

Warm-up exercises with ball

Warm-up drills

- jogging with arm movements
- shoulders / arms together backwards & forward
- shoulders / arms alternatively backwards & forward
- heel lifts
- knee lifts (medium and high)
- backwards running (while turning head left & right)
- shuffles (forward and backward)
- sideways left & right
- lambada left & right
- grapevine
- tripling (small steps on the forefeet)
- circling of the legs (move forwards)

- straight fore-ward accelerating (2x)
- sideways running, followed by fore-ward accelerating (2x)
- backward running, followed by fore-ward accelerating (2x)
- fore-ward running, followed by acceleration in opposite direction (2x)

dynamic stretching exercises

adductor

hamstrings

quadriceps

splint muscles

Warm-up with ball 1

Warm-up drills, without ball

Jog with ball

8-10m

Referees: $R_1, R_2, R_3, R_4, R_5, R_6, R_7, R_8, R_9, R_{10}, R_{11}, R_{12}$

Warm-up drills

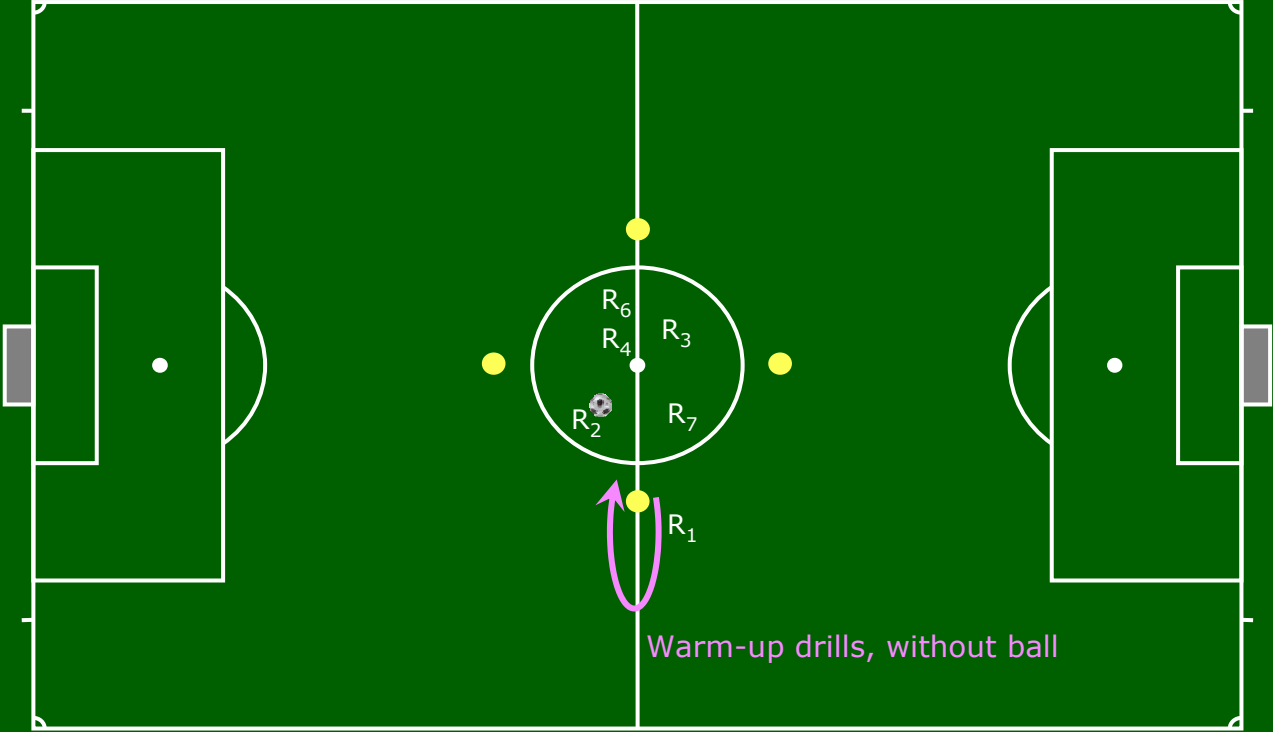
- Walking
- Jogging
- Knee lifts
- Heel lifts
- Shoulders back- and forwards
- Sideways running left and right
- Lambada
- Backward running
- Circling
- Fast feet (tripling)
- Acceleration out - jogging in
- Sideways out - acceleration in
- Backwards out - acceleration in
- Accelerations with the ball

Total duration 20-30 min

Basic organization: 4 groups of 4 referees with 3 of these 4 referees carrying a ball.

Instruction: Referees R_1 to R_4 start at the same time and carry the ball to the next group as indicated on the picture (in a figure 8). When these referees are in the middle of the square, referees R_5 to R_8 start jogging with the ball. When referees R_1 to R_4 arrive at the next group, they pass the ball to referees R_9 to R_{12} and make a loop around the cone by doing some warming-up drills. Afterwards these referees receive the ball of referees R_5 to R_8 . The warm-up is always followed by dynamic stretching exercises.

