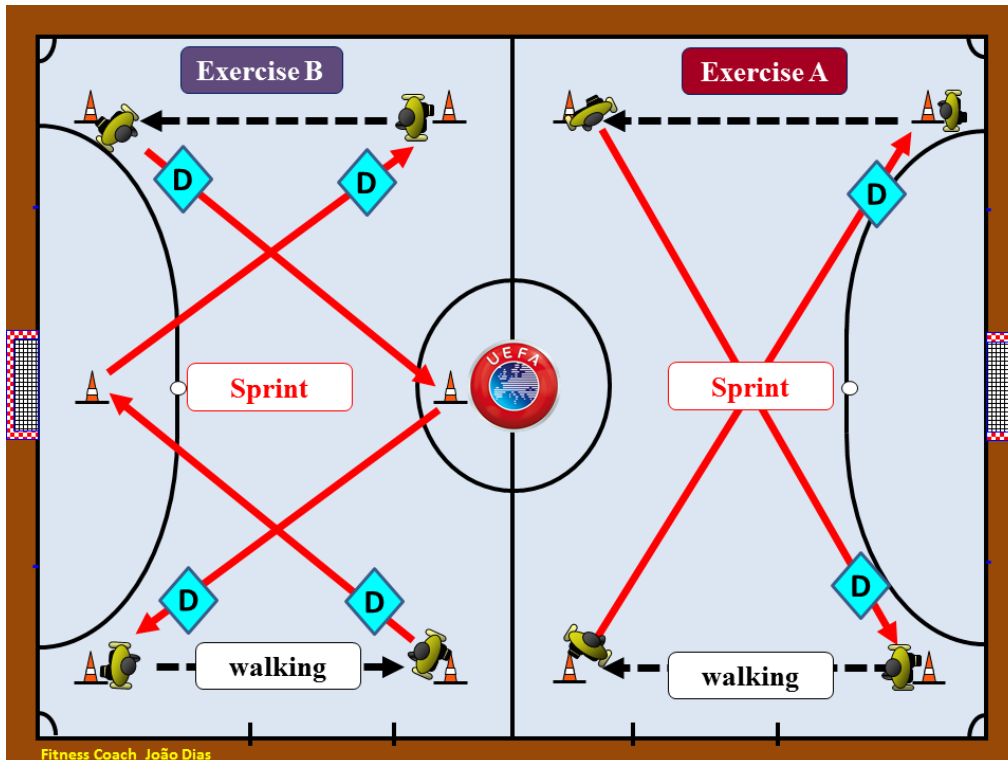
Total duration: 80'



## Performance Training in Futsal Refereeing Weekly Training Plan

**Fri. 19<sup>th</sup>:**  
Tr. 184

- \* Warm up - 20' jogging, mobilisation and dynamic stretching
- \* Speed & Agility - 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. 20<sup>th</sup>:** REST DAY

**Sun. 21<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 17 from Monday 22<sup>nd</sup> to Sunday 28<sup>th</sup> of April** **Macrocycle VIII - week 5 (Training week 47)**

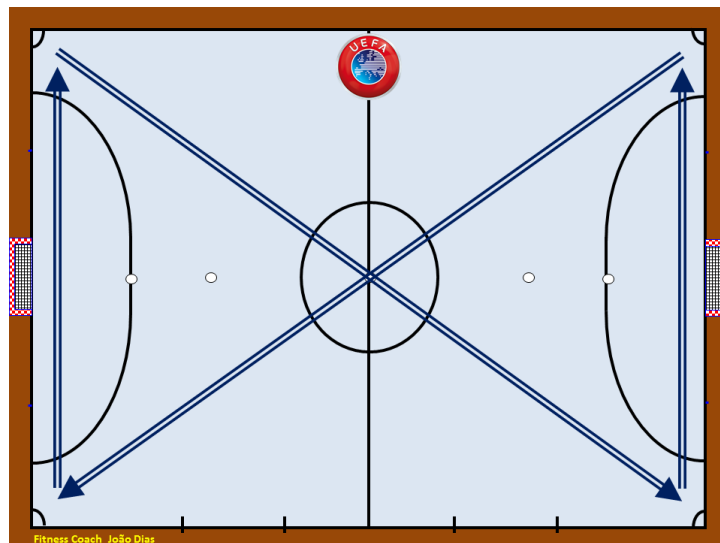
**Mon. 22<sup>nd</sup>:** \* Low Int. - 5' jogging slowly building up to 70% HRmax  
Tr. 185

