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# **PGMOL HOME BASED EXERCISE ALTERNATIVES**

**2020**



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# HOME BASED PROGRAMME EXPLAINED

This programme is intended to provide alternative options for training over the coming weeks of uncertainty allowing you to maintain your physical condition without the need for a gym or equipment if it is not available. Pitch based sessions are always advised but if your local pitches are not usable please utilise the alternatives within this programme.

When football does return it is important you have maintained your physical capacity and you are able to cope with the demands the fixtures will place upon you.

Maintaining a level of training will not only keep your fitness but also reduce your risk of injury on your return to fixtures.

Where possible try to utilise the original sessions you have in your training programme however if this is not possible then we hope this training programme can be useful for you.

If you feel uncomfortable using or you are unable to use your local gym then please try to use the sessions provided.

For all officials you should be aiming to try and complete the following sessions each week: 2 x Strength/S&C, 1 x HI, 1 x Speed and 1 x Match replication session (as a minimum)

If you have any questions about training or this programme then please contact one of the sport science team details below:

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# Potential Session Swaps

Click the respective box to see the sessions

**HI**

Pitch HI (Bad Weather)

Metabolic Conditioning

Track/Road Run Programme

**Recovery**

Outdoor Recovery

Mobility Programme

Foam Rolling Programme

**Speed**

Pitch/Grass Speed (Bad Weather)

Track/Road Sprint sessions

Plyometric Session

**Strength  
and S&C**

Bodyweight Strength Programme

Bodyweight Power Programme

Bodyweight UB & Core Programme

**Match**

Match Replication Sessions



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# HI Alternatives

Click the respective link to see the sessions

## Pitch HI

[Pitch HI 1](#)

[Pitch HI 2](#)

[Pitch HI 3](#)

[Pitch HI 4](#)

HI

## Metabolic Conditioning

[Met Con 1](#)

[Met Con 2](#)

## Track/Road Run Programme

[Track/ Road Run 1](#)

[Track/ Road Run 2](#)

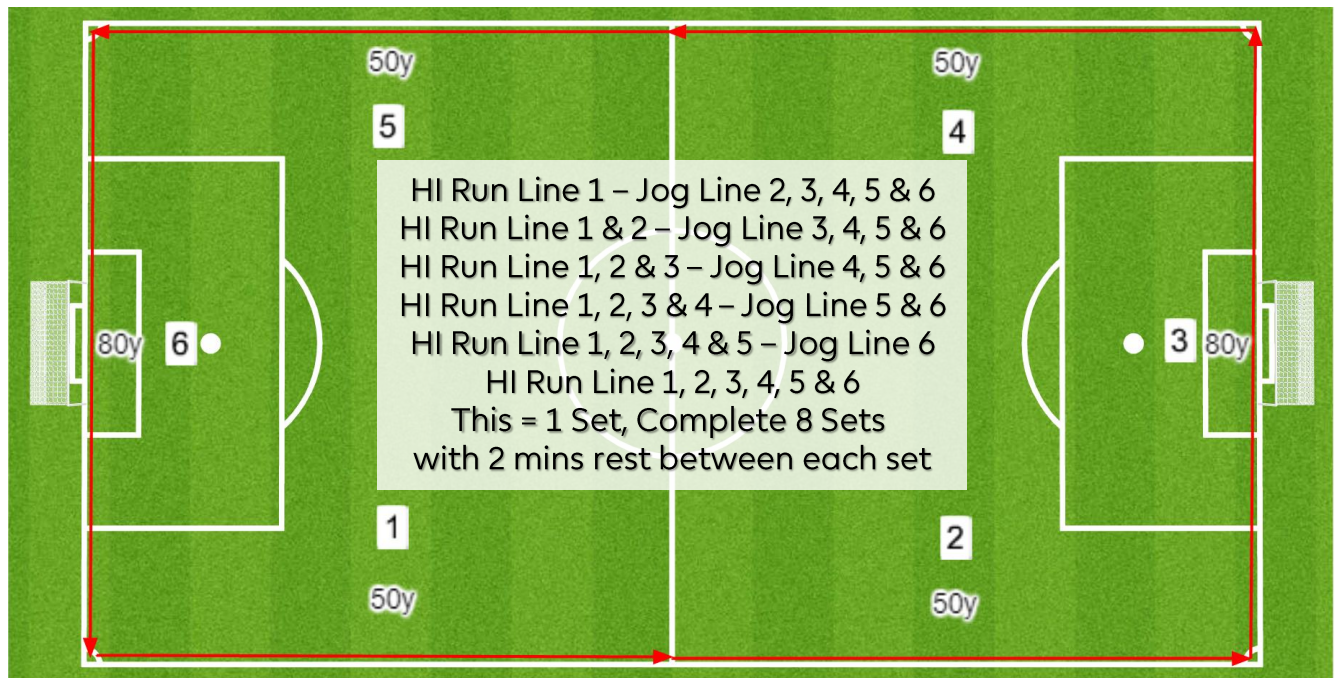
[Track/ Road Run 3](#)