Warm-up with ball 2



Warm-up drills, without ball

Warm-up drills

- Walking
- Jogging
- Knee lifts
- Heel lifts
- Shoulders back- and forwards
- Sideways running left and right
- Lambada
- Backward running
- Circling
- Fast feet (tripling)
- Acceleration out - jogging in
- Sideways out - acceleration in
- Backwards out - acceleration in

Total duration 20-30 min

Basic organization: 2 groups from 6 to 8 referees, 1 ball for each group.

Instruction: The ball is thrown from one to the other referee in a fixed order. After the ball is thrown to the next referee, they have to run to an outside cone while performing warm-up drills.

The warm-up is always followed by dynamic stretching exercises.

Warm-up with ball 3

Warm-up drills

- Walking
- Jogging
- Knee lifts
- Heel lifts
- Shoulders back- and forwards
- Sideways running left and right
- Lambada
- Backward running
- Circling
- Fast feet (tripling)
- Sideways and accelerate
- Backwards and accelerate
- Accelerations

Total duration 20-30 min

Basic organization: the referees work 2 by 2 with 1 of the 2 referees carrying a ball.

Instruction: Referees R_1 and R_2 start at the same time and R_1 carries the ball. Both referees follow the trajectory as indicated on the picture. R_1 jogs with the ball and R_2 does some warm-up drills. When the referees cross in the middle of the square, R_1 passes the ball to referee R_2 . Then R_1 does the warm-up drills while R_2 is jogging while carrying the ball. The warm-up is always followed by dynamic stretching exercises.

Warm-up with ball 4

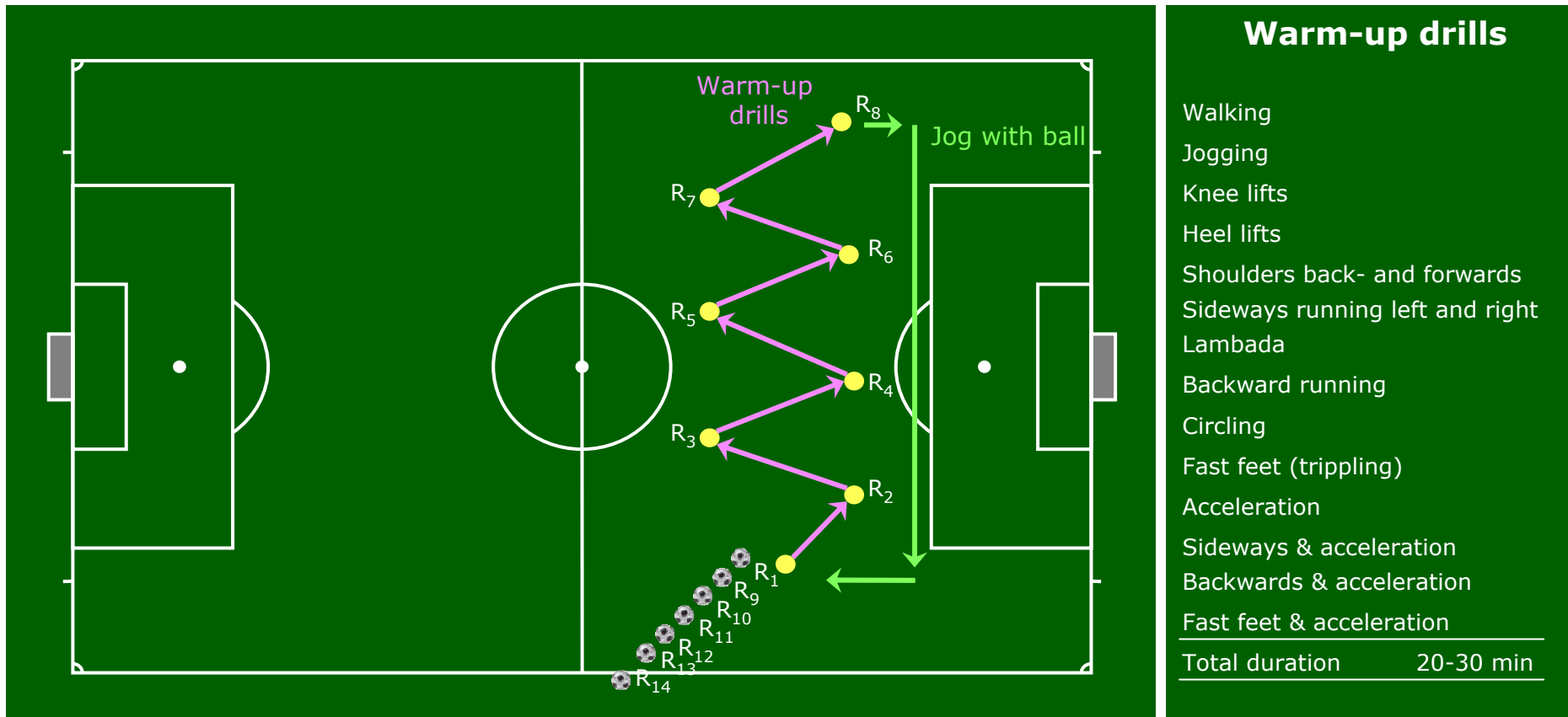
Warm-up drills

- Walking
- Jogging
- Knee lifts
- Heel lifts
- Shoulders back- and forwards
- Sideways running left and right
- Lambada
- Backward running
- Circling
- Fast feet (tripling)
- Acceleration out - jogging in
- Sideways out - acceleration in
- Backwards out - acceleration in
- Accelerate with the ball

Total duration 20-30 min

Instruction: Referee 1 runs with the ball to the opposite side and passes the ball to referee 2. Then, the referees come back in zigzag as indicated in the figure (R₂ to R₃ to R₄...). After the ball has been passed, the referees go around the cone on the outside and perform warm-up drills. The warm-up is always followed by dynamic stretching exercises.

