

NSW State League Referees "Off Season"**Walk - Continuous**

Complete 5 min.

**Leg Swings - Front To Back**

Complete 2-4 sets of 5-10 repetitions. Rest 30s between sets.

**Jog Warm Up - 60-70% Max HR**

Complete 10 minutes.

**Lumbar Rotations**

Complete 2-4 sets of 4-6 repetitions. Rest 30s between sets.

**Leg Swings - Side To Side**

Complete 2-4 sets of 5-10 repetitions. Rest 30s between sets.

**Skip & High Kick - Drill**

Complete 2-3 sets of 6-10 repetitions. Rest 30s between sets.



Walking Knee Hugs

Complete 2-3 sets of 3-6 repetitions.



Long Jump - Standing

Complete 2-4 sets of 3-6 repetitions. Rest 90s between sets.



Calf Stretch - 3 Point

Hold for 20-40 seconds. Repeat 1-3 times.



Bounds - Standing Start

Complete 2-4 sets of 3-6 repetitions. Rest 90s between sets.



Squat Jump - Body Weight

Complete 2-4 sets of 3-6 repetitions. Rest 90s between sets.



Glute & Low Back Stretch - Lying

Hold for 20-40 seconds. Repeat 1-3 times.



Hamstring Stretch - Seated on Floor

Hold for 20-40 seconds. Repeat 1-3 times.

**Hip Flexor Stretch - Kneeling**

Hold for 20-40 seconds. Repeat 1-3 times.



Quadriceps Stretch - Standing

Hold for 20-40 seconds. Repeat 1-3 times.

