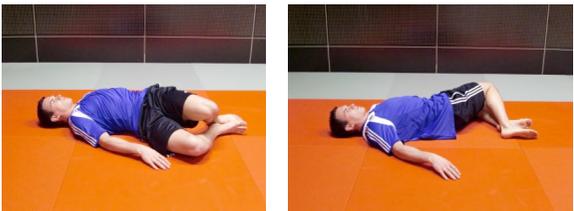




1. CORE MOBILITY

Intensity	low, high movement quality
Duration/exercise	20 – 30 sec
Sets	2 – 4
Recovery	30 sec
Frequency	2 – 4x/week

	<p>Flexion– Extension</p> <p>Support on your hands and knees on the floor. Hands under shoulders, knees under hips, eyes looking at the floor. Round the back, pushing towards the ceiling. Then, arch your back, pushing your stomach toward the floor.</p>		<p>Flexion – Extension</p> <p>Bring your chin toward your chest, and drop your chest down slightly. Then, pull your shoulders back, raise your chin up, and lift your chest while arching your back slightly.</p>
	<p>Lateral flexion</p> <p>Lie on your back with the legs extended. Move the hip to the right, while keeping the legs extended. Then move the hip to the left while keeping the legs extended.</p>		<p>Lateral flexion</p> <p>Standing in an upright position, knees slightly bent. Feet shoulder-width apart. Place your right hand on the right hip. Bend to the left. Do not let your upper body bend forward. Return to the starting position and then bend to the right.</p>
	<p>Rotation</p> <p>Lie on your back with the knees bend, arms extended to steady yourself. Slowly roll your knees to the right as close to the floor as possible. Keep your shoulders on the floor as much as possible.</p>		<p>Rotation</p> <p>Stand in an upright position with the knees slightly bend. Keeping your spine long and your hips facing forward, turn smoothly and slowly round to one side and then to the other.</p>



INJURY PREVENTION PROGRAMME FOR FOOTBALL REFEREES AND ASSISTANT REFEREES



2. CORE STABILITY

Intensity	strength endurance
Duration/exercise	20 sec
Sets	1 – 4
Recovery	0 – 30 sec
Frequency	2 – 4x/week

ABDOMINALS - STATIC		ABDOMINALS - DYNAMIC		
	<p>Bench</p> <p>Lie on your stomach. Lift your body up, supported on your forearms, pull your navel in, and hold this position. Your body should be in a straight line. Do not sway or arch your back.</p>			<p>Dynamic Bench</p> <p>Alternately lift each leg repeatedly, and touch the heel of the supporting leg with the toes. Your body should be in a straight line. Do not sway or arch your back.</p>
SIDE MUSCLES - STATIC		SIDE MUSCLES - DYNAMIC		
	<p>Sideways Bench Knee</p> <p>Lie on your side with both knees bent. Lift up your upper body. Upper shoulder, hip and upper leg should be in a straight line. The elbow should be directly under the shoulder.</p>			<p>Sideways Bench Foot</p> <p>Lie on your side with the knee of the lower leg bent. The upper leg is extended. Lift up your body up, supported on shoulder and foot. Upper shoulder, hip and leg should be in a straight line. Move the upper leg up and down.</p>
	<p>Sideways Bench Knee</p> <p>Lie on your side with stretched legs. Lift up your body up, supported on shoulder and foot. Upper shoulder, hip and leg should be in a straight line. The elbow should be directly under the shoulder.</p>			<p>Sideways Bench Knee</p> <p>Lie on your side with stretched legs. Lift up your body up, supported on shoulder and foot. Upper shoulder, hip and leg should be in a straight line. The elbow should be directly under the shoulder. Move the upper leg up and down.</p>



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BACK MUSCLES STATIC		BACK MUSCLES DYNAMIC		
	<p>Lying on Stomach with Arm and Leg Lift</p> <p>Lie on your stomach. Lift your left arm and right leg up. Hold this position for 20 sec. Afterwards change to right arm and left leg.</p>			<p>Lying on Stomach with Arms Leg Lift</p> <p>Lie on your stomach. Lift your left arm and right leg up. Change to right arm and left leg. Change again one after the other for 20 sec.</p>
	<p>Shoulder Bridge</p> <p>Lie on your back. Lift your hips up, supported on your shoulders and feet. Hold this position. Do not sway or arch your back.</p>			<p>Shoulder Bridge with Leg Lift</p> <p>Lie on your back. Lift your hips up, supported on your shoulders and feet. Lift one leg in a straight line with your body. Hold this position. Do not sway or arch your back.</p>