Warm-up with ball 5



Instruction: Referee 1 runs with the ball to referee 2 passes. Referee 2 goes to referee 3 and passes the ball... Referee 8 jogs back with the ball to the starting position. After the ball has been passed, the referees wait at the cone for the next ball. The warm-up is always followed by dynamic stretching exercises.

Warm-up with ball 6

The diagram illustrates a soccer field layout for a warm-up drill. A central cone is surrounded by 12 referees (R1-R12) and 10 balls (B1-B10). Green arrows show a circular path for 'Jog with ball' starting from the center. Purple arrows show 'Warm-up drills' around the perimeter. A distance of 8-10m is indicated between the center and the perimeter.

Warm-up drills

- Walking
- Jogging
- Knee lifts
- Heel lifts
- Shoulders back- and forwards
- Sideways running left and right
- Lambada
- Backward running
- Circling
- Fast feet (tripling)
- Acceleration out - jogging in
- Sideways out - acceleration in
- Backwards out - acceleration in
- Accelerate with the ball

Total duration 20-30 min

Instruction: Referee 1, 2, 3 and 4 start to jog at the same time with the ball in the hand to the cone in the middle and then they all turn to the right and pass the ball to the next referee. Referees 5, 6, 7 and 8 start to jog with the ball in the hand when the first group is in the middle. After the ball has been passed, the referees go around the cone on the outside and perform warm-up drills. The warm-up is always followed by dynamic stretching exercises.

Warm-up with ball 7

The diagram illustrates a soccer field layout for a warm-up drill. Three groups of referees, labeled R₁ through R₁₂, are positioned around the center circle in a triangular formation. A distance of 8-10m is marked between the groups. The drill involves passing the ball between groups and performing various warm-up exercises. The exercises are categorized into 'Warm-up drills, without ball' (purple arrows) and 'Jog with ball' (green arrows).

Warm-up drills
4 times each

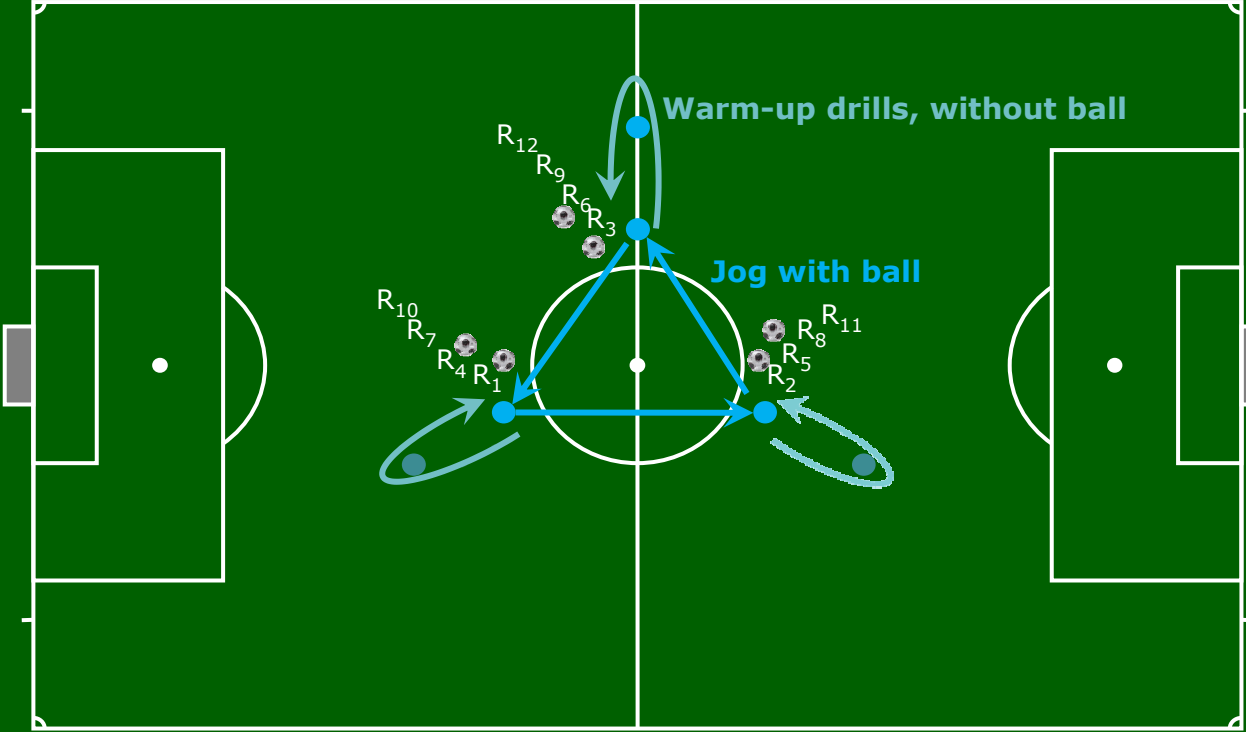
- Walking
- Jogging
- Knee lifts
- Heel lifts
- Shoulders back- and forwards
- Sideways running left and right
- Lambada
- Backward running
- Circling
- Fast feet (tripling)
- Acceleration out - jogging in
- Sideways out - acceleration in
- Backwards out - acceleration in
- Accelerations with the ball