[Track/ Road Run 4](#)

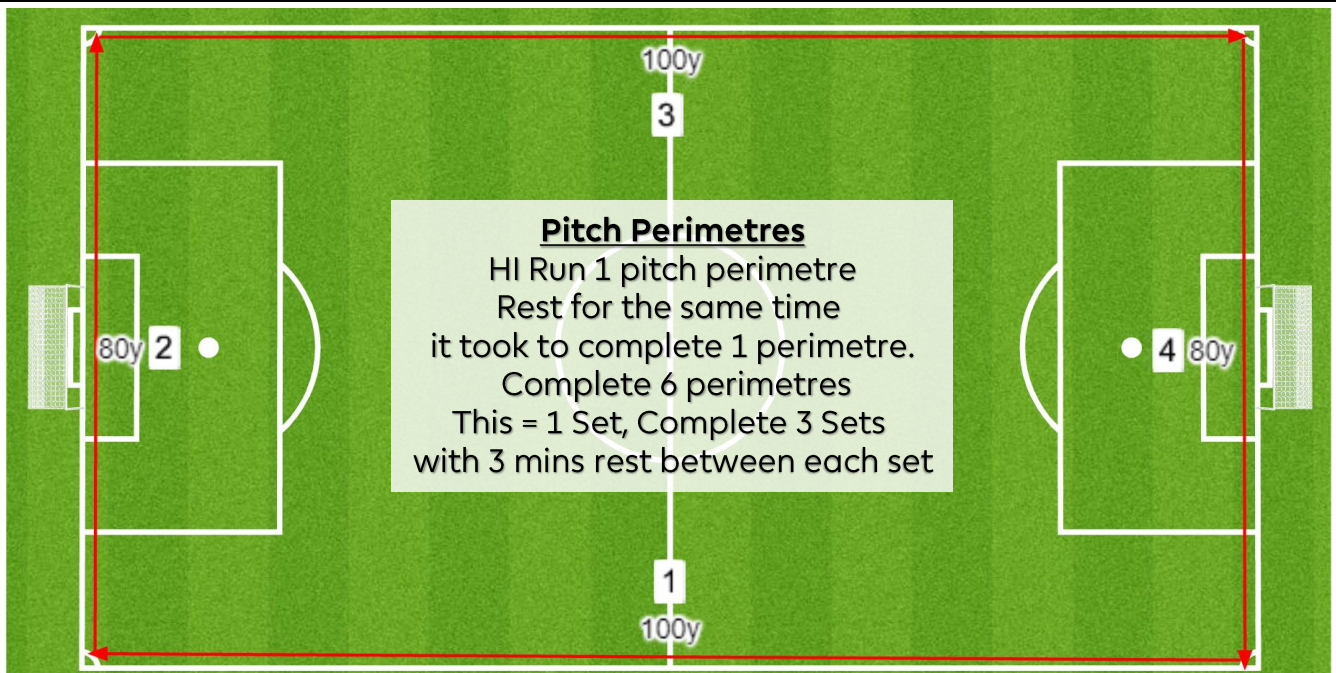


# Pitch HI (Bad Weather)

## Pitch HI 1



## Pitch HI 2



