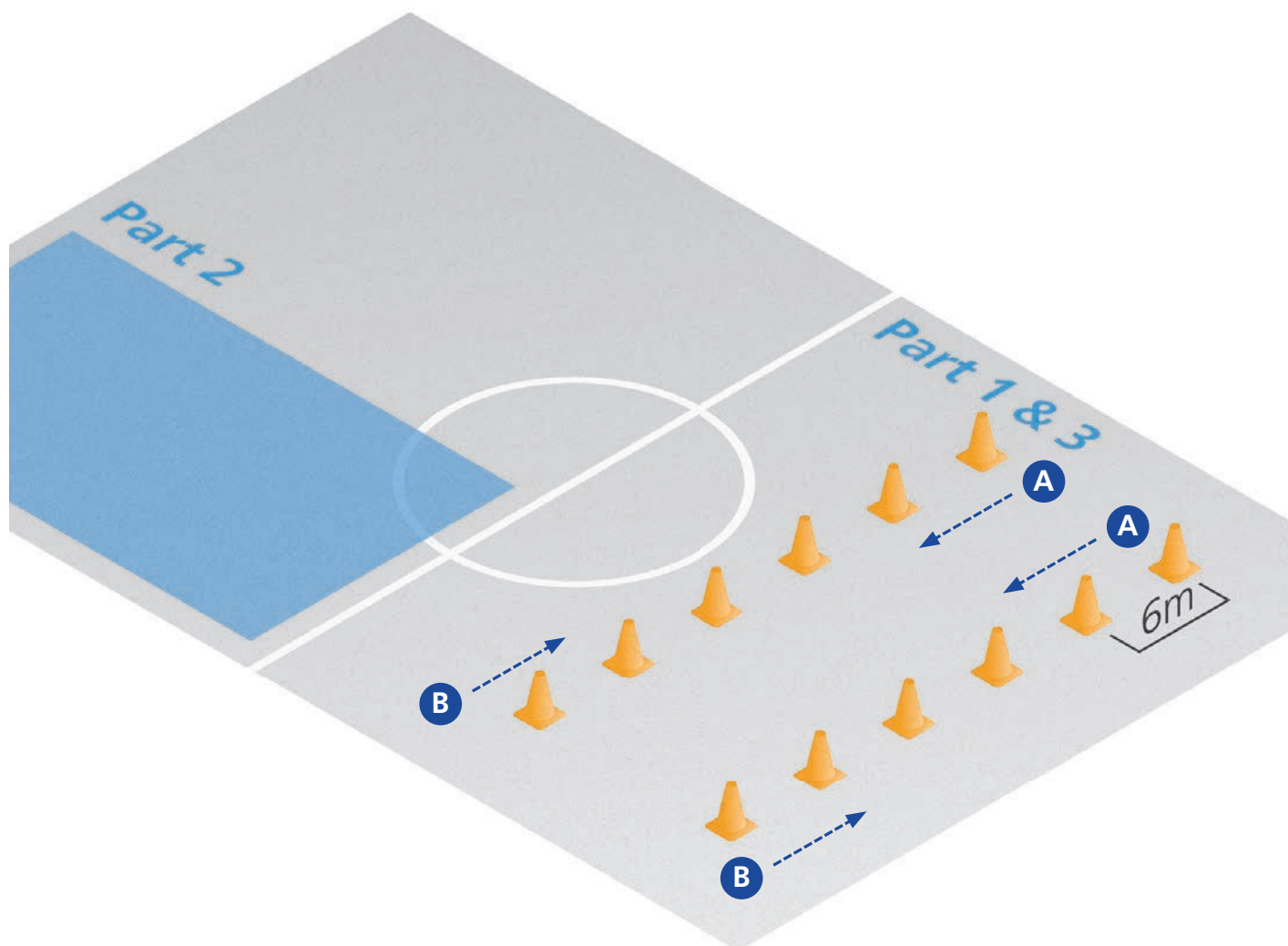


## FIELD SET-UP

The course is made up of six pairs of parallel cones, approximately 4/6m apart (total of 20/24m). Two referees start at the same time from the first pair of cones, jog along the inside of the cones and do the various exercises on the way. After the last cone, they run back along the outside. On the way back, speed can be increased progressively as the referees warm up.

