

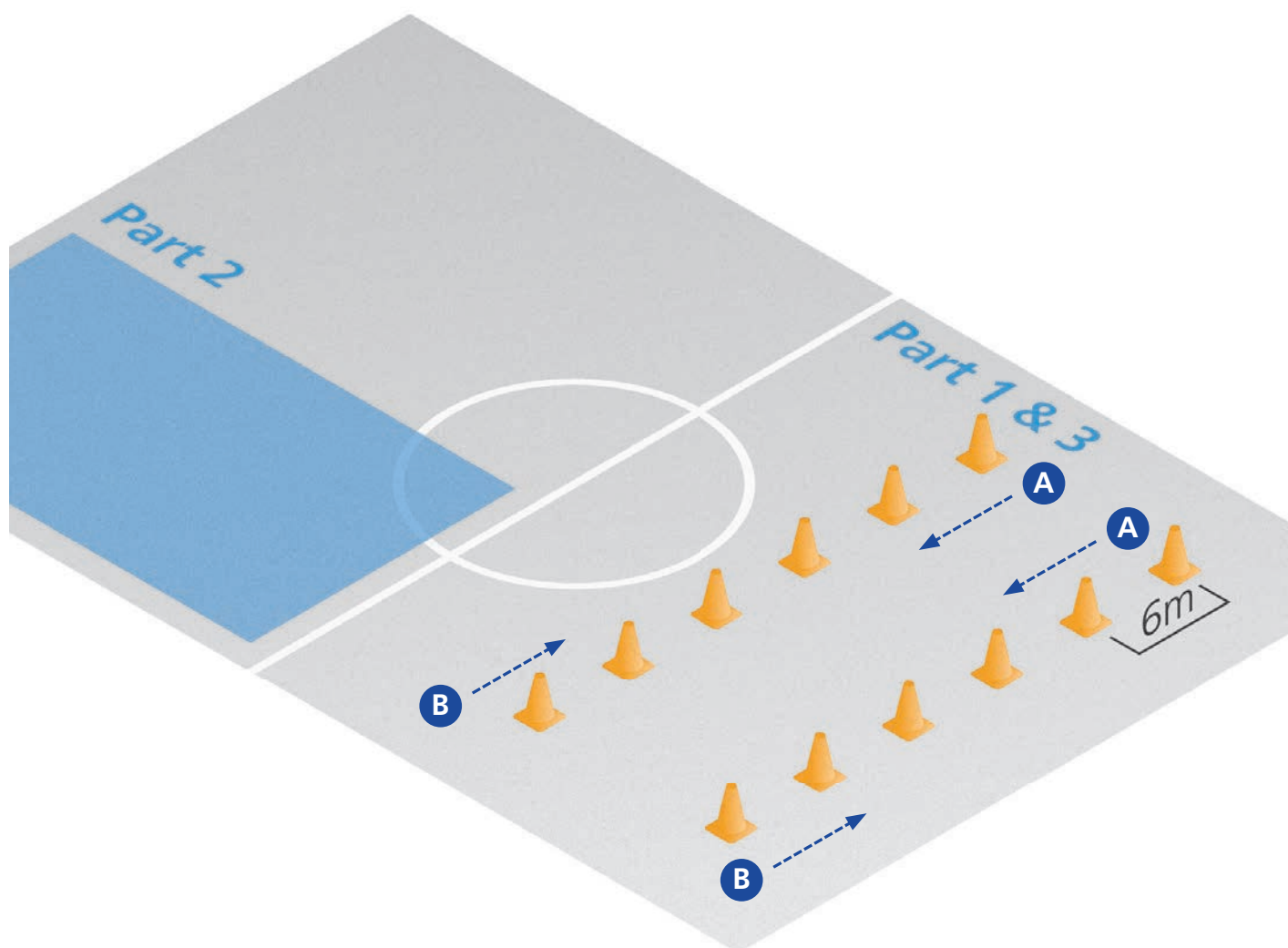
FIELD SET-UP

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 3:

RUNNING EXERCISES

1 PROGRESSION RUN

2 LONG SPRINT

FOR REFEREES

3 SHORT DIAGONAL SPRINT

4 LONG DIAGONAL SPRINT

FOR ASSISTANT REFEREES

3 SHUFFLING AND SHORT SPRINT

4 SHUFFLING AND LONG SPRINT



1 RUNNING PROGRESSION RUN

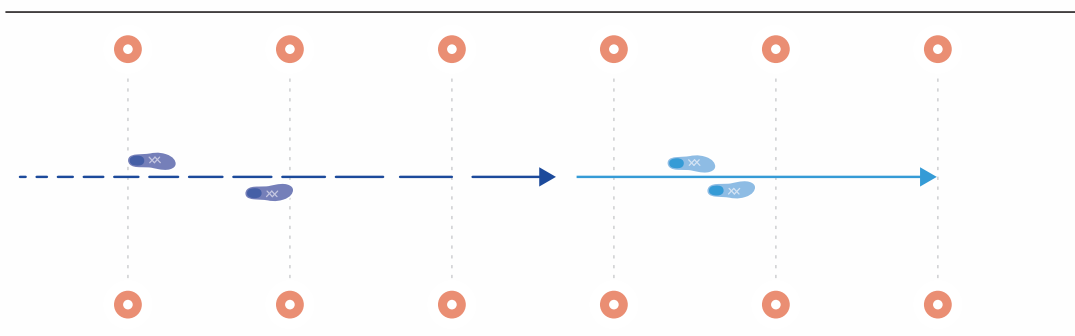
Run approximately 30 metres along the line of cones at 70–80% of maximum pace and then jog the rest of the way. Jog back at an easy pace.

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 LONG SPRINTS

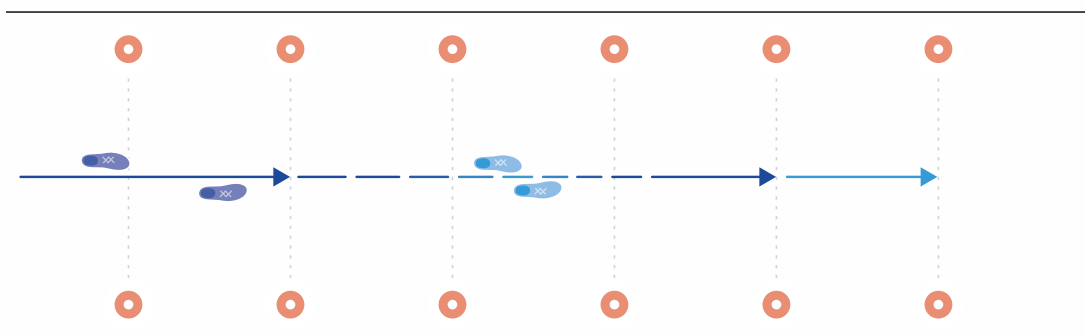
Sprint across the line of cones at 80–90% of maximum pace until the second cone, then slow down, and sprint again until the fifth cone. Then jog the rest of the way. Jog back at an easy pace.

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



R-3 RUNNING SHORT DIAGONAL SPRINT

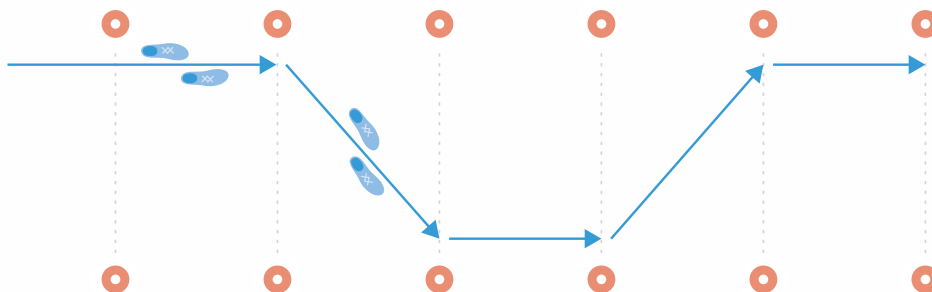
Perform short diagonal runs within the two lines of cones: from the first cone, accelerate to the next opposite cone; when there, decelerate and stop on the foot nearest the outside cone. Repeat the drill to the next opposite cone and so forth. Jog back at an easy pace.

