



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

# NORFOLK COUNTY FA REFEREE FITNESS SESSIONS

## HIGH INTENSITY PITCH TRAINING

**FOR REFEREES**

REFEREE

#NorfolkFootball  
**FOR ALL**

**RESPECT**

SEE ABUSE  
REPORT IT.  
#TAKE A STAND.

# NORFOLK COUNTY FA REFEREE FITNESS SESSIONS

## HIGH INTENSITY PITCH

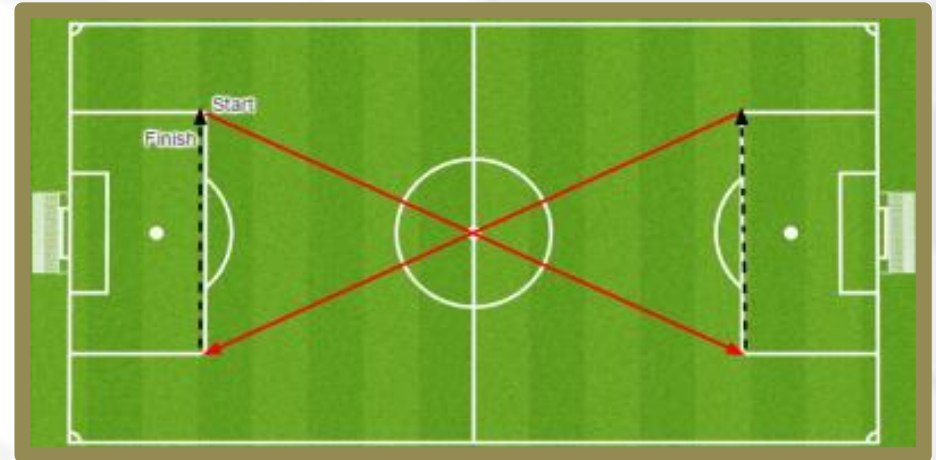


## Session 1

### Session Details

- Red = HI Run
- Black = Side Step
- 1 set = figure of 8 pattern x 8 times.
- Complete 3 sets of 8 Reps with 2 mins rest between sets.

### Session Diagram



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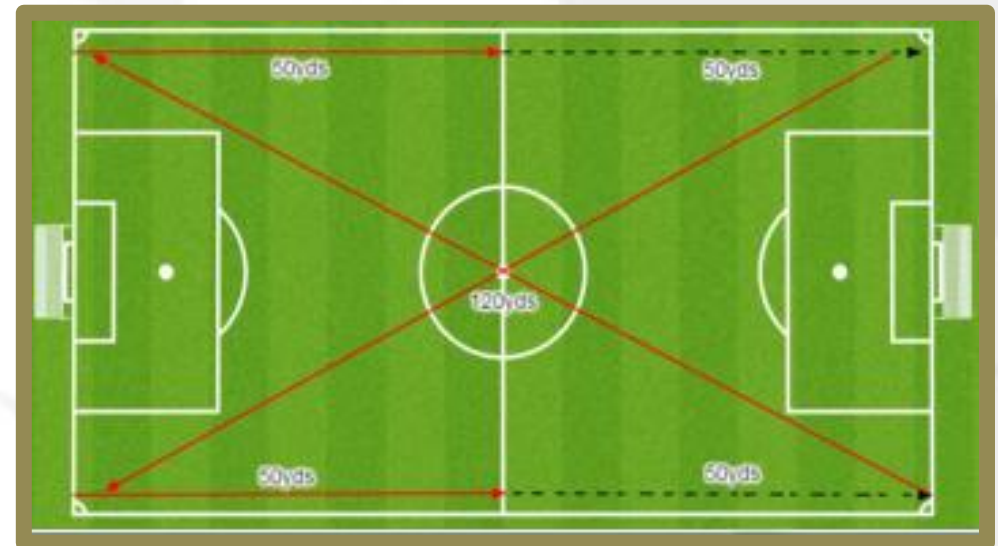
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## Session 2

### Session Details

- Black Line = Side Step
- Red Line = HI Run
- HI Run Goal Line to half way(50 yards)
- Side Step half way to Goal Line(50 yards)
- HI Run Corner Flag to Corner Flag(120 yards)
- Turn and HI Run Corner Flag to Halfway(50 yards)
- Side Step Halfway to Goal Line(50 yards)
- HI Run Corner Flag to Corner Flag(120 yards) = 1 Rep
- Complete 3 Sets x 4 reps
- 30 secs rest between reps
- 60 secs rest between sets