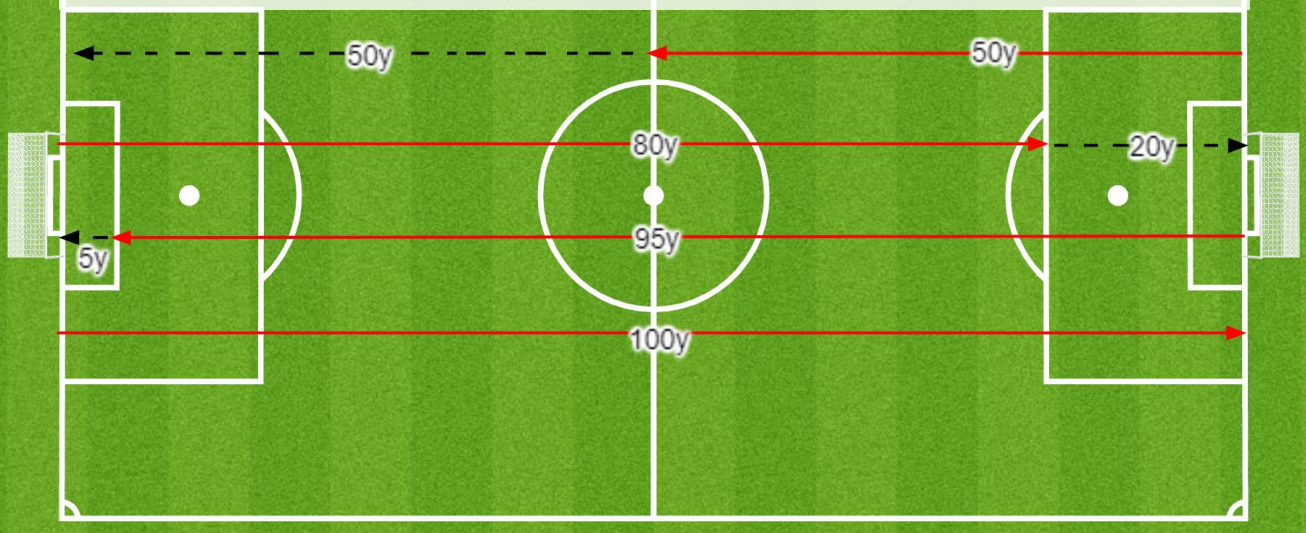
Use any suitable piece of grass and aim for 15 minutes or more  
above 85% Max HR



