

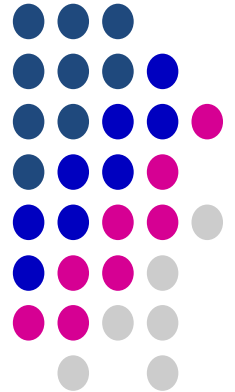
GRAB YOUR WHISTLE
'REFEREE TIPS'

Physical



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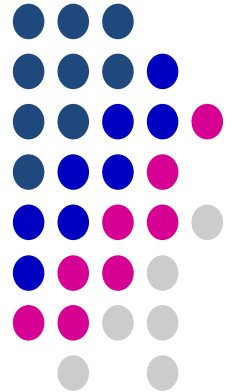


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Physical Fitness



Endurance

- » The ability to maintain prolonged physical activity

Benefit of aerobic exercise

1. Improved circulation
2. Decreased blood pressure
3. Improved metabolism
4. Decreased body fat
5. Better adaptation to stress and anxiety

Improving and maintaining Endurance

- » For overall health: at least 30 mins of moderate intensity physical activity every day
 - » Daily activities include: moderate paced walking, gardening,
- » To enhance endurance: 3 to 5 days per week
 - » Swimming, running, cycling

Strength

- » Ability to exert forceful and prolonged muscular contractions

Benefits

1. Improved oxygen delivery to working muscles
2. Improved metabolism
3. Decreased body fat
4. Lower risk of injury

Improving and maintaining Strength

- » 2/3 times per week
- » Exercises should be specific to movements involved in a game

Flexibility

- » Important for overall joint health and prevention of injuries

Benefits

1. Injury prevention
2. Reduction of post exercise muscle soreness

Improving and maintaining Flexibility

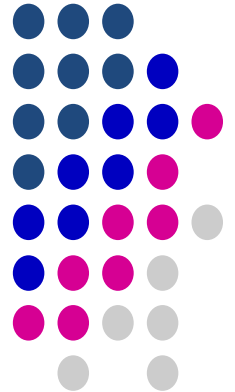
- » At least 15 minutes of flexibility exercises
- » Stretch after a light jog or light activity
- » Pre and post exercise stretching routines should specifically address your legs

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Physical Fitness—Training Regimes



Warm-Up

1. Jog for 3—4 mins
At 30 sec intervals do the following:
 - (a) Change in the direction
 - (b) raise knees to hip level
 - (c) Raising ankles to buttocks
 - (d) Side-Stepping alternation lead leg

2. Stretching

Endurance—Fartlek Training

Fartlek training involves continuous movement but at different speeds. The best place to use this type of training is on a pitch, using the lines on the pitch to indicate a different speed as in the example below:

1. Run 150 m at jogging pace (one length of pitch)
2. Sprint for 50 m (half of width)
3. Run 100 m at medium pace (rest of width and half of length)
4. Jog 50 m (to 21m line)
5. Run backward for 10 m to corner
6. Jog 40 m (half of width)
7. Sprint remaining 50 m

You should continue this process for 20 minutes

Speed Drill

1. Light jog
2. Increase pace to the 13m line
3. Increase pace to a stride at the 21m line
4. Increase pace to a flat out sprint from the 45m line to the 65m line
5. Jog back to start

Complete 5—10 sets

Agility Drill

Set 6 markers in a zig-zag formation. Sprint around outside of markers twice.
Repeat 5—10 times.

Remember you do not need to train every day and also to be aware of your busy days where you may be tired. Try to plan at beginning of each week when you will have your sessions throughout that week

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Fitness Assessments

You should always get Fit to Referee, Not Referee to get Fit!

A number of counties conduct fitness assessments for their referees on an annual basis and this assists referees to benchmark themselves against the standards expected in that county. The following are the tests utilised and sample standards:

Multistage Fitness (Bleep) Test

Used to measure maximum oxygen uptake (VO2 max).

Results Tables

Male

Age	Excellent	Above Average	Average	Below Average	Poor
14 - 16	L12 S7	L11 S2	L8 S9	L7 S1	< L6 S6
17 - 20	L12 S12	L11 S6	L9 S2	L7 S6	< L7 S3
21 - 30	L12 S12	L11 S7	L9 S3	L7 S8	< L7 S5
31 - 40	L11 S7	L10 S4	L6 S10	L6 S7	< L6 S4
41 - 50	L10 S4	L9 S4	L6 S9	L5 S9	< L5 S2

Female

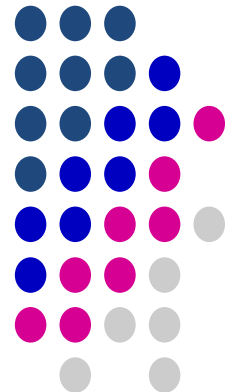
Age	Excellent	Above Average	Average	Below Average	Poor
14 - 16	L10 S9	L9 S1	L6 S7	L5 S1	< L4 S7
17 - 20	L10 S11	L9 S3	L6 S8	L5 S2	< L4 S9
21 - 30	L10 S8	L9 S2	L6 S6	L5 S1	< L4 S9
31 - 40	L10 S4	L8 S7	L6 S3	L4 S6	< L4 S5
41 - 50	L9 S9	L7 S2	L5 S7	L4 S2	< L4 S1

T-Drill Test

Used to measure speed with directional change. The target used varies from 11 –13 seconds.

45m Sprint

Used to measure speed and acceleration. The target used varies from 5.5—6.5 seconds.

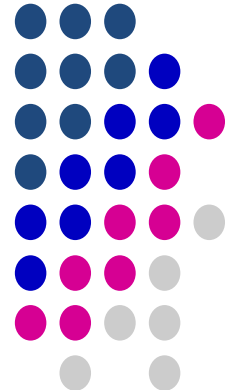


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Positioning



Kick-outs

Take up position 'off-centre' ready to move towards the area where the ball is dropping and giving yourself a lateral view

General Play

Move parallel to the play giving yourself a lateral (side on) view and being able to see players behind other players. Think in terms of a 'wide-lens camera' view.

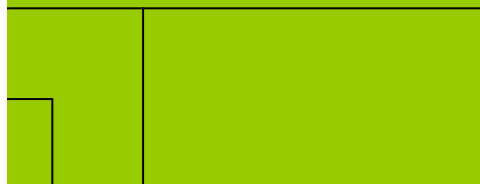


Free-Kicks

Free-kicks likely to reach the large rectangle: Take up a position 'off-centre' giving yourself a lateral view of the players, looking along the 13m line and well positioned to judge fouls in that area.

Free-Kicks

Free-kicks likely to reach the small rectangle: Take up a position 'off-centre' giving yourself a lateral view of the players looking along the front line of the small rectangle and well positioned to judge fouls in that area.



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Contact Details

Ladies Gaelic Football Association

Croke Park

Dublin 3

Tel: (01) 8363156

Fax: (01) 8363111

Paula Prunty

National Development Manager

Email: paula@ladiesgaelic.ie

www.ladiesgaelic.ie

Resources Available

Official LGFA Referee wallets – €10 each and the inserts - €1 each, are now available to buy from LGFA Head Office

For your first order you will receive a wallet and 5 inserts for €10.



LGFA Referee Kits are also available for €50 which include a Jersey, Shorts and Socks.



All orders should be placed by contacting Karen Togher

at karen@ladiesgaelic.ie or on 01 8363156

Ordered Items can be collected at the LGFA offices in Croke Park or customers can pay for postage and packaging.