- \* 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. 23<sup>rd</sup>:** \* Low Int. - 5' jogging slowly building up to 70% HRmax  
Tr. 186

- \* 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?v=G8ZaToDUXBM>
- \* High Int. - Set 1: 45'' run at 90% HRmax, 15'' jogging – 8 repetitions  
- Set 2: 40'' run at 90% HRmax, 20'' jogging – 8 repetitions  
- 3' break between sets – hydration & stretching)  
- In total, this exercise takes 21'



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

Total duration: 76'

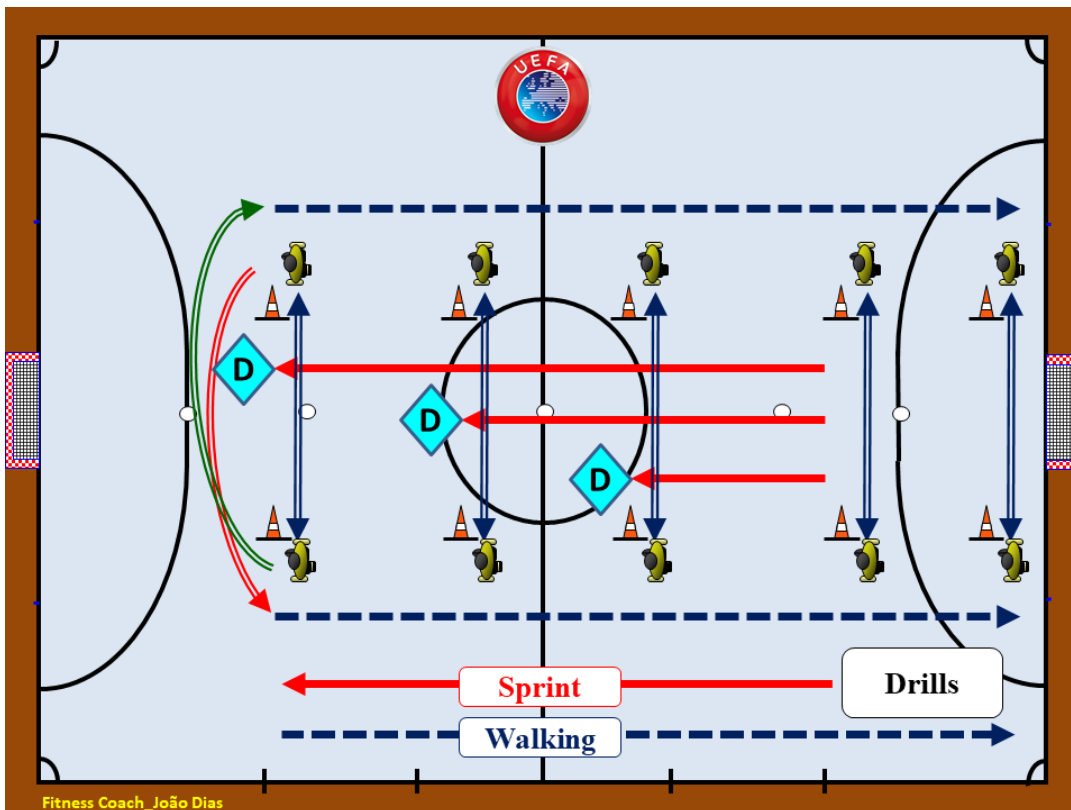




## Performance Training in Futsal Refereeing Weekly Training Plan

**Fri. 26<sup>th</sup>:**  
Tr. 188

- \* 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. 27<sup>th</sup>:** REST DAY

**Sun. 28<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 18 from Monday 29<sup>th</sup> of April to Sunday 05<sup>th</sup> of May** **Macrocycle VIII - week 6 (Training week 48)**

