



NORFOLK COUNTY FA
REFEREES DEPARTMENT

NORFOLK COUNTY FA REFEREE FITNESS SESSIONS

SPEED & SPRINT TRAINING

FOR REFEREES

REFEREE

#NorfolkFootball
FOR ALL

RESPECT

SEE ABUSE
REPORT IT.
#TAKE A STAND.

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SPEED & SPRINT



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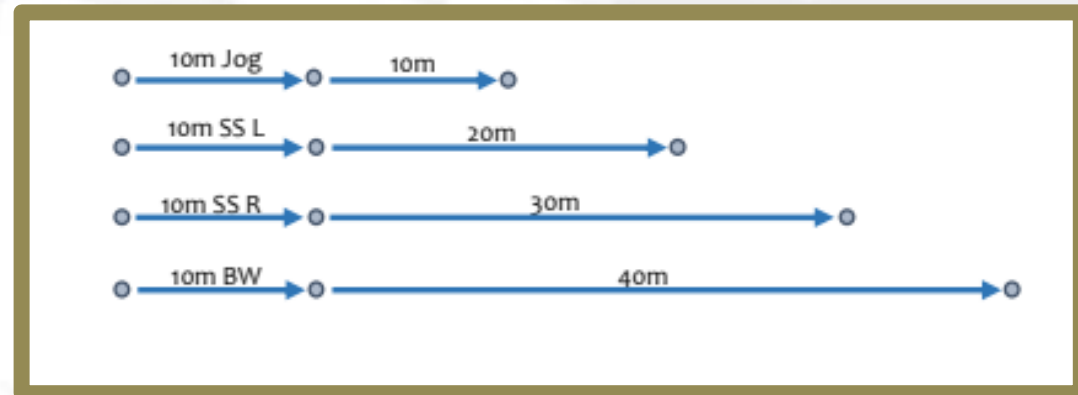
SESSION 1

Session Details

Compete 4 Sets =

- 10m jogging into 10m acceleration
- 10m side-stepping left into 20m acceleration
- 10m side-stepping right into 30m 90% sprint
- 10m backwards running start into 40m 90% sprint

Session Diagram



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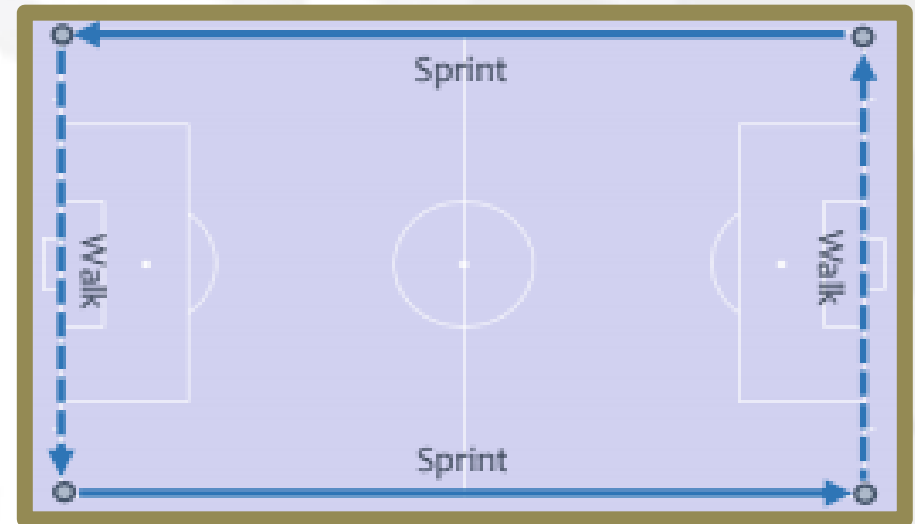
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SESSION 2

Session Details

- Sprint the length of the football field (15s)
- walk the width (45s)
- Sprints should be performed at near-maximum speed
- Set 1 = 5 laps (10 sprint repetitions)
- Rest 4 minutes
- Set 2 = 5 laps (10 sprint repetitions)