# Pitch HI (Bad Weather)

## Pitch HI 3

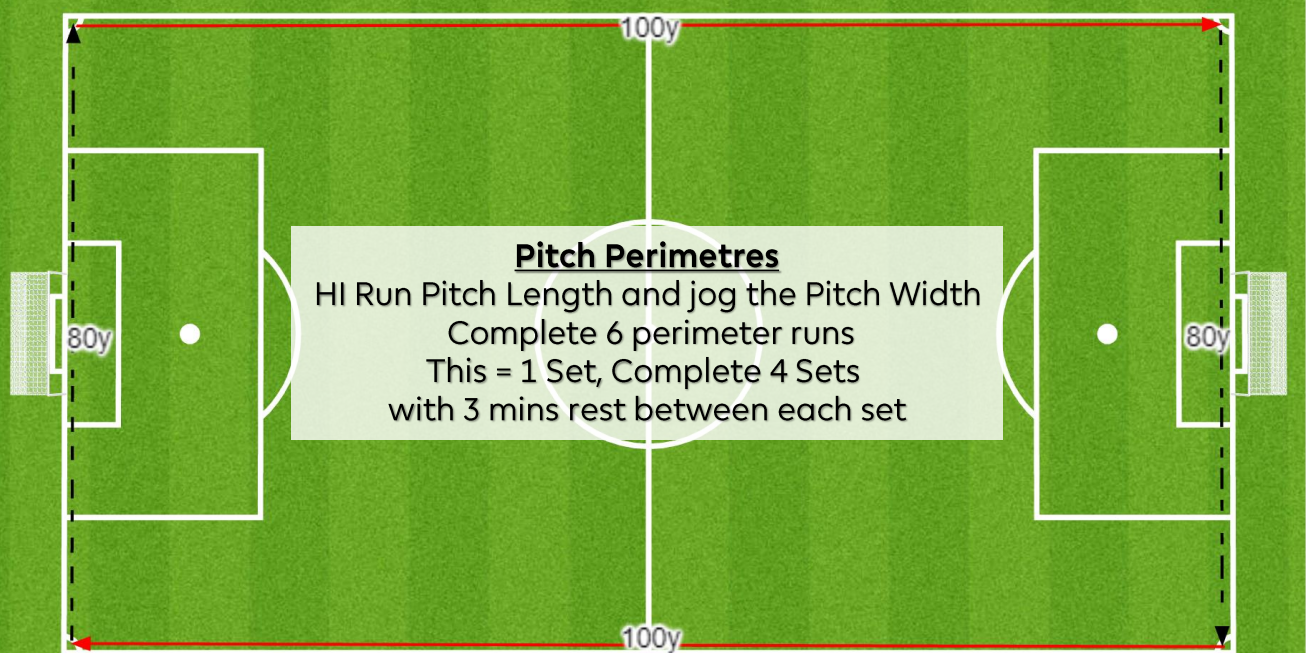
Red Line = HI Run and Black Line = Walk. Run the 4 lines below continuously,  
All 4 Runs = 1 Rep. After 1 Rep rest for 30 seconds repeat  
Complete 3 Sets of 4 Reps



## Pitch HI 4

### Pitch Perimetres

HI Run Pitch Length and jog the Pitch Width  
Complete 6 perimeter runs  
This = 1 Set, Complete 4 Sets  
with 3 mins rest between each set



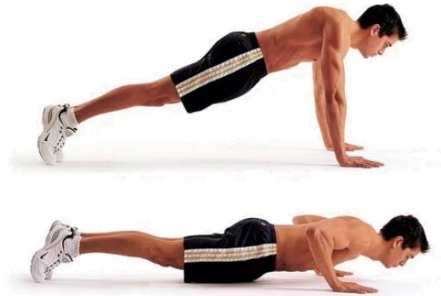
Use any suitable piece of grass and aim for 15 minutes or more  
above 85% Max HR

# Metabolic Conditioning

## Met Con Session 1 (32 mins)



1 - Bodyweight Squat  
60 seconds none stop



2 - Push Up  
60 seconds none stop



3 - Jumping Lunge  
60 seconds none stop



4 - Dips off Seat  
60 seconds none stop



5 - Glute Bridge  
60 seconds none stop



6 - Mountain Climbers  
60 seconds none stop

Complete all 6 exercises one after the other with no rest.  
This = 1 Set (6 mins) rest for 2 minutes and then repeat.  
Complete 4 sets = 32 minute session



# Metabolic Conditioning

## Met Con Session 2 (36 mins)



1 – Single Leg Wall Squat  
30 sec hold : 30 sec rest x 2 (1 Rep each leg)



2 – Plank Shoulder Touches  
30 sec on : 30 sec off x 2



3 – Squat Jump  
30 sec on : 30 sec off x 2



4 – Kick Through  
30 sec on : 30 sec off x 2



5 – Standing March  
30 sec on : 30 sec off x 2



6 – Pike Press Ups  
30 sec on : 30 sec off x 2

Complete all 6 exercises one after the other  
30s on: 30s off on each exercise x 2 Reps  
This = 1 Set (12 mins) rest for 2 minutes and then repeat.  
Complete 3 sets = 36 minute session





