

NSW State League Referees "Off Season"

Walk - Continuous

Complete 5 min.



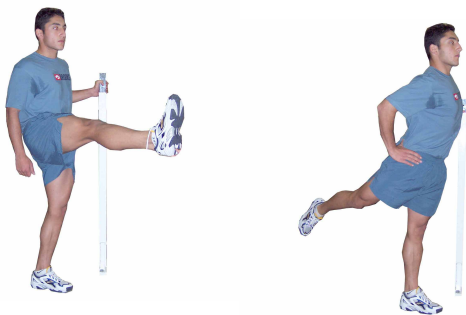
Jog Warm Up - 60-70% Max HR

Complete 10 minutes.



Leg Swings - Front To Back

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



Leg Swings - Side To Side

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



Lumbar Rotations

Complete 2-4 sets of 4-6 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.



Bounds - Standing Start

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



Long Jump - Standing

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.



Calf Stretch - 3 Point

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



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.

