

A referee in a black and white striped shirt and black cap stands with arms raised in the foreground, facing away from the camera. In the background, a football game is in progress on a field with blue turf. Players in white and yellow uniforms are visible, along with a crowd in the stands under a twilight sky.

Conditioning Yourself for Successful Football Officiating

Top 4 Reasons to Prioritize your Conditioning

1. *Optimal Performance*
2. *Injury Prevention*
3. *Improved Recovery*
4. *You owe it to the Game*



On Field Benefits

-*You look better in your uniform*
-*Efficient & Quality Movement*
-*Getting out of the way of harm*
-*Not getting beat to the GL*
-*Keeping up with the play*
- ...*Being in the best possible position*
- ...*Game Stamina – Your Focus!*
- ...***Selling competency***



Football Officials Conditioning Principles

- Preparation – *Establish a Plan of Action*
- Building your Foundation – *Prioritize it!*
- Maintenance – *Keep it Going*
- Seeking Sound Nutrition – *Fuel Up your body*
- Pregaming – *Prepare your body to succeed*
- Recovery – *Being ready for the next game*



Establishing an Annual Conditioning Plan

Seek Professional Assistance



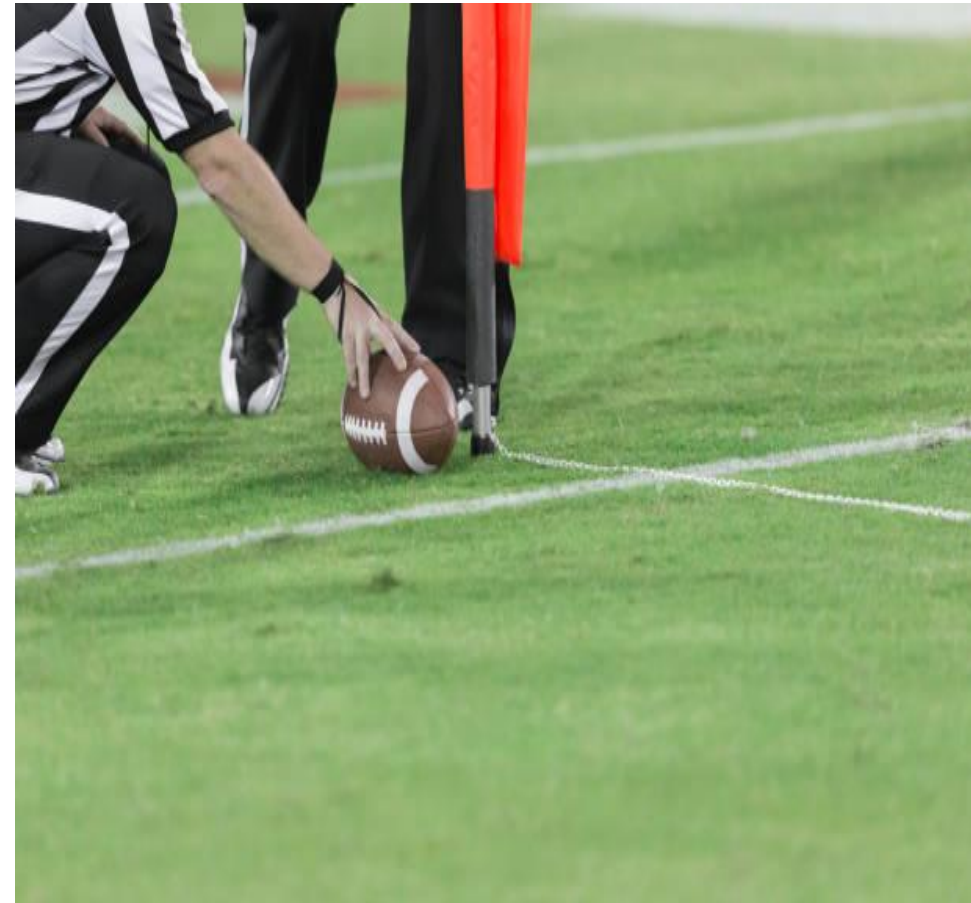
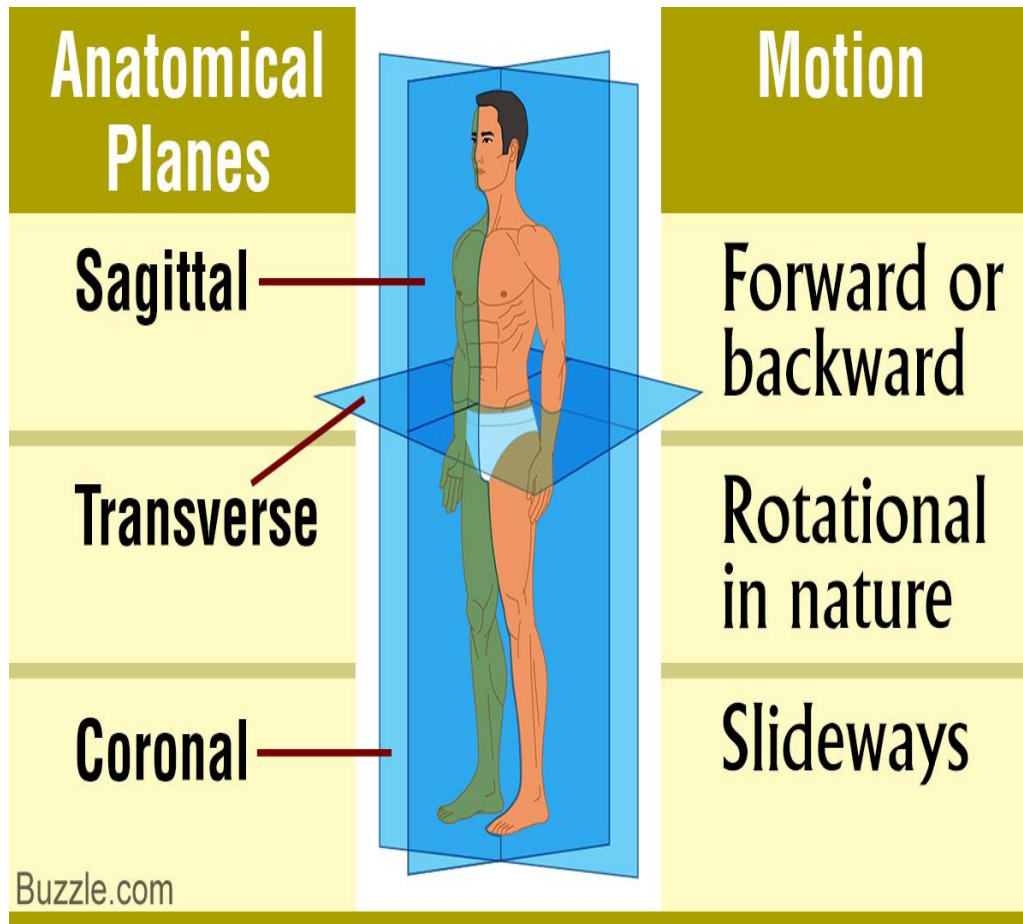
Select sustainable activities

Establish your Routine

Periodizing Your Annual Plan

- Offseason phase - Work on deficiencies. Get better. Improve!! More strength? More Endurance? Work with a trainer or support group.
- Preseason phase - Fine tune. Be Smart. Avoid injury. Stay consistent and keep building. Focus on sport specific training.
- In season phase (during the week)*- Maintain but don't over do it. Be mindful of your volume. Games + Occupation + Workouts = Volume equation.
- Postseason phase - up to 3 months. Rest, Recover and Identify mechanical issues/injuries. Ease back into it. Physical Therapy, Yoga, massage, etc.

Note: Each phase is approximately 3 months.



Human movement moves through several planes during physical activity, so should your training.