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# Track/ Road Run

## Track/ Road Run Session 1

*10 minute low speed warm up & dynamic stretching*

30 second Hard Run : 1 minute walk

1 minute Hard Run : 1 minute walk

90 second Hard Run : 1 minute walk x 4 Reps

Complete 2 Sets of the above  
with 3 minutes rest between sets

*5 minute low intensity cool down jog and stretch*

## Track/ Road Run Session 2

*10 minute low speed warm up & dynamic stretching*

400m timed run: Rest for 30 seconds x 4 Reps

Aim to try and maintain time for each rep,  
Utilise either your Polar watch or track markings to  
measure distance.

Complete 3 Sets of the above  
with 3 minutes rest between sets

*5 minute low intensity cool down jog and stretch*

Try to use a track rather than road wherever possible but utilise the distances and times specified and aim for 15 minutes or more above 85% Max HR



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# Track/ Road Run

## Track/ Road Run Session 3

*10 minute low speed warm up & dynamic stretching*

1 minute Hard Run : 1 minute walk x 6 Reps  
Aim to try and cover the same distance on each rep,  
utilising either your Polar watch or track markings to  
measure distance.

Complete 3 Sets of the above  
with 3 minutes rest between sets

*5 minute low intensity cool down jog and stretch*

## Track/ Road Run Session 4

*10 minute low speed warm up & dynamic stretching*

1000m(1km) timed run: Rest for same time as run takes x 2 Reps  
Aim to try and maintain time for each rep,  
Utilise either your Polar watch or track markings to  
measure distance.

Complete 3 Sets of the above  
with 3 minutes rest between sets

*5 minute low intensity cool down jog and stretch*

Try to use a track rather than road wherever possible but utilise  
the distances and times specified and aim for 15 minutes or more  
above 85% Max HR



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# Recovery Alternatives

Click the respective link to see the sessions

Recovery

[Outdoor Recovery](#)

**Mobility Programme**

[Yoga Exercises](#)

[Static Stretches](#)

[Foam Rolling Programme](#)



# Outdoor Recovery

## Outdoor Cycle



If you have access to a bike this is the first priority alternative recovery session. Choose from one of the following.

Ensure stretch, mobility and foam roll work are completed following these recovery options.

A 40-60 minute steady state low intensity cycle over varied inclines.

For a shorter recovery cycle – Choose a higher gear for 2 minutes before cycling at a low gear for 2 minutes alternately for 6-8 repetitions.

Alternatively for some additional stimulus with your recovery Cycle at a high gear for 4 minutes before a low gear for 2 minutes. 5-6-8 repetitions.

## Outdoor Walk



A 40-60 minute fast to medium paced walk over varied inclines should be used when no other recovery options are available.

Aim to walk in a park or other open environment and keep the pace consistent throughout.

Ensure stretch, mobility and foam roll work are completed following the walk.

# Mobility Programme

## Yoga Exercises



Seated Forward Bend  
(Hips/Back)



Reverse Warrior  
(Hips/Back)



Downward Facing  
Dog (Post chain)



Cobra into Child Pose  
(Back)



Lunge (Hips)



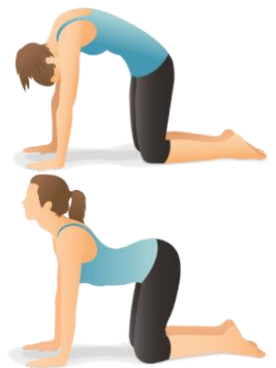
Crescent Lunge &  
Twist (Hips/Back)



Half Pigeon  
Pose (Groin/Hips)



Cat into Cow  
Pose (Back)



Complete 2 sets of 10 repetitions on each exercise.  
Alternatively download the Pocket YOGA app (£2.99) or visit the website:  
<https://pocketyoga.com/> for full routines

# Mobility Programme

## Static Stretches

Calves



Hamstrings



Quads



Back



Hip Flexors



Groins



Glutes



Shins



Complete 30 seconds stretching on each exercise then repeat.  
Spend longer on areas of specific tightness/ soreness