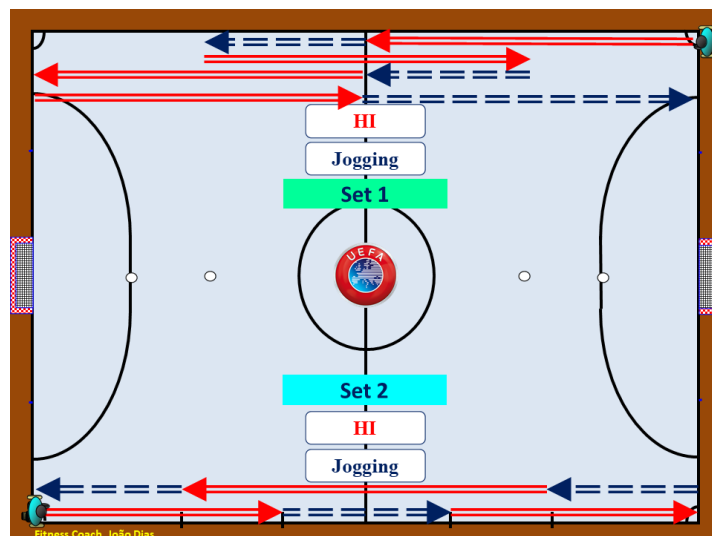
**Mon. 29<sup>th</sup>:** \* Low Int. - 5' jogging slowly building up to 70% HRmax  
Tr. 189

- \* 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. 30<sup>th</sup>:** \* Low Int. - 5' jogging slowly building up to 70% HRmax  
Tr. 190

- \* Warm up - 20' jogging, mobilisation and dynamic stretching
- \* Functional Training Session – 1 workout of 12 minutes  
<https://www.youtube.com/watch?v=4CspMFI5vbo>
- \* High Int. - run at 90% HRmax / jogging, according to the figure  
- In total, this exercise takes 26' (4 sets of 5' – 2x in each sideline)  
- 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

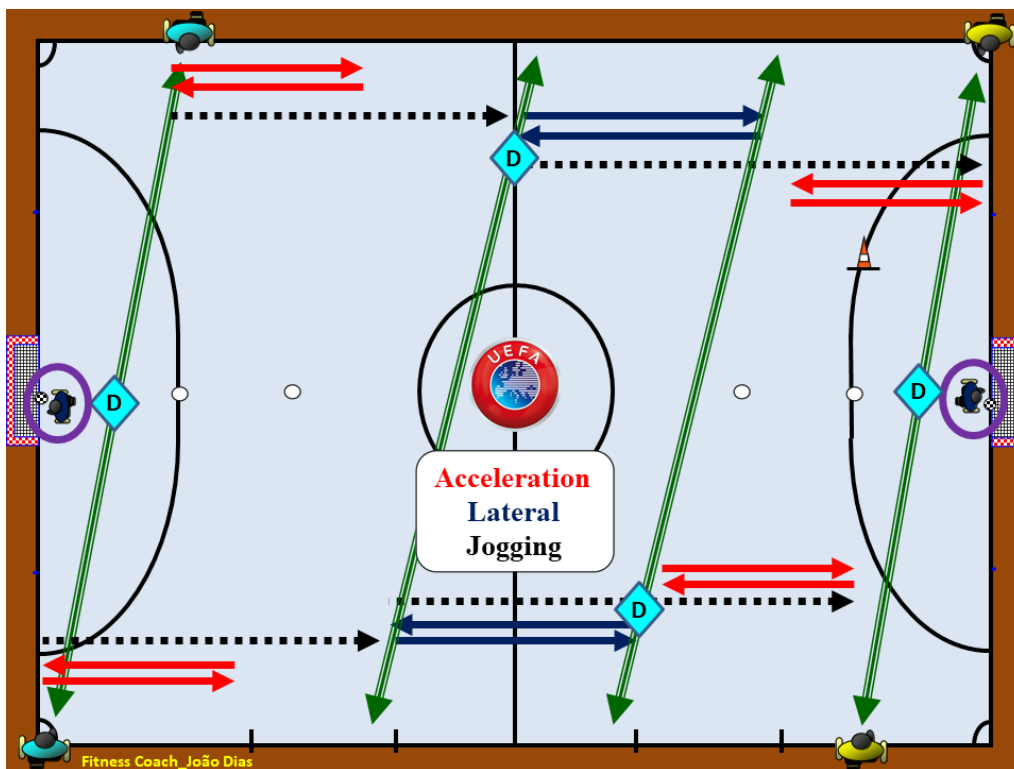
**Wed. 01<sup>st</sup>:** REST DAY / Optional Training Session (Injury Prevention)