Total duration 20-30 min

Basic organization: 3 groups of 4 referees with 2 of these referees carrying a ball.

Instruction: Referees R₁ to R₃ start at the same time and carry the ball to the next group as indicated on the picture (in a triangle). When these referees are in the middle, referees R₄ to R₆ start jogging with the ball. When referees R₁ to R₃ arrive at the next group, they pass the ball to referees R₇ to R₉ and make a loop around the cone by doing some warming-up drills. Afterwards these referees receive the ball of referees R₄ to R₆. The warm-up is always followed by dynamic stretching exercises.

Warm-up with ball 7



Warm-up drills
4 times each

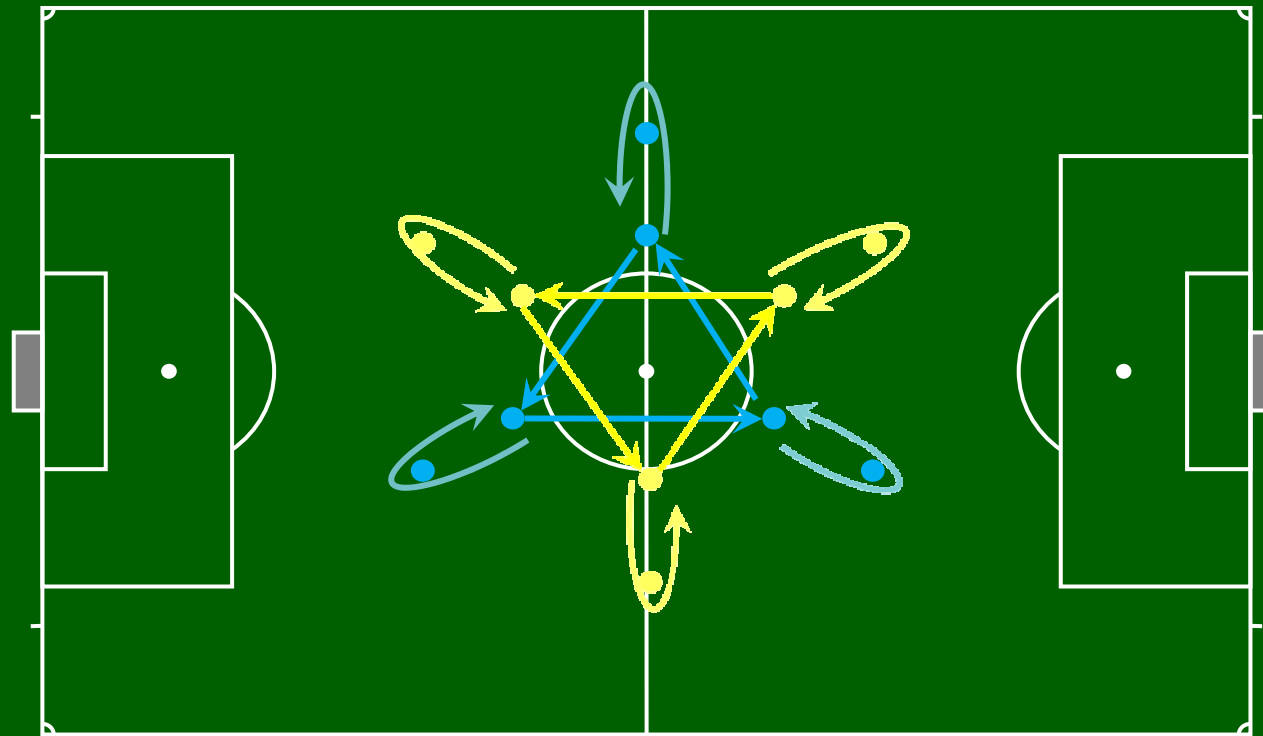
- Walking
- Jogging
- Knee lifts
- Heel lifts
- Shoulders back- and forwards
- Sideways running left and right
- Lambada
- Backward running
- Circling
- Fast feet (tripling)
- Acceleration out - jogging in
- Sideways out - acceleration in
- Backwards out - acceleration in
- Accelerations with the ball

Total duration 20-30 min

Basic organization: 3 groups of 4 referees with 2 of these referees carrying a ball.

