

Referee Warm Up and Physical Conditioning

Foundation Posture (to prepare for proper stretching)

- Place feet hip width apart.
- “Grab the ground with the toes.
- Slightly relax and soften the knees.
- Pinch in buttocks.
- Pull in abdomen.
- Place shoulders back, but don’t over tighten them.

This is the posture in which your body, especially your vertebrae, can absorb much of the shock of movement. If possible, this is the desirable posture for most people. If pain or discomfort occurs, stop and see a doctor.

Demonstrate the active and passive stretches. Invite students to participate, alternating legs for each exercise. It may be easier for participants to focus on the activities by holding onto a fence, wall, pole, or other stationary object.

Active Stretches (using muscles that oppose those we want to stretch – no pain)

- *General leg:* Lift straight leg about 45 degrees, hold, then lower leg.
- *Hamstring:* Lift straight leg about 45 degrees then point toes toward knee; relax lower leg.
- *Achilles tendon:* Lift straight leg about 45 degrees; point toes, then pull toes upward toward knees. Repeat several times. Relax, and then lower leg.
- *Quadriceps:* Place hands in the small of the back. Lift leg backward with knee bent. Using only leg muscles (not hands) pull knee back as far as possible while pointing toes toward knee. Relax, and then lower leg.
- *Upper body:* Stretch arms wide, and as far back as is comfortable. Slowly pull them forward and cross them until the elbows bend and the hands can grab the shoulders. Repeat, letting other arm cross on top.

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Passive Stretches

- *Inner and outer leg:* Stand on one leg, lift opposite foot backward and drop hip. Hold position, and then raise hip and lower foot.
- *Hamstring:* Keeping lower back stable, slowly stick buttocks out until toes begin to come off the ground. Move forward to foundation posture by tightening hamstrings.
- *Arms and upper body:* Place hands low in front and lace fingers. Lift until over the head, then let go and bring hands and extended arms down and out until they reach the sides of the body.

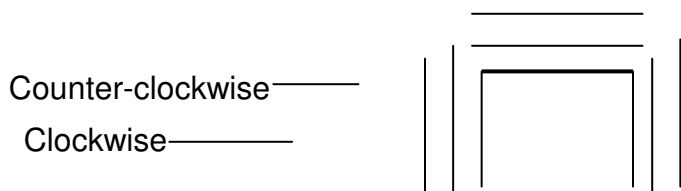
Jog to warm up (normally 2-5 minutes)

- Begin slow and easy, knees coming up slightly.
- While slightly increasing pace, bring knees higher.
- Lift knees toward chest and kick up heels.
- Slow down and stop.

Jog for speed

- From goal line, run (do this using at least 60% speed) to goal area line (the 6 yard line), and then jog back.
- From goal line, run to penalty area line (the 18 yard line), and then jog back.
- From goal line, run to the halfway line, and jog back.
- From goal line, run to the far penalty area line, and jog back.
- From goal line, run to the far goal area line, and jog back.
- From goal line, run to opposite goal line, and then continue around the field varying speed and direction. Run backward and sideways (without crossing legs) both left and right.

Jog for flexibility (use three sides of a 10 yard square)



- Run the course counter-clockwise at 60% speed, and then turn and run clockwise.

Run the course counter-clockwise at 80% speed, and then turn and run clockwise.

Pre-Game Warm up

Initial jogging should be done before stretching-**you should be warm before stretching**

Adequate stretching can be done from a standing position



Warm up should be completed not more than 10 minutes prior to the match

Additional individual stretching can be added to meet individual needs

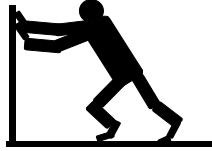
Initial Running Warm Up

Jog for approximately 5 minutes (May be done while checking field conditions or jogging with assistant referees while giving initial pre-game instructions)

You should feel warm before beginning stretching

After this warm up complete Stand-up stretching

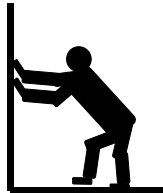
Leg Stretch



Stretch hamstring and Achilles

- Place hands on fence or wall at shoulder height
- Bend one knee and place knee slightly in front of shoulders
- Extend other leg behind until on tip-toes with arms extended
- While pushing on the fence or wall stretch back leg, lowering the heel to ground
- Hold for fifteen seconds
- Repeat with other leg
- Repeat at least twice

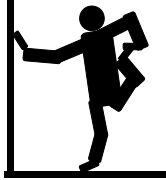
Calf & Thigh Press



Isometric pressure on calf and thigh muscles

- Place hands on fence or wall at shoulder height
- Bend one knee and place knee slightly in front of shoulders
- Place other leg under the body center of gravity with little or no weight on it
- While balancing on the fence or wall press the forward leg forward
- Hold for fifteen seconds
- Repeat with other leg
- Repeat at least twice

Standing Leg lift



Stretches front of calf muscles

- Place hands on fence or wall at shoulder height
- Place one leg under the body center of gravity
- Pull the other leg up behind the back with the opposite arm as high as possible
- Hold for twenty seconds
- Repeat with other leg

Arm Stretch



Stretch upper back muscles

- Place one arm overhead and grasp the elbow with the other hand
- Pull elbow down toward head
- Hold for twenty seconds
- Repeat with other arm

Running after Stretching

After stretching continue warm up with the following:

- 50 yard fast jog with sprints

- Back peddle 10 yards, run forward 10 yards- alternate for 50 yards

- Side step four steps leading with the right foot then turn and side step four steps leading with the left foot- repeat for 50 yards

- Sprint 50 yards changing direction quickly every five steps