

Fitness Drill Reference for Professional Soccer Referees

Click a link to open the video in your web browser. Click "Allow" on any security pop-ups. If your system security does not allow web pages to be opened directly from this document, simply copy-and-paste the link into your browser.

1. **2 Point Start** <http://www.youtube.com/watch?v=xf9xDQ1AUIs>
2. **3 Point Start** <http://www.youtube.com/watch?v=Mawyly9YIoQ>
3. **3 Point Start 2** <http://www.youtube.com/watch?v=qLh1YyUDQjQ>
4. **Ankle Skip** http://www.youtube.com/watch?v=yhWyPSL_FFM
5. **Backwards Cycle** <http://www.youtube.com/watch?v=pocqhXnW00I>
6. **Backwards Jog** <http://www.youtube.com/watch?v=pXV6voxB0IE>
7. **Backwards Skipping** http://www.youtube.com/watch?v=aRbEPC_MKYQ
8. **BD Lunges** <http://www.youtube.com/watch?v=J2Reo4ZX6Nc>
9. **Bicycle Crunches** <http://www.youtube.com/watch?v=LoofqfxUs5w>
10. **Bridge & Double Leg Curl** http://www.youtube.com/watch?v=Vw_ZaWvVDAg
11. **Butterfly Crunches** <http://www.youtube.com/watch?v=uzdnFG6c5OU>
12. **Cat & Cow Stretch** <http://www.youtube.com/watch?v=2xF-lxfV8eE>
13. **DB Step Ups** <http://www.youtube.com/watch?v=pNReotbedxc>
14. **Eagles** <http://www.youtube.com/watch?v=9OIK247xJxw>
15. **Fire Hydrant and Extenders** http://www.youtube.com/watch?v=HL_sMEIVrVM
16. **Heal Walks In and Out** <http://www.youtube.com/watch?v=ebsOEZ1cYQo>
17. **High Knee Butt Kicks** <http://www.youtube.com/watch?v=sgHq52WIXeU>
18. **High Knee Run** <http://www.youtube.com/watch?v=aPAcVVjJmRk>
19. **Horizontal Scissors** <http://www.youtube.com/watch?v=gzd4MZAoEiI>
20. **Inchworms** <http://www.youtube.com/watch?v=TxUASqkQgs8>
21. **Inverted Bicycle** <http://www.youtube.com/watch?v=2iaBXPWGgcg>
22. **Jack Knives** <http://www.youtube.com/watch?v=JjgbQKvBqGQ>
23. **Leg Kicks From Knees** http://www.youtube.com/watch?v=Wyrm_M_gLE
24. **Leg Swings Front to Back** <http://www.youtube.com/watch?v=6PT4F2mukSo>
25. **Leg Swings Side to Side** <http://www.youtube.com/watch?v=0vBZiJHsjv4>
26. **Low Knee Butt Kicks** http://www.youtube.com/watch?v=IcthAj_RaRY
27. **Lying Down Knee Lifts** <http://www.youtube.com/watch?v=ZoewdvAmo8o>
28. **DB Step Ups 2** <http://www.youtube.com/watch?v=HeaSiVRdITY>
29. **Back Squat2** <http://www.youtube.com/watch?v=IAtiWMLnK6E>
30. **Over and Back** <http://www.youtube.com/watch?v=tvrI5jyv5pM>
31. **Prone Hold Leg Lifts** <http://www.youtube.com/watch?v=fhbcYbp4u3w>
32. **Prone Opposite Arm and Leg** <http://www.youtube.com/watch?v=FBZs8AhBrGI>
33. **Prone Plank** http://www.youtube.com/watch?v=ZP4YgVVBk_Q
34. **Rhythmic Crunches** <http://www.youtube.com/watch?v=66vsOveG7WM>
35. **Russian Twist** http://www.youtube.com/watch?v=djRyduMh_zg
36. **Scorpions** <http://www.youtube.com/watch?v=f31rqgd3gqQ>
37. **Side Crunches** http://www.youtube.com/watch?v=8yOebfmPe_Y
38. **Side Plank** <http://www.youtube.com/watch?v=1HGVQsGqeS8>
39. **Side Plank In Side Leg Lift** http://www.youtube.com/watch?v=rPPPB_keyWk
40. **Side Plank Out Side Leg Lift** <http://www.youtube.com/watch?v=Xq2H9rlMxr0>
41. **Side Slide** <http://www.youtube.com/watch?v=w6Cc9swbrQ8>
42. **Single Leg Bridge** <http://www.youtube.com/watch?v=ucOCCZfv2yU>
43. **Skipping High Knee Claw** <http://www.youtube.com/watch?v=ruYzQhDxoVI>
44. **Skipping High Knees** <http://www.youtube.com/watch?v=FfR5Xe2BBYA>