# Foam Roll Programme

## Foam Rolling

### Calves



### Hamstrings



### Hip Flexors



### Groins



### Quads



### Back



### Glutes



### Shins



Complete 30 seconds Rolling on each exercise then repeat x 2.  
Pause and maintain pressure on areas of specific tightness. Also look to spend longer on these areas (60-120 seconds)



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# Speed Alternatives

Click the respective link to see the sessions

[Pitch/ Grass Speed \(Bad Weather\)](#)

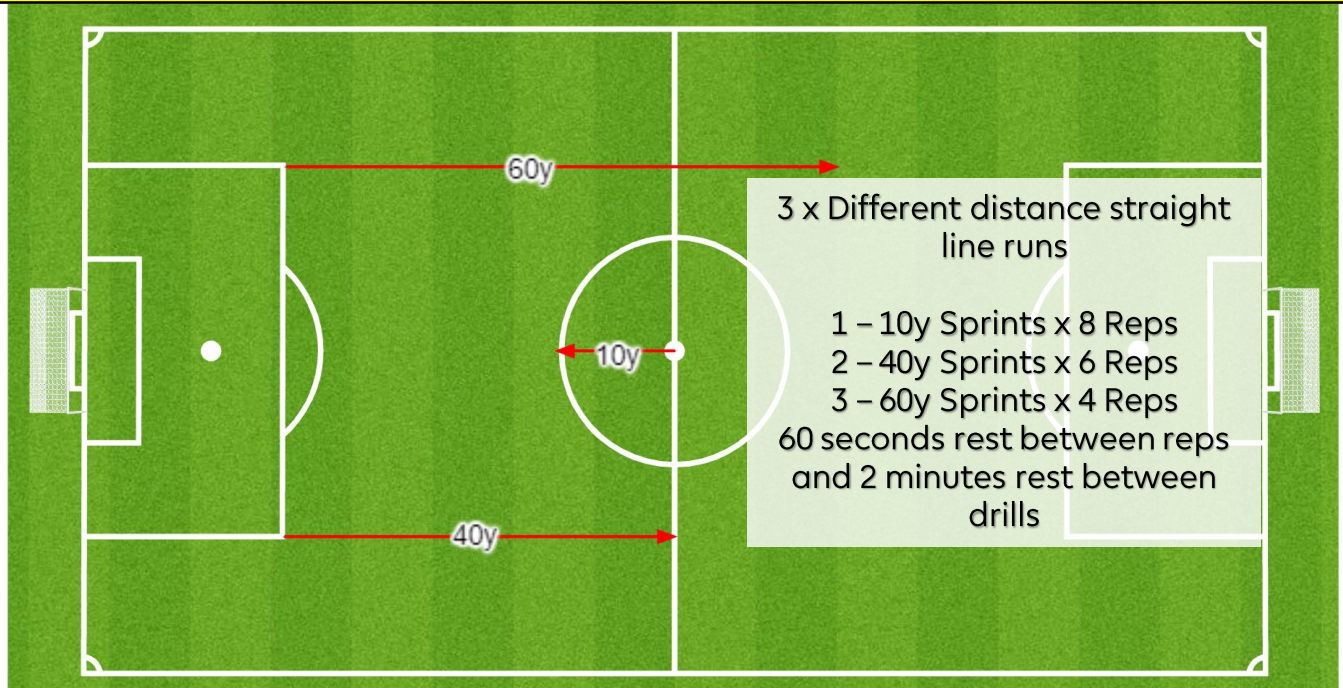
Speed

[Track/ Road Speed Programme](#)