Session Diagram



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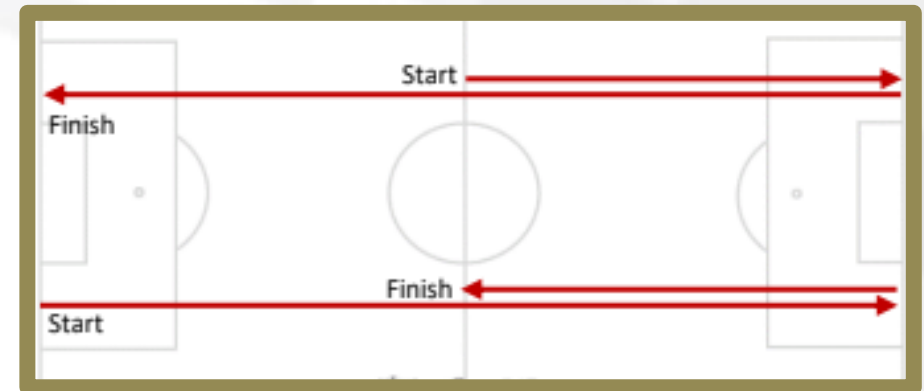


SESSION 3

Session Details

- Perform 6 x 150m max-speed pitch sprints
- Rest for 2 minutes between each sprint
- Alternate sprints between example 1 and 2

Session Diagram



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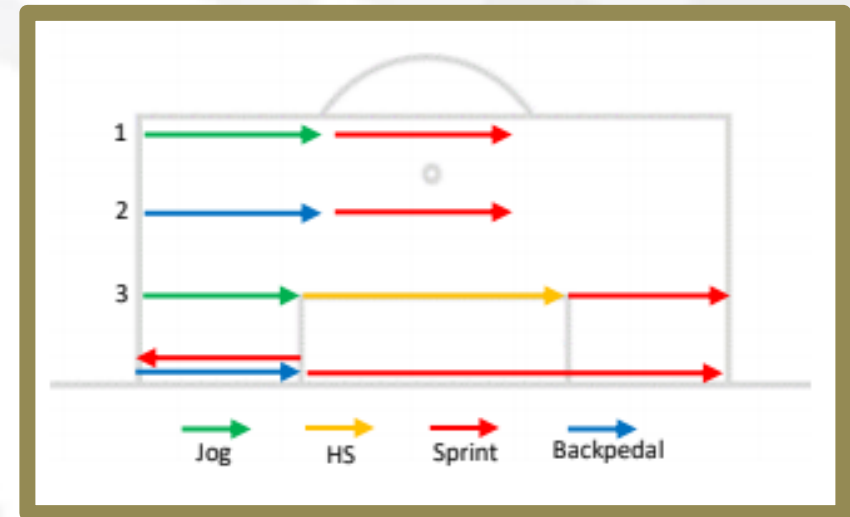
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SESSION 4

Session Details

- Perform 4 rotations of the 4x drills
- Perform each sprint at maximum speed
- Walk slowly back to the start between each sprint

Session Diagram



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SESSION 5

Session Details

Ex 1:

- Perform 4 x repetitions of: jog 11m, sprint 18m, jog 11m
- Rest for 1 minute between repetitions

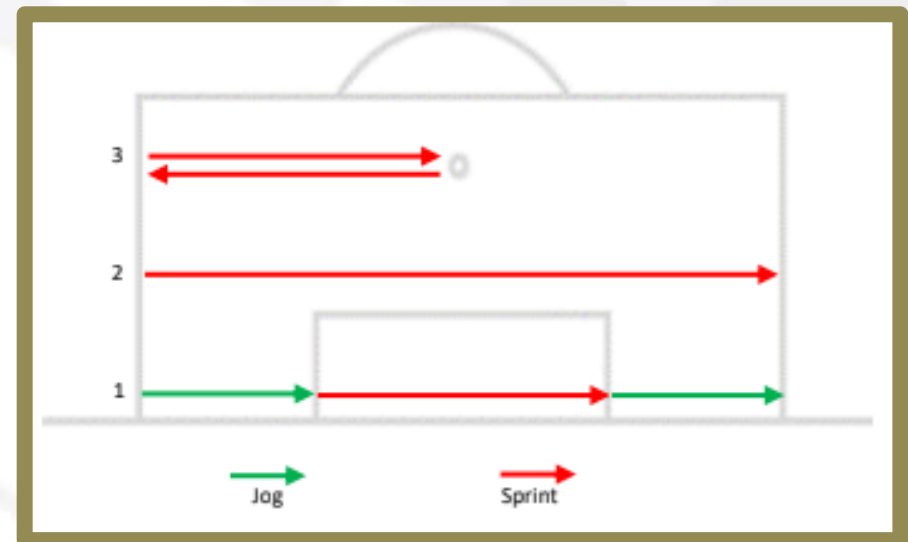
Ex 2:

- Perform 4 x repetitions of: 40m sprints
- Rest for 1 minute between repetitions

Ex 3:

- Perform 4 x repetitions of: 20m out & back
- Rest for 1 minute between repetitions

Session Diagram



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