- A** Exercises
- B** Way back



# PART 1:

# **RUNNING EXERCISES**

- 1 STRAIGHT AHEAD
- 2 CIRCLING PARTNER
- 3 ZIGZAG SHUFFLING
- 4 FORWARDS/BACKWARDS SPRINTS

## **FOR REFEREES**

- 5 SLALOM FORWARDS/BACKWARDS
- 6 FORWARDS/BACKWARDS WITH ROTATIONS

## **FOR ASSISTANT REFEREES**

- 5 ALTERNATE SHUFFLING
- 6 CARIOCAS



## 1 RUNNING STRAIGHT AHEAD

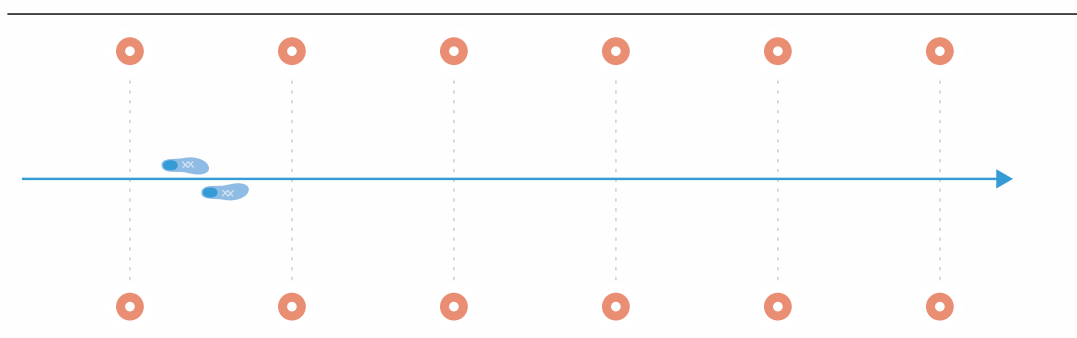
Jog straight to the last cone. Run slightly more quickly on the way back.

**Do the exercise twice.**

**Important when performing the exercise:**

- Make sure you keep your upper body straight.
- Your hips, knees and feet should be aligned.

**!** Do **not** let your knees buckle inwards.



**CORRECT**



**WRONG**



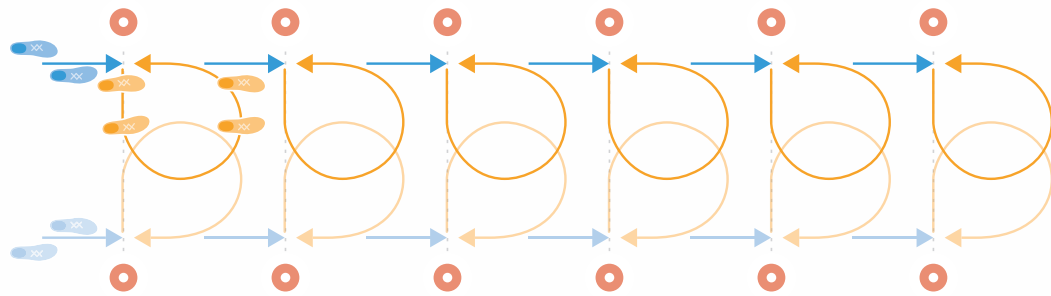
## 2 RUNNING CIRCLING PARTNER

Jog forwards to the first cone. Shuffle sideways at a 90-degree angle towards your partner, shuffle an entire circle around one another (without changing the direction in which you are looking) and back to the first cone. Jog to the next cone and repeat the exercise. When you have finished the course, jog back.

**Do the exercise twice.**

**Important points when performing the exercise:**

- Bend your hips and knees slightly and carry your body weight on the balls of your feet.
- ! Do **not** let your knees buckle inwards.
- Make sure you keep your upper body straight.



**CORRECT**



**WRONG**



### 3 RUNNING ZIGZAG SHUFFLING

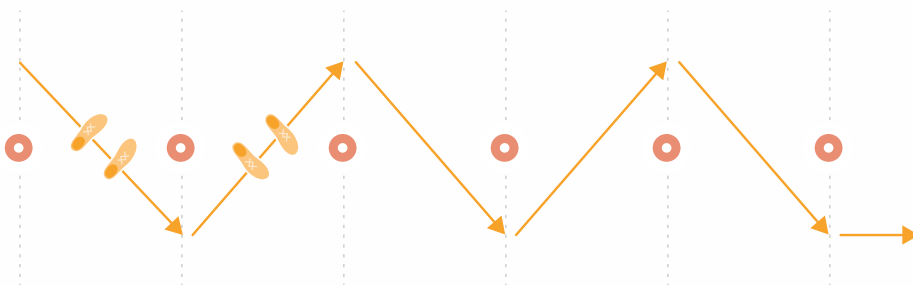
Shuffle sideways through the line of cones, alternating the leading leg at each cone, crossing and continuing until the last one. Keep your hips and knees slightly bent. When you have finished the course, jog back.