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



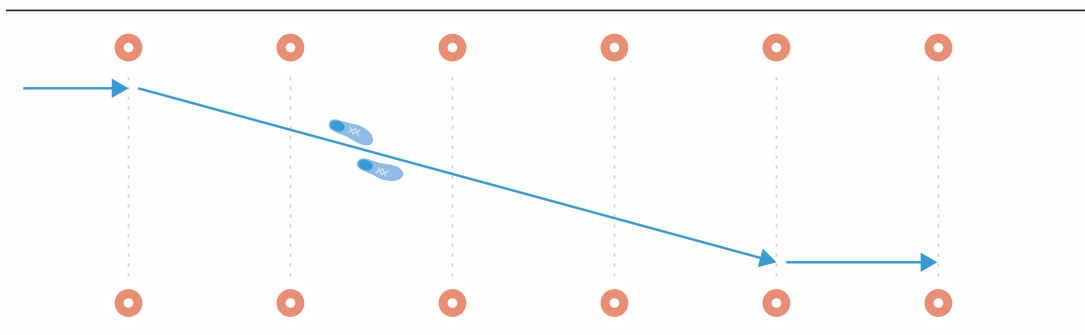
R-4 RUNNING LONG DIAGONAL SPRINT

Perform a long diagonal run within the two lines of cones: from the first cone, accelerate to the 2nd last cone of the opposite line and then jog the rest of the way. Jog back at an easy pace.

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



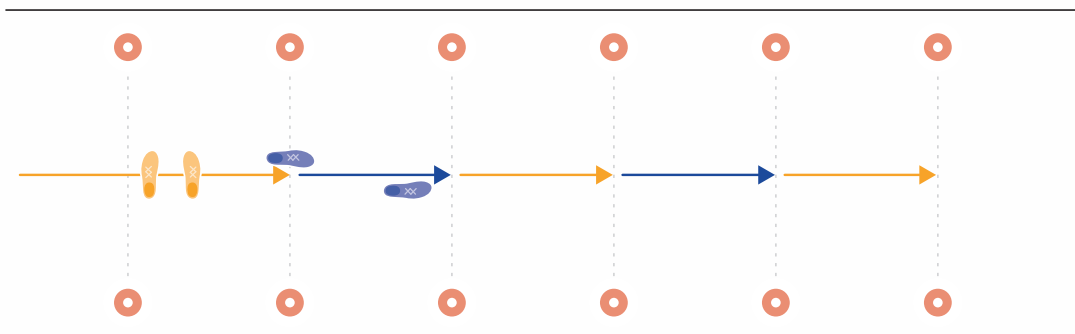
AR-3 RUNNING SHUFFLING AND SHORT SPRINTS

Shuffle sideways to the 2nd cone, and then do a short sprint the 3rd cone, and continue alternating shuffling/sprinting. Jog back at an easy pace.

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



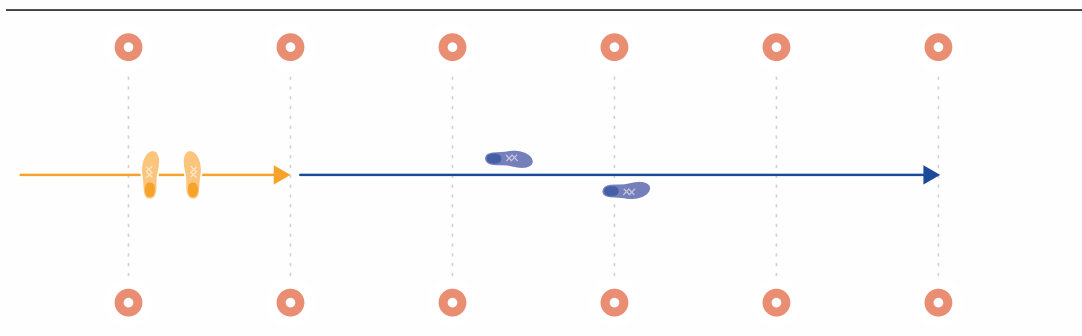
AR-4 RUNNING SHUFFLING AND LONG SPRINT

Shuffle sideways along the first 2 cones, and then sprint at 80–90% of maximum pace to the last cone, and then slow down progressively. Jog back at an easy pace.

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