Instruction: Referees R_1 to R_3 start at the same time and carry the ball to the next group as indicated on the picture (in a triangle). When these referees are in the middle, referees R_4 to R_6 start jogging with the ball. When referees R_1 to R_3 arrive at the next group, they pass the ball to referees R_7 to R_9 and make a loop around the cone by doing some warming-up drills. Afterwards these referees receive the ball of referees R_4 to R_6 . The warm-up is always followed by dynamic stretching exercises.

Warm-up with ball 7



Warm-up drills 4 times each

- Walking
 - Jogging
 - Knee lifts
 - Heel lifts
 - Shoulders back- and forwards
 - Sideways running left and right
 - Lambada
 - Backward running
 - Circling
 - Fast feet (tripling)
 - Acceleration out - jogging in
 - Sideways out - acceleration in
 - Backwards out - acceleration in
 - Accelerations with the ball
-
- Total duration 20-30 min

Basic organization: 3 groups of 4 referees with 2 of these referees carrying a ball.

Instruction: Referees R_1 to R_3 start at the same time and carry the ball to the next group as indicated on the picture (in a triangle). When these referees are in the middle, referees R_4 to R_6 start jogging with the ball. When referees R_1 to R_3 arrive at the next group, they pass the ball to referees R_7 to R_9 and make a loop around the cone by doing some warming-up drills. Afterwards these referees receive the ball of referees R_4 to R_6 . The warm-up is always followed by dynamic stretching exercises.

Warm-up with ball 8

The diagram illustrates a soccer field layout for a warm-up drill. A central circle is surrounded by 20 referees (R₁ to R₂₀) arranged in a pentagonal pattern. A green pentagon connects the center of each group of 4 referees. A double-headed arrow below the field indicates a distance of 8-10m between the center and the groups. Labels include "Warm-up drills, without ball" and "Jog with ball".

Warm-up drills

4 times each

- Walking
- Jogging
- Knee lifts
- Heel lifts
- Shoulders back- and forwards
- Sideways running left and right
- Lambada
- Backward running
- Circling
- Fast feet (tripling)
- Acceleration out - jogging in
- Sideways out - acceleration in
- Backwards out - acceleration in
- Accelerations with the ball

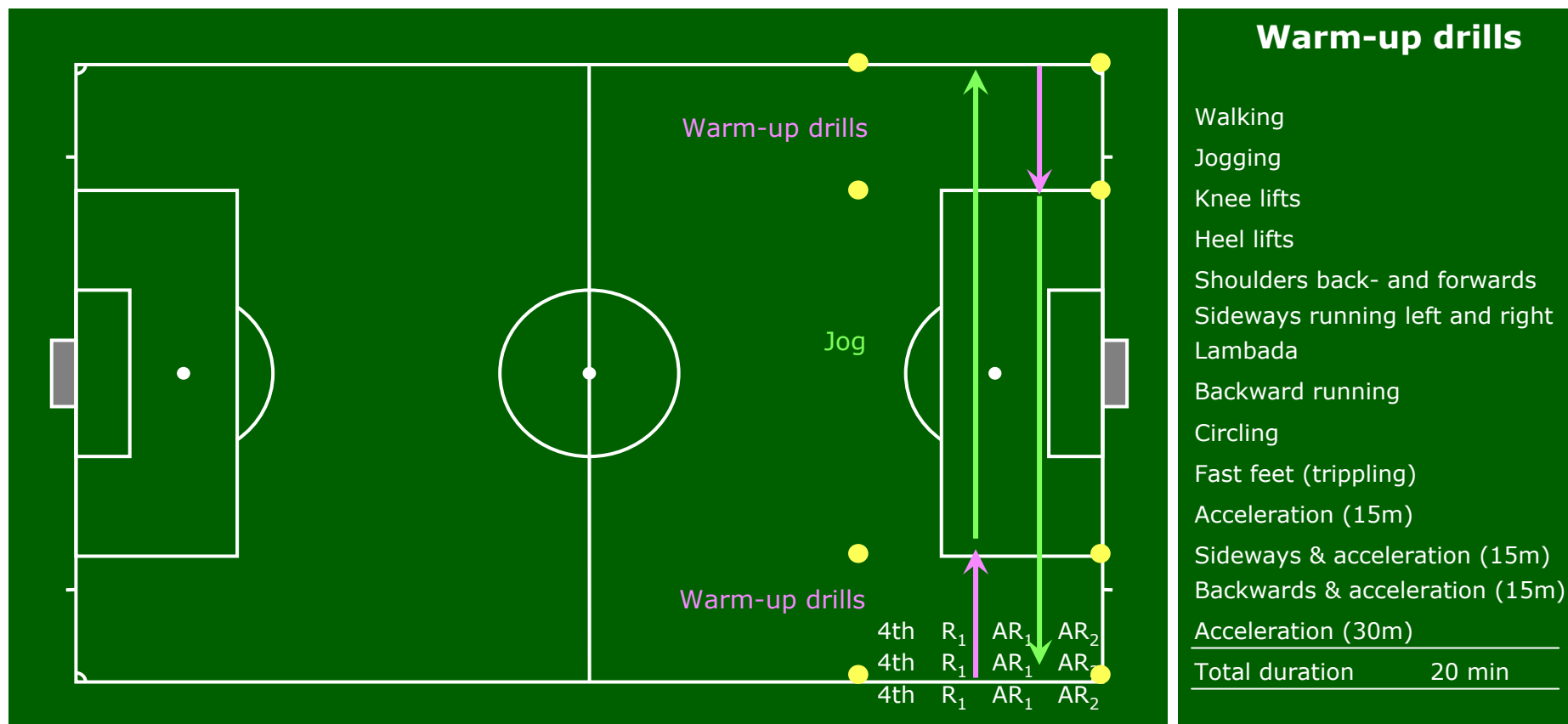
Total duration 20-30 min

Basic organization: 5 groups of 4 referees with 2 of these 4 referees carrying a ball.