**Do the exercise twice.**

#### Important points when performing the exercise:

- Make sure you keep your back straight and your upper body leaned forward.
- Bend your hips and knees slightly and carry your body weight on the balls of your feet.
- Change direction softly whilst shuffling.

**!** Do **not** let your knees buckle inwards.



#### CORRECT



#### WRONG



## 4 RUNNING FORWARDS AND BACKWARDS SPRINTS

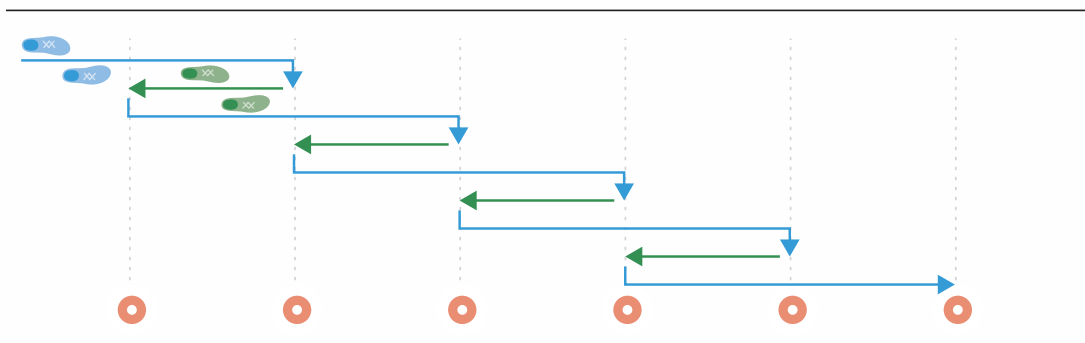
Run quickly to the second cone then run backwards quickly to the first cone, keeping your hips and knees slightly bent. Repeat, running two cones forwards and one cone backwards. When you have finished the course, jog back.

**Do the exercise twice.**

**Important points when performing the exercise:**

- Make sure you keep your upper body straight.
- Your hips, knees and feet should be aligned.

**!** Do **not** let your knees buckle inwards.



**CORRECT**



**WRONG**



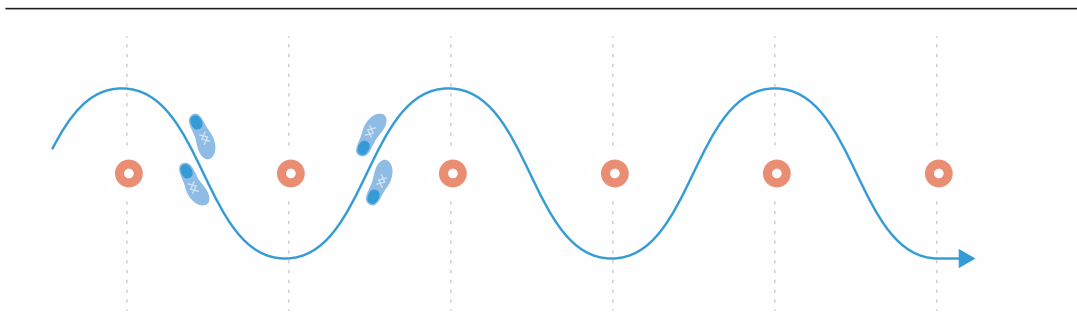
## R-5 RUNNING SLALOM FORWARDS AND BACKWARDS

Slalom between the cones whilst jogging forwards until the last cone. When you have finished the course, jog back. Then, slalom between the cones whilst jogging backwards until the last cone. When you have finished the course, jog back.

### Important points when performing the exercise:

- Make sure you keep your upper body straight.
- Your hips, knees and feet should be aligned.

! Do **not** let your knees buckle inwards.



