**Fit To Ref**

**Warm up**

1. Mobility – Mobilising joints is the first step in the warm up process. You can start as soon as you get out of bed on a morning, this is not stretching. (Demonstrate)

2. Slowly get the body moving, start with a high paced walk and allow your muscles to retain heat and length.

3. Start to work to a jog and keep this tempo going for 5-10 mins.

4.Time to Stretch - We have two different ways in which we

can stretch, (dynamic and static).

Static stretching is used to gain length in muscles over a sustained period of time. Dynamic stretching is used prior to exercise to allow the muscles to work in the same way that’s expected of them during the exercise.

5. Finally – Start to increase the pace work into a sprint and start to bring in changes of direction. You now should be ready to exercise.

**FITT**

FREQUENCY – 3-5 days

INTENSITY – 70-90%

TYPE – Metabolic and strength

TIME – 30-45 mins per session

**Sessions Groups**

Individual

**Lamp posts** - High intensity sprints, use lamp posts as markers work hard for one then jog one then back to working hard. If you find it hard to start with add a walk into the routine, jog, sprint then walk. (Use a route that you would normally use for a steady jog so you know you can cover the ground).

**Station Development -** Use cards that have been prepared by you with simple events that would happen through the game, for example Red defender has not released the attacker. Sprint from station to station using the communication that you would try to help the situation before you penalise. Move form station to station quickly being clinical in your speech.

**Strength Circuits** - Pick a set of exercises that cover your three main areas Upper body, lower body and core. Put together 9 to 12

exercises in a list making sure you are always moving onto a different part of the body each exercise. Work each area for 30 secs to a minute then move onto the next exercise, don’t rest till you have completed the list then take a couple of minutes to recover at the end and repeat.

**Pair Work**

**Cone Memory Runs** - Set a group of cones out in front of you all different colours, have a starting point and a set time say for instance 30 secs, your partner will then call out a sequence of colours and you must collect as many as you can in the correct order calling out the colour each time you pick one up. (Increase the sequence and the time as you get better).

Timed Tennis ball pickups - Set out a group of cones with a tennis ball on the top of each one strap two people together using tag belts or holding hands. Each player is allowed to pick up one ball each before they have to come back to their base. They have a minute to collect as many balls as they can, only one member of the team is allowed to talk and directaround the grid.

**Boxercise Shuttles** - Using tackle bags or boxing pads and gloves and a set of cones. Set out a small shuttle that makes you work for 35-45secs each time you return to the start you must perform a set number of punches counting the punches out as you go.