~Have a Nutritional Game Plan~

Nutrition Guidelines for Human Performance – “Click it”

<https://www.gssiweb.org/docs/CanadaEnglishLibraries/sport-specific-materials/practical-sports-nutrition-maintaining-hydration-and-proper-fueling.pdf?sfvrsn=6>

Game Day Go To Nutrients – Your Fueling Station

Pre Game Stuff:

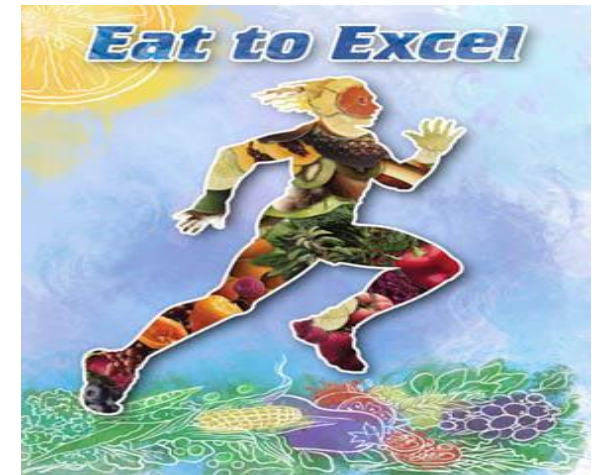
- Water and/or Protein drink
- Yogurt, Smoothie, Fruit or granola bar
- PB&J

In Game Stuff:

- Water, Sports beverage
- Fruit, fruit snacks, PB&J

Post Game Stuff:

- Protein or recovery drink
- Balanced Meal, PB&J



Football Officials Conditioning Program Exercises

Strength Workout Example: 2 to 3 times/week

- (1) Squat x 15 reps – 1 to 3 sets
- (2) Half Bend->Walk out->RDL Deadlift x 15 reps – 1 to 3 sets
- (3) Straight Arm Plank->Push up x 15 reps/30 seconds – 1 to 3 sets
- (4) Dynamic Bridge x 15 reps/30 seconds – 1 to 3 sets

Bonus: Try these as Ladder Workout (#1 - #10)

Add appropriate resistance when you have mastered the mechanics of the movement.



Football Officials Conditioning

Warm Up/Cool Down

Pre and Post Game

Static Stretches – 15 to 60 seconds per

- Standing Lunge Stretch
- Standing/Lying Knee to Chest
- Kickstand Hamstring Stretch
- Heel to Rear

Dynamic Stretches – 1 to 3 sec per

- Toe/Calf Raises
- Ankle Circles
- Knee to Chest w/tempo
- Standing cross over toe stretch



Football Officials Conditioning Program Exercises

Cardio Workout Example: 3 to 4 times/week

60 mins of sustained cardio - 2 -3 x week

- Walking
- Jogging
- Biking
- Swimming

Conditioning/Interval Training 1 – 2 x week

- Forward Form Run x 10 yards x 10
- Backward walking/jogging x 10 yards x 10
- Lateral steps/Side shuffle x 10 yards x 10
- Rotational/Transitional Run x 10 yards x 10
- **Kettlebell Swings x 10 x 10*



Never Miss Post Game – Recovery is Key!

- Static stretch – Post game activity for recovery; daily for improvements!
- Mobility (24-48 hours post completion). Get the body moving again, address stiffness.
- Meds; natural as possible.
- *Seek Professional Help*
 - Andrew Holtz – Owner/Fitness Professional/Sports Official
 - Prime U Fitness & Wellness - Info@primeufit.com



Additional Resources

<https://www.acefitness.org/education-and-resources/professional/expert-articles/6108/exercise-for-each-decade-of-the-adult-lifespan/>

<https://youtu.be/L3Qg4-1mXwE>

<https://locker-report.com/nfl-caretakers-carlisle-nfl-officials-emphasizing-physical-health-to-enforce-the-rules>

<https://www.healthline.com/health/fitness-exercise/lacrosse-ball-massage>

<https://www.gssiweb.org/docs/CanadaEnglishLibraries/sport-specific-materials/practical-sports-nutrition-maintaining-hydration-and-proper-fueling.pdf?sfvrsn=6>

<https://www.acefitness.org/education-and-resources/lifestyle/blog/6660/periodized-training-and-why-it-is-important>

<http://www.humankinetics.com/products/all-products/Periodization-Training-for-Sports-3rd-Edition>