



# Performance Training in Football Refereeing DOs & DON'Ts

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## DOs & DON'Ts

Based on my experiences the past few years in monitoring elite referees and assistant referees via a web-based platform, I provide below a number of very practical examples of 'best practice' (DOs or what referees should do) on the one hand and typical examples of what referees should not do (DON'Ts) in terms of physical training on the other. Finally, I also mention what is interesting and what is not so important.

### DO's

- Make sure you have a clear objective for all of your training sessions
- Appropriate balance between HI/SE sessions (min 3 to 4 of each per month), or
- Minimum 1 HI and 1 SE session in a week
- Appropriate balance between rest days (8-10 max per month) and HI/SE sessions
- The day after HI or SE sessions, only consider active recovery or LI/MI/MP training
- Injury prevention & strength training: 2 to 3x a week, 10 to 15 min
  
- Plan a match preparation session the day before a match
- Consider an active recovery session the day after a match
- Take a rest day (passive recovery) two days after a match
  
- Watch your heart rate regularly, does it meet your training target zones?
- Record the times and distances you achieve in training (for monitoring progression and for motivation)
  
- Frequently check your hydration status by urinary colour during the whole day
- Drink plenty before, during and after any training or match
- Eat 3 or more fruits and 200-300g vegetables each day



## Performance Training in Football Refereeing Training Advice

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### DON'Ts

- Do not train when fatigued
- Do not train when injured (maybe obvious but some might ignore little injuries when they should be sorted out immediately)
- Do not plan HI & SE sessions on consecutive days
- It is not recommended to do a HI & SE session the day before or after a match
  
- Avoid to referee 2 matches in 2 or even 3 days
- Do not referee too many matches in 1 month (6 or more)
  
- It is not wise to run a fitness test the day before or after a match
  
- Never start a training or a match in a dehydrated state (check your urinary colour)

### INTERESTING

The demands of a match are so much more in terms of calories and heart beats compared to a intensive high intensity or speed endurance session. Refereeing does require significant perceptual-cognitive demands in addition to the physical demands.

If you did not referee in the weekend and you want to have the same overall training load, then this means you should do intensive training sessions.

RPI may indeed be correlated with your calories.

### WHAT IS NOT IMPORTANT

The Polar RPI is not so important to look at. It is better to consider the overall number of heart beats and the time distribution in the various zone, as expressed by the HRload.

A strength session in the gym is not so demanding from a cardiovascular point of view. It is normal that your heart beats do not increase as during a typical HI or SE training session.