3. LOWER EXTREMITIES

Intensity	strength endurance
Duration/exercise	20 sec
Sets	1 – 4
Recovery	0 – 30 sec
Frequency	2 – 4x/week

<p>HAMSTRING MUSCLES</p> 	<p>One-leg hamstrings lift - static</p> <p>Lie down on the floor. Push down on one heel and lift the hips from the floor. Hold this position. Do not drop the hips down.</p>		<p>One-leg hamstrings lift - dynamic</p> <p>Lie down on the floor. Push down on one heel and lift the hips from the floor. Then, drop down slowly (without touching the floor) and lift up the hips again.</p> <p>To make it more difficult, you can use an unstable surface (balance board, ball...).</p>
<p>QUADRICEPS MUSCLES</p> 	<p>Split Squat</p> <p>Stand in a stride position. Bend slowly and straighten up more quickly so that the body weight goes down vertically. Do not let your knee cave inward.</p>		<p>Lunges</p> <p>Start from a straight upward position, both hands on the hips. Using one leg, make a big step forward, brake the movement and push the same leg back to the starting position. Change leg after each trial. Do not let your knees cave inward.</p>
<p>ACHILLES TENDON & CALF MUSCLES</p> 		<p>Ankle Raises</p> <p>Stand with your feet hip-distance apart on a stair. Push your body fully upward, and stand up on your toes. Slowly return and lower down on 1 foot only.</p>	



4. PROPRIOCEPTION

Intensity	low, high quality
Duration/exercise	20 sec
Sets	2 – 4
Recovery	30 sec
Frequency	2 – 4x/week

	<p style="text-align: center;">Stand & Hold</p> <p>Balance on one leg with the leg slightly bent. Weight on the mid part of your foot. Do not let your knee cave inward.</p> <p>To make it more difficult, you can use an unstable surface (towel, balance board...).</p>		<p style="text-align: center;">Stand & Hold With Eyes closed</p> <p>Balance on one leg with the leg slightly bent with your eyes closed. Weight on the mid part of your foot. Do not let your knee cave inward.</p> <p>To make it more difficult, you can use an unstable surface (towel, balance board...).</p>
	<p style="text-align: center;">Hold & Movement</p> <p>Balance on one leg with the leg slightly bent. Weight on the mid part of your foot. Do not let your knee cave inward. Bring the arms to your chest followed by an extension of the arms.</p>		<p style="text-align: center;">Jump & Hold</p> <p>Make a jump to the right and balance on the right leg. Then jump to the other side and balance on the left leg. Do not let your knee cave inward.</p>



5. STRETCHING

Intensity	low
Duration/exercise	20 – 30 sec
Sets	1 – 3

	<p>Quadriceps Stretch</p> <p>Lie on one side. Bring your heel towards your buttock. Keep the knees together. Do not let the body roll backwards.</p>		<p>Groin Stretch</p> <p>Sit on one knee, supported by the hands. Shift your weight to one side.</p>
	<p>Hamstrings Stretch</p> <p>The leg is lifted in front of the body and the heel is rested on a flat surface. Keep the back straight. Bring the trunk slightly forward while keeping the back straight. The stretch is felt in the middle of the hamstring muscle.</p>		<p>Sideways Bench Foot</p> <p>Take a wide stance and place one knee on the ground. Keep your back straight. Lean forward keeping your back straight with the knee on the ground. Do not let the knee go past your foot.</p>
	<p>m. Soleus Stretch</p> <p>Stand with one leg in front of each other, with both feet pointed forward. Bend both knees and keep the heel down. Bring the body weight on the back foot and hold on the stretch.</p>		<p>m. Gastrocnemius Stretch</p> <p>Stand with one leg in front of each other, with both feet pointed forward. Place the hands on a wall. Keep the back knee straight, with the heel pressed to the floor. Push the hips forward and hold on the stretch.</p>