45.	Standing 2 Progression Cycle	http://www.youtube.com/watch?v=eM04HXx7pak
46.	Standing 3 Progression	http://www.youtube.com/watch?v=Jiy2DIJzOMk
47.	Standing Cycle	http://www.youtube.com/watch?v=bfqzsmIRFpU
48.	Straight Leg Circles From Knee	http://www.youtube.com/watch?v=rhJJgWnq1zI
49.	Straight Leg Lift From Knee	http://www.youtube.com/watch?v=kJQTOaldgkg
50.	Straight Leg Run	http://www.youtube.com/watch?v=aLVITFbnAjq
51.	Superman	http://www.youtube.com/watch?v=kDVJutq3sZo
52.	Supine Hold Leg Lifts	http://www.youtube.com/watch?v=aYVx4qkvBKQ
53.	Supine Plank	http://www.youtube.com/watch?v=KCZKkSrp_FQ
54.	Swiss Ball Bench Press	http://www.youtube.com/watch?v=966AFEh-7w0
55.	Swiss Ball Crunches	http://www.youtube.com/watch?v=0cLWgUmvau0
56.	Swiss Ball Front Leg Lifts	http://www.youtube.com/watch?v=vaTjXbf3JyU
57.	Swiss Ball Front& Lateral Shoulder Raise	http://www.youtube.com/watch?v=MWL7kPgRtgk
58.	Swiss Ball Incline Bench Press	http://www.youtube.com/watch?v=nAw56I-j48I
59.	Swiss Ball Military Press	http://www.youtube.com/watch?v=ExUXrFsIBGU
60.	Swiss Ball Prone Leg Tuck and	http://www.youtube.com/watch?v=ZnrTgA1S8z0
61.	Swiss Ball Push Up Feet	http://www.youtube.com/watch?v=pUWXICwT7U8
62.	Swiss Ball Push Up Hands	http://www.youtube.com/watch?v=ntRl_-yB6-o
63.	Swiss Ball Reverse Fly's	http://www.youtube.com/watch?v=yDB4mAspTZM
64.	Swiss Ball Russian Twist	http://www.youtube.com/watch?v=4KXrMKBwUMg
65.	Swiss Ball Side to Side Leg Lifts	http://www.youtube.com/watch?v=jPwbV_Y5jOI
66.	Swiss Ball Single Leg Squat	http://www.youtube.com/watch?v=XwVSJ0Zf2Ko
67.	Swiss Ball Wall Sit	http://www.youtube.com/watch?v=sRwBvJA0dQU
68.	Swiss Ball Wall Squat	http://www.youtube.com/watch?v=rzS75lqVOOk
69.	Table Top Leg Ext	http://www.youtube.com/watch?v=FHV4BzHpy1o
70.	Toe Touches	http://www.youtube.com/watch?v=bghrpJ_BbPw
71.	Toe Walks In and Out	http://www.youtube.com/watch?v=V_uCnfaJNwE
72.	V Ups	http://www.youtube.com/watch?v=-DxA2dRypIA
73.	Vertical Scissors	http://www.youtube.com/watch?v=nSbNwdTC_kY
74.	Walking Foot To Hip	http://www.youtube.com/watch?v=wyisBX7zW8o
75.	Walking High Knees	http://www.youtube.com/watch?v=eEihoCxDkwM
76.	Walking Knee to Chest	http://www.youtube.com/watch?v=pf8n0IjtYX8
77.	Walking Knee to Shoulder	http://www.youtube.com/watch?v=piHAeoB3zjs
78.	Walking Lunge Twist	http://www.youtube.com/watch?v=87zPN2vPqJo
79.	Wall Acceleration Alternate	http://www.youtube.com/watch?v=5V5CtZiqWtg
80.	Wall Acceleration March	http://www.youtube.com/watch?v=gNN9fsxBisM
81.	Wall Acceleration Drill	http://www.youtube.com/watch?v=A0r7sLcTdHQ