### Session Diagram



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### Session 3

#### Session Details

- Using each half of the pitch as a 50m segment, perform your intervals as follows:
- Perform a 200m run up and down the pitch, each within 40s
- Walk half the pitch (50m) within 40s between repetitions
- Perform 12 continuous repetitions

#### Session Diagram



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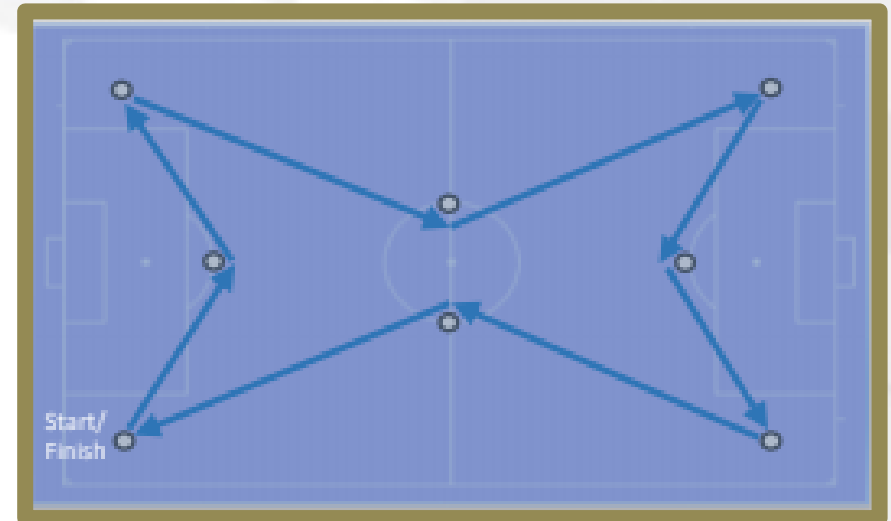


## Session 4

### Session Details

- Place cones as shown in the diagram
- Set 1= 4 laps of running one part / jogging one part (run/jog)
- Set 2= 4 laps of running two parts / jogging one part (run/run/jog)
- Set 3= 4 laps of running three parts / jogging one part (run/run/run/jog)

### Session Diagram



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## HIGH INTENSITY PITCH



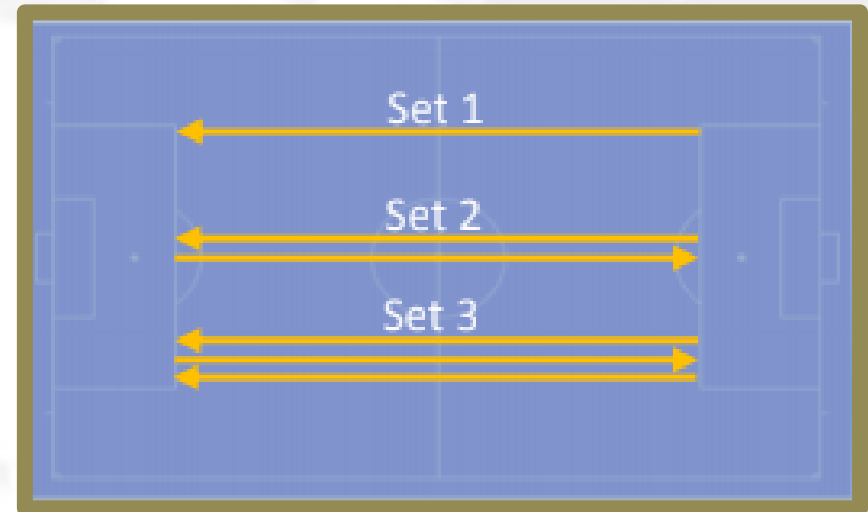
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## Session 5

### Session Details

- Perform three sets with a 90-second rest between sets
- Set 1 = 12 x single 75m high-speed/intensity runs
- Set 2 = 6 x double 75m high-speed/intensity runs
- Set 3 = 3 x triple 75m high-speed/intensity runs
  
- Rest for the same amount of time it takes to complete each run

### Session Diagram



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