Instruction: Referees R₁ to R₅ start at the same time and carry the ball to the next group as indicated on the picture (in a pentagon figure). When these referees are in the middle of the square, referees R₆ to R₁₀ start jogging with the ball. When referees R₁ to R₅ arrive at the next group, they pass the ball to referees R₁₁ to R₁₅ and make a loop around the cone by doing some warming-up drills. Afterwards these referees receive the ball of referees R₆ to R₁₀. The warm-up is always followed by dynamic stretching exercises.

Warm-up exercises without ball

Warm-up without ball 1



Warm-up drills

- Walking
 - Jogging
 - Knee lifts
 - Heel lifts
 - Shoulders back- and forwards
 - Sideways running left and right
 - Lambada
 - Backward running
 - Circling
 - Fast feet (tripling)
 - Acceleration (15m)
 - Sideways & acceleration (15m)
 - Backwards & acceleration (15m)
 - Acceleration (30m)
-
- Total duration 20 min

Instruction: The match officials line up at the sideline (the referee, the two assistant referees and the 4th official) and they need to stay at the same level. They perform warm-up drills from the sideline to the penalty box, followed by jogging to the other side of the pitch and come back in the same set-up. The warm-up is always followed by dynamic stretching exercises.

Warm-up without ball 2

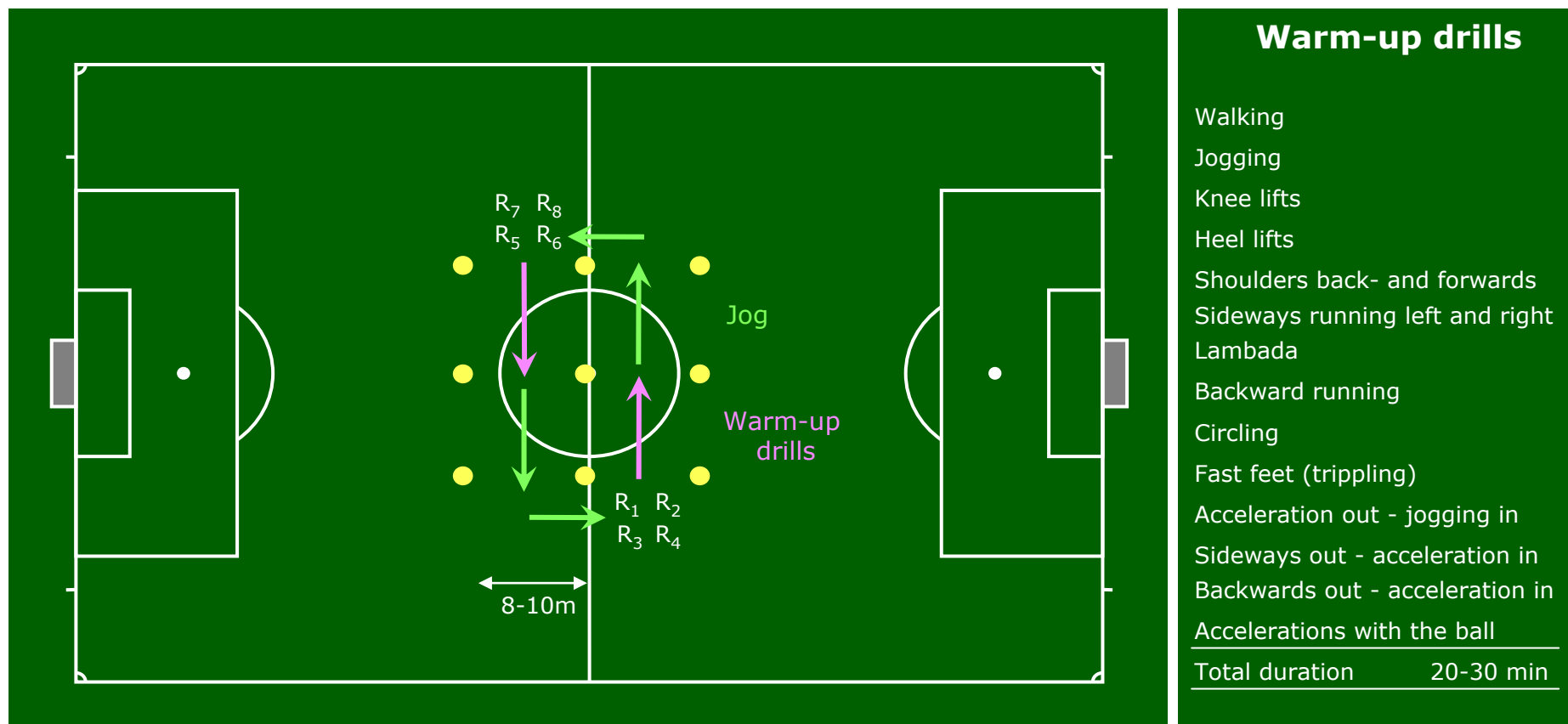
Warm-up drills

- Walking
- Jogging
- Knee lifts
- Heel lifts
- Shoulders back- and forwards
- Sideways running left and right
- Lambada
- Backward running
- Circling
- Fast feet (tripling)
- Acceleration (10m)
- Acceleration (20m)
- Acceleration (30m)