Sprint Mechanic Drills

1.	2 Point Start	http://www.youtube.com/watch?v=xf9xDQ1AUIs
2.	3 Point Start	http://www.youtube.com/watch?v=Mawyly9YIoQ
3.	3 Point Start 2	http://www.youtube.com/watch?v=qLh1YyUDQjQ
4.	Ankle Skip	http://www.youtube.com/watch?v=yhWyPSL_FFM
5.	High Knee Butt Kicks	http://www.youtube.com/watch?v=sgHq52WIXeU
6.	High Knee Run	http://www.youtube.com/watch?v=aPAcVVjJmRk
7.	Low Knee Butt Kicks	http://www.youtube.com/watch?v=IcthAj_RaRY

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| 8. | Skipping High Knee Claw | http://www.youtube.com/watch?v=ruYzQhDxoVI |
| 9. | Skipping High Knees | http://www.youtube.com/watch?v=FfR5Xe2BByA |
| 10. | Standing 2 Progression Cycle | http://www.youtube.com/watch?v=eM04HXx7pak |
| 11. | Standing 3 Progression | http://www.youtube.com/watch?v=Jiy2DIJzOMk |
| 12. | Standing Cycle | http://www.youtube.com/watch?v=bfqzsmIRFpU |
| 13. | Straight Leg Run | http://www.youtube.com/watch?v=aLVITFbnAjq |
| 14. | Wall Acceleration Alternate | http://www.youtube.com/watch?v=5V5CtZiqWtg |
| 15. | Wall Acceleration March | http://www.youtube.com/watch?v=gNN9fsxBisM |
| 16. | Wall Acceleration Drill | http://www.youtube.com/watch?v=A0r7sLcTdHQ |

General Warm Up Drills

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| 1. | Backwards Cycle | http://www.youtube.com/watch?v=pocqhXnW00I |
| 2. | Backwards Jog | http://www.youtube.com/watch?v=pXV6voxB0IE |
| 3. | Backwards Skipping | http://www.youtube.com/watch?v=aRbEPC_MKYQ |
| 4. | Side Slide | http://www.youtube.com/watch?v=w6Cc9swbrQ8 |

Dynamic Stretching Drills

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| 1. | Cat & Cow Stretch | http://www.youtube.com/watch?v=2xF-lxfV8eE |
| 2. | Eagles | http://www.youtube.com/watch?v=9OIK247xJxw |
| 3. | Fire Hydrant and Extenders | http://www.youtube.com/watch?v=HL_sMEIVrVM |
| 4. | Heel Walks In and Out | http://www.youtube.com/watch?v=ebsOEZ1cYQo |
| 5. | Horizontal Scissors | http://www.youtube.com/watch?v=gzd4MZAoEiI |
| 6. | Inchworms | http://www.youtube.com/watch?v=TxUASqkQgs8 |
| 7. | Inverted Bicycle | http://www.youtube.com/watch?v=2iaBXPWGgcg |
| 8. | Leg Swings Front to Back | http://www.youtube.com/watch?v=6PT4F2mukSo |
| 9. | Leg Swings Side to Side | http://www.youtube.com/watch?v=0vBZiJHsjV4 |
| 10. | Over and Back | http://www.youtube.com/watch?v=tvri5jyv5pM |
| 11. | Scorpions | http://www.youtube.com/watch?v=f31rqqd3gqQ |
| 12. | Toe Touches | http://www.youtube.com/watch?v=bghrpJ_BbPw |
| 13. | Toe Walks In and Out | http://www.youtube.com/watch?v=V_uCnfaJNwE |
| 14. | Walking Foot To Hip | http://www.youtube.com/watch?v=wyisBX7zW8o |
| 15. | Walking High Knees | http://www.youtube.com/watch?v=eEihoCxdkwM |
| 16. | Walking Knee to Chest | http://www.youtube.com/watch?v=pf8n0IjtYX8 |
| 17. | Walking Knee to Shoulder | http://www.youtube.com/watch?v=piHAeoB3zjs |
| 18. | Walking Lunge Twist | http://www.youtube.com/watch?v=87zPN2vPqJo |