**Thu. 02<sup>nd</sup>:** \* Low Int. - 5' jogging slowly building up to 70% HRmax  
Tr. 191

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

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

\* Integrated Technical Exercise - on the sideline, following the movements mentioned in the figure (the Refs change sideline after each set).  
Take technical/disciplinary decisions according to the picture.



Set 1: 5 minutes

Break: 2' - Hydration & Stretching

Set 2: 5 minutes

Break: 2' - Hydration & Stretching

Set 3: 5 minutes

Break: 2' - Hydration & Stretching

Set 4: 5 minutes

Total of 26' exercise

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

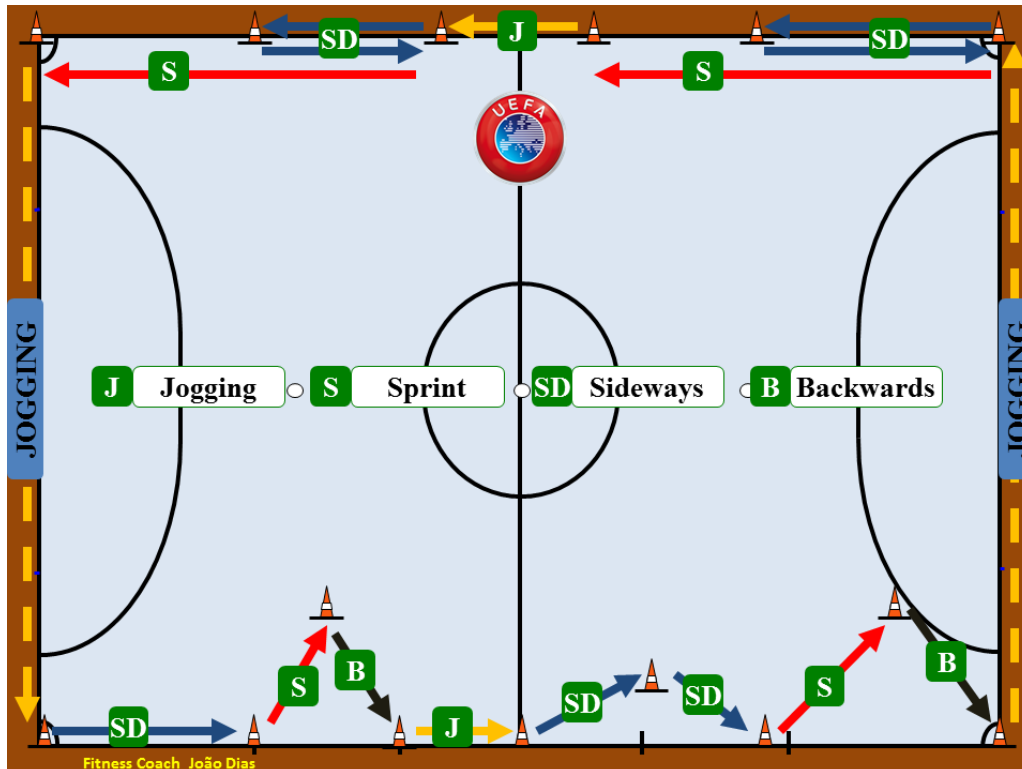
Total duration: 80'



## Performance Training in Futsal Refereeing Weekly Training Plan

**Fri. 03<sup>rd</sup>:**  
Tr. 192

- \* 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. 04<sup>th</sup>:** REST DAY

**Sun. 05<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.