Total duration 20 min

Instruction: The match officials line up as a team (the referee, the two assistant referees and the 4th official) and they need to stay at the same level. They perform warm-up drills in the first part, the jog in the middle part and they do the same warm-up drills in the last part. They jog back to the beginning and start again. The warm-up is always followed by dynamic stretching exercises.

Warm-up without ball 3



Instruction: The match officials work 2 by 2. In the first square they do warm-up drills, followed by jogging in the second square. Then, they turn left and return in the same way to the starting position. To make it more difficult, the referees can do the warm-up drills in a synchronized way. The warm-up is always followed by dynamic stretching exercises.

Warm-up without ball 4

Warm-up drills

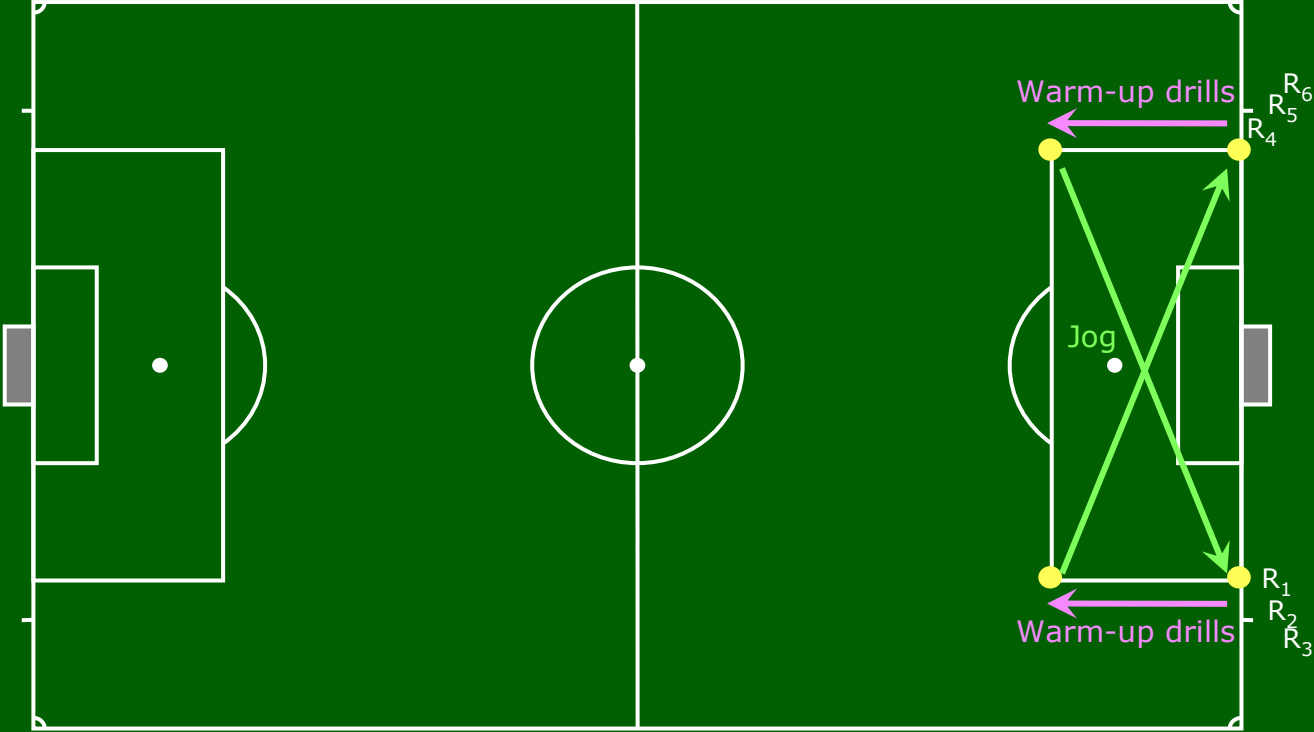
- Walking
- Jogging
- Knee lifts
- Heel lifts
- Shoulders back- and forwards
- Sideways running left and right
- Lambada
- Backward running
- Circling
- Fast feet (tripling)
- Acceleration
- Sideways & acceleration
- Backwards & acceleration
- Accelerate 1 lap

Total duration 20-30 min

Basic organization: 2 groups of referees.

Instruction: The match officials work 2 by 2. In the length of the square they do warm-up drills. They jog back on the diagonal to the other corner. The warm-up is always followed by dynamic stretching exercises.