General Strength Exercises

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| 1. | BD Lunges | http://www.youtube.com/watch?v=J2Reo4ZX6Nc |
| 2. | Bicycle Crunches | http://www.youtube.com/watch?v=LoofqfxUs5w |
| 3. | Bridge & Double Leg Curl | http://www.youtube.com/watch?v=Vw_ZaWvVDAg |
| 4. | Butterfly Crunches | http://www.youtube.com/watch?v=uzdnFG6c5OU |
| 5. | DB Step Ups | http://www.youtube.com/watch?v=pNReotbedxc |
| 6. | Jack Knives | http://www.youtube.com/watch?v=JjgbQKvBqGQ |
| 7. | Leg Kicks From Knees | http://www.youtube.com/watch?v=Wyrm_M_gLE |
| 8. | Lying Down Knee Lifts | http://www.youtube.com/watch?v=ZoewdvAmo8o |

9. **Back Squat2** <http://www.youtube.com/watch?v=IAtiWMLnK6E>
10. **Prone Hold Leg Lifts** <http://www.youtube.com/watch?v=fhbcYbp4u3w>
11. **Prone Opposite Arm and Leg** <http://www.youtube.com/watch?v=FBZs8AhBrGI>
12. **Prone Plank** http://www.youtube.com/watch?v=ZP4YgVVBk_Q
13. **Rhythmic Crunches** <http://www.youtube.com/watch?v=66vsOveG7WM>
14. **Russian Twist** http://www.youtube.com/watch?v=djRyduMh_zg
15. **Side Crunches** http://www.youtube.com/watch?v=8yOebfmPe_Y
16. **Side Plank** <http://www.youtube.com/watch?v=1HGVQsGqeS8>
17. **Side Plank In Side Leg Lift** http://www.youtube.com/watch?v=rPPPB_keyWk
18. **Side Plank Out Side Leg Lift** <http://www.youtube.com/watch?v=Xq2H9rlMxr0>
19. **Single Leg Bridge** <http://www.youtube.com/watch?v=ucOCCzfV2yU>
20. **Straight Leg Circles From Knee** <http://www.youtube.com/watch?v=rhJJgWnq1zI>
21. **Straight Leg Lift From Knee** <http://www.youtube.com/watch?v=kJQTOaldgkg>
22. **Superman** <http://www.youtube.com/watch?v=kDVJutq3sZo>
23. **Supine Hold Leg Lifts** <http://www.youtube.com/watch?v=aYVx4qkvBKQ>
24. **Supine Plank** http://www.youtube.com/watch?v=KCZKkSrp_FQ
25. **Swiss Ball Bench Press** <http://www.youtube.com/watch?v=966AFEh-7w0>
26. **Swiss Ball Crunches** <http://www.youtube.com/watch?v=0cLWgUmvau0>
27. **Swiss Ball Front Leg Lifts** <http://www.youtube.com/watch?v=vaTjXbf3JyU>
28. **Swiss Ball Front& Lateral Shoulder Raise** <http://www.youtube.com/watch?v=MWL7kPgRtgk>
29. **Swiss Ball Incline Bench Press** <http://www.youtube.com/watch?v=nAw56I-j48I>
30. **Swiss Ball Military Press** <http://www.youtube.com/watch?v=ExUXrFsIBGU>
31. **Swiss Ball Prone Leg Tuck and** <http://www.youtube.com/watch?v=ZnrTgA1S8z0>
32. **Swiss Ball Push Up Feet** <http://www.youtube.com/watch?v=pUWXICwT7U8>
33. **Swiss Ball Push Up Hands** http://www.youtube.com/watch?v=ntRl_-yB6-o
34. **Swiss Ball Reverse Fly's** <http://www.youtube.com/watch?v=yDB4mAspTzM>
35. **Swiss Ball Russian Twist** <http://www.youtube.com/watch?v=4KXrMKBwUMg>
36. **Swiss Ball Side to Side Leg Lifts** http://www.youtube.com/watch?v=jPwbV_Y5jOI
37. **Swiss Ball Single Leg Squat** <http://www.youtube.com/watch?v=XwVSJ0Zf2Ko>
38. **Swiss Ball Wall Sit** <http://www.youtube.com/watch?v=sRwBvJA0dQU>
39. **Swiss Ball Wall Squat** <http://www.youtube.com/watch?v=rzS75lqVOOk>
40. **Table Top Leg Ext** <http://www.youtube.com/watch?v=FHV4BzHpy1o>
41. **V Ups** <http://www.youtube.com/watch?v=-DxA2dRypIA>
42. **Vertical Scissors** http://www.youtube.com/watch?v=nSbNwdTC_kY