### CORRECT



### WRONG



## R-6 RUNNING FORWARDS AND BACKWARDS WITH ROTATIONS

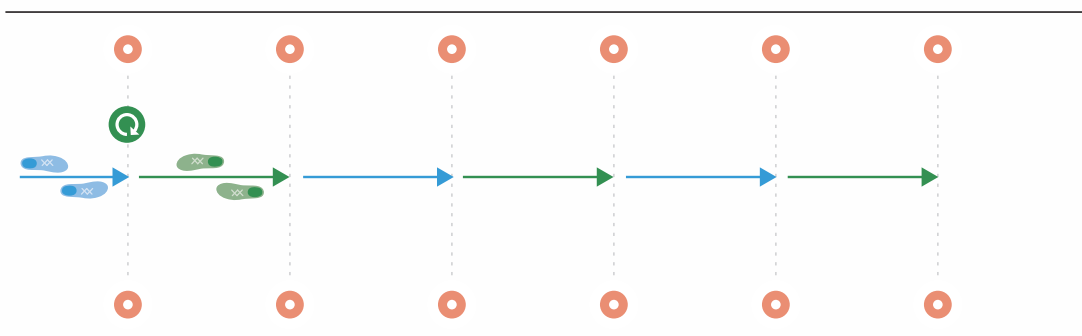
Jog forwards to the first cone. Decelerate and rotate at a 180-degree angle, continue jogging backwards to the second cone, rotate (in the other direction) and repeat this drill until the last cone. When you have finished the course, jog back.

**Do the exercise twice.**

### Important points when performing the exercise:

- Make sure you keep your upper body straight.
- Your hips, knees and feet should be aligned.
- Perform the body rotation softly whilst jogging.

**!** Do **not** let your knees buckle inwards.



### CORRECT



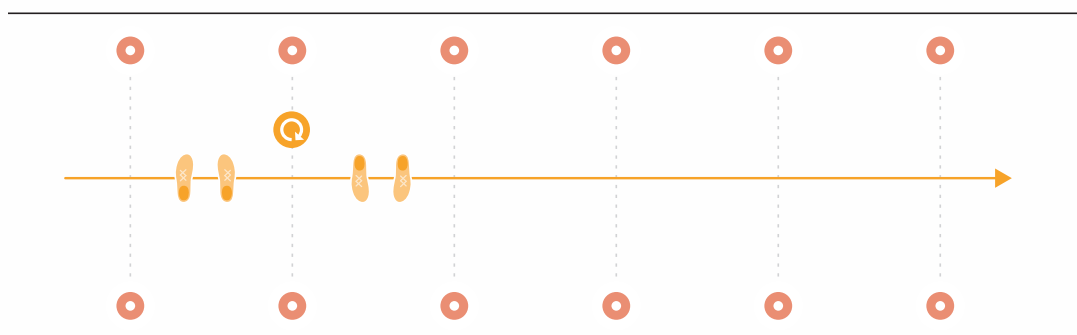
## AR-5 RUNNING ALTERNATE SHUFFLING

Shuffle sideways, changing the leading leg at each cone, along the line of cones until the last one. When you have finished the course, jog back.

**Do the exercise twice.**

### Important points when performing the exercise:

- Bend your hips and knees slightly and carry your body weight on the balls of your feet.
- ! Do **not** let your knees buckle inwards.
- Perform the body rotation softly whilst shuffling.
- Make sure you keep your upper body straight.



**CORRECT**



**WRONG**



## AR-6 RUNNING CARIOCAS

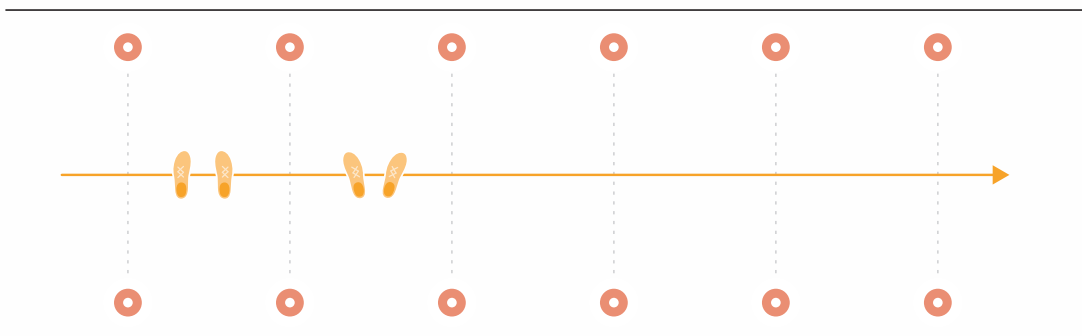
Shuffle sideways “cariocas” (alternatively crossing legs), with the same leading leg along the line of cones until the last one. When you have finished the course, jog back.

**Perform the second run by changing the leading leg.**

### Important points when performing the exercise:

- Make sure that you keep your pelvis horizontal and your core still.
- Maintain your arms horizontally elevated and parallels to the cone line.
- Bend your knees slightly and carry your body weight on the balls of your feet.

**!** Do **not** let your knees buckle inwards.



**CORRECT**



**WRONG**