Warm-up without ball



Warm-up drills

- Walking
- Jogging
- Knee lifts
- Heel lifts
- Shoulders back- and forwards
- Sideways running left and right
- Lambada
- Backward running
- Circling
- Fast feet (tripling)
- Acceleration
- Sideways and acceleration
- Backwards & acceleration
- Acceleration on the diagonal

Total duration 20-30 min

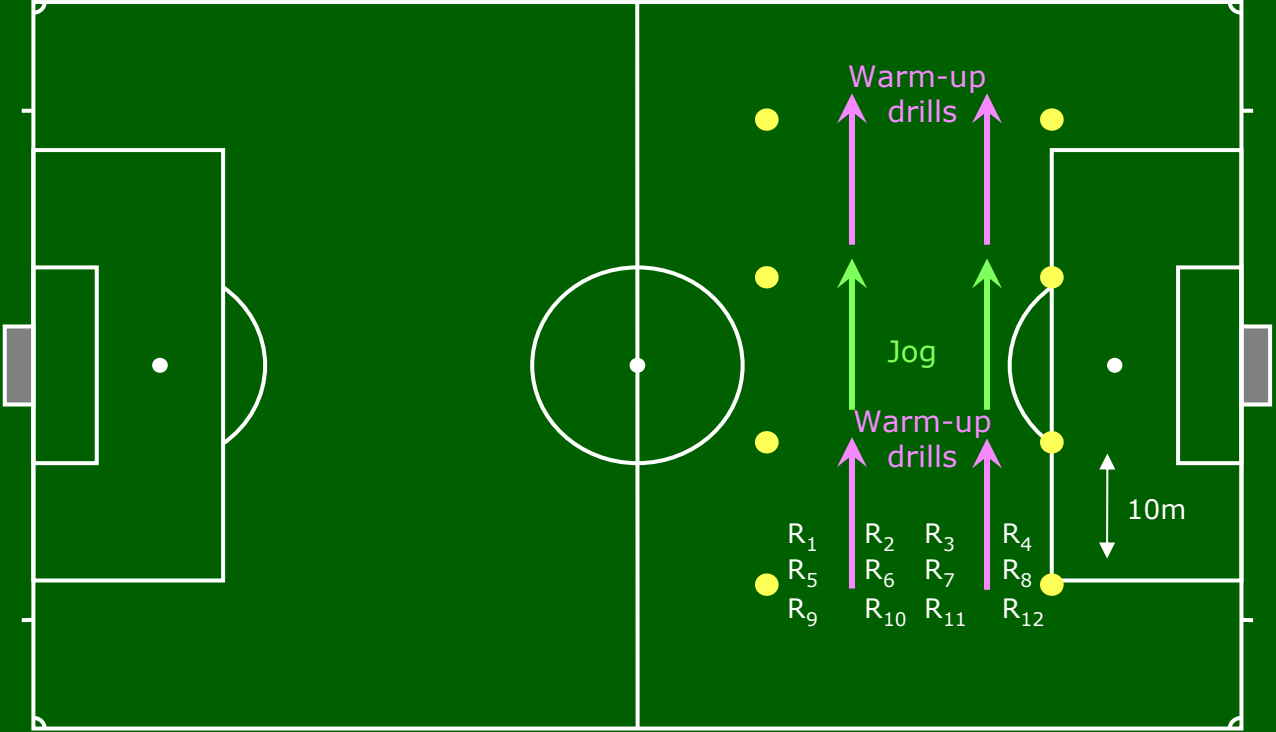
Instruction:

10 min: The match officials work 2 by 2 (e.g. R₁ and R₄) and they need to stay at the same level. They perform **warm-up drills** from the goal line to the end of the penalty box, followed by jogging on the diagonal to the other side of the penalty box.

10 min: The match officials jog from the goal line to the end of the penalty box, followed by running technique and **coordination exercises** on the diagonal.

The warm-up is always followed by dynamic stretching exercises.

Warm-up before the FIFA Fitness Test



The diagram illustrates a soccer field divided into three vertical sections for warm-up drills. The field is green with white lines for the center circle, half-way line, and goal areas. Twelve yellow dots, labeled R₁ through R₁₂, are arranged in a 3x4 grid in the right half of the field. A 10m distance is marked between the right edge of the field and the first column of dots (R₁-R₉). Purple arrows labeled 'Warm-up drills' point upwards from the first and third columns of dots. A green arrow labeled 'Jog' points upwards from the second column of dots (R₂-R₇).

Warm-up drills

- Walking
- Jogging
- Knee lifts
- Heel lifts
- Shoulders back- and forwards
- Sideways running left and right
- Lambada
- Backward running
- Circling
- Fast feet (tripling)
- Acceleration (10m)
- Acceleration (20m)
- Acceleration (30m)

Total duration 20-30 min

Instruction: The match officials line up by 4 and during the exercises they need to stay at the same level. In the first square the match officials do warm-up drills, in the middle square they jog and in the last square they repeat the same exercise. Every warm-up drill is done twice. After this a dynamic stretching is done and then 3 more sprints are carried out (10 – 20 – 30m) after a dynamic start (knee lifts). The warm-up is always followed by dynamic stretching exercises.