



**NORFOLK COUNTY FA**  
**REFEREES DEPARTMENT**

# NORFOLK COUNTY FA REFEREE FITNESS SESSIONS

## MATCH SIMULATION TRAINING

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#NorfolkFootball  
**FOR ALL**

**RESPECT**

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# NORFOLK COUNTY FA REFEREE FITNESS SESSIONS

## MATCH SIMULATION



## Session 1

### Session Details

- Perform 3 Sets of the 4 Exercises below in the following order:
  - 1: Perform 3 x 10m sprints, 2 x 20m sprints, 1 x 30m sprints (100m)
  - 2: Jog 1 lap of the pitch (330m)
  - 3: Perform 5 laps of the 'figure of 8' pitch exercise (2300m) →
  - 4: Jog 1 lap of the pitch (330m)
- Total= 9,180km High-Speed: 3900m Sprinting: 300m

### Session Diagram



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## MATCH SIMULATION

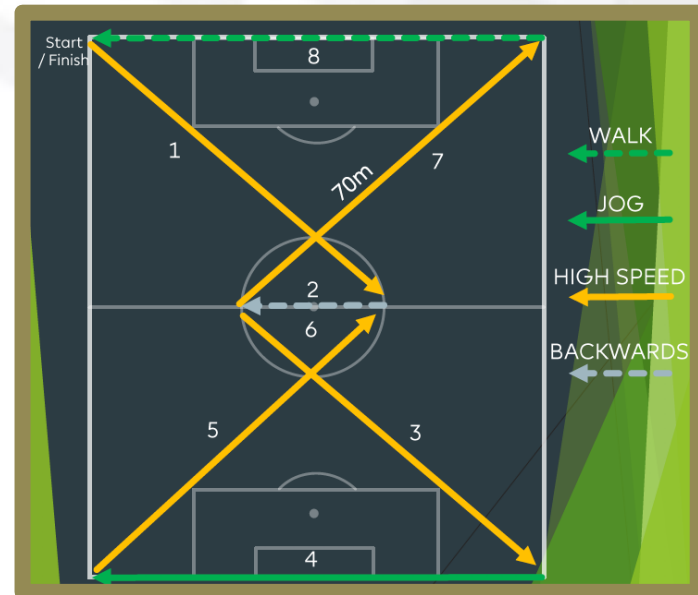


## Session 2

### Session Details

- Perform 3 Sets of the 4 Exercises below in the following order:
  - 1: Perform 3 x 10m sprints, 2 x 20m sprints, 1 x 30m sprints (100m)
  - 2: Perform 1km time trial (approx. 3 laps of pitch)
  - 3: Perform 3 laps of pitch exercise (2070m) →
  - 4: Jog 1 lap of the pitch (330m)
- Total= 10.5km      High-Speed: 2880m      Sprinting: 300m

### Session Diagram



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## MATCH SIMULATION



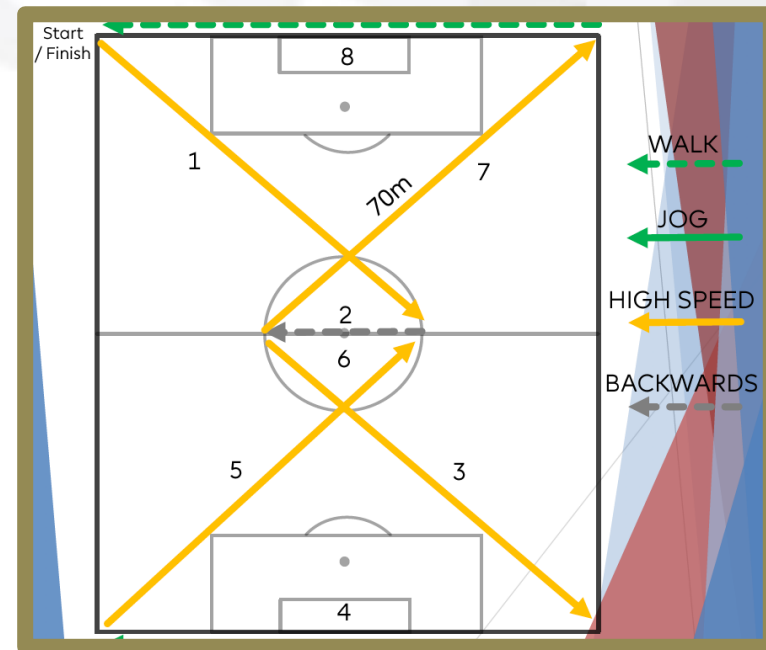
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### Session 3

#### Session Details

- Perform 3 Sets of the 3 Exercises below in the following order:
  - 1: Perform 1km time trial (approx. 3 laps of pitch)
  - 2: Perform 3 laps of pitch exercise (2070m) →
  - 3: Jog 1 lap of the pitch (330m)
- Total= 9.3km      High-Speed: 2880m

#### Session Diagram



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## MATCH SIMULATION



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## Session 4

### Session Details

- 10 minute low speed warm up & dynamic stretching
  - 4 x 10m sprints – 20m walk
  - 4 x 30m sprints – 60m walk
  - 4 x 40m sprints- 80m walk
  - (2000m) 2km timed run
    - Rest for 3 minutes
  - Repeat x 4 Sets (Referee) or
  - Repeat x 2 sets (Assistant Referee)
- 5 minute low intensity cool down jog and stretch

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## MATCH SIMULATION



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## Session 5

### Session Details

- 10 minute low speed warm up & dynamic stretching
  - 6 x 40m sprints – 80m walk
  - 6 x 60m sprints – 100m walk
  - (1000m) 1km timed run x 2
    - This = 1 Set
    - Rest for 3 minutes
  - Repeat x 4 Sets (Referee) or
  - Repeat x 2 sets (Assistant Referee)
- 5 minute low intensity cool down jog and stretch

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