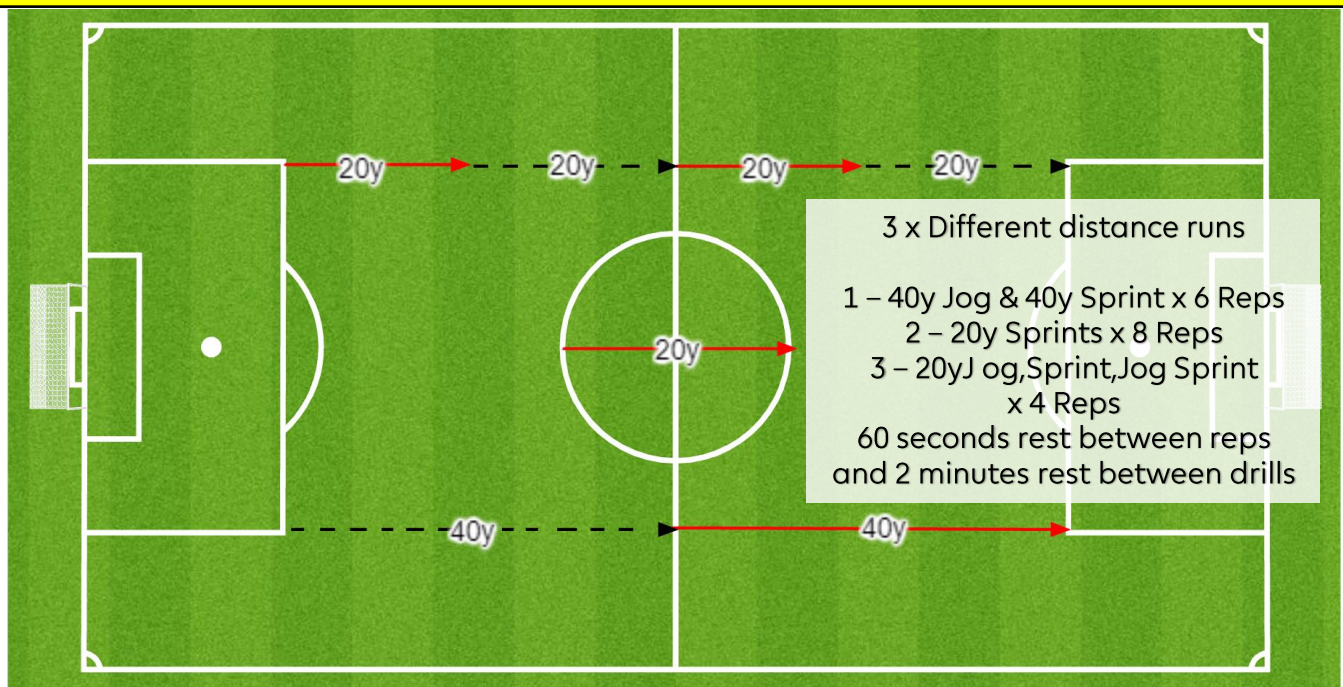
[Plyometric session](#)

# Pitch Speed (Bad Weather)

## Pitch Speed 1



## Pitch Speed 2



Use any suitable piece of grass and aim for maximal sprints to maintain speed and protect soft tissue.



# Track/ Road Speed

## Track/ Road Run Speed Session 1

*10 minute low speed warm up & dynamic stretching*

*50m Sprints – 90 second Rest x 3*

*10m Sprint – 45 second Rest x 3*

*100m Sprint – 2 minute Rest x 3*

Complete 2 Sets of the above  
with 3 minutes rest between sets

*5 minute low intensity cool down jog and stretch*

## Track/ Road Run Speed Session 2

*10 minute low speed warm up & dynamic stretching*

*80m Sprints – 2 minutes rest x 2*

*60m Sprints – 90 seconds rest x 2*

*40m Sprints – 60 seconds rest x 2*

*20m Sprints – 30 seconds rest x 2*

Complete 3 Sets of the above  
with 3 minutes rest between sets

*5 minute low intensity cool down jog and stretch*

Try to use a track rather than road wherever possible but utilise the distances and times specified and aim to sprint maximally

# Plyometric Session

## Plyometric Session 1



1 – Single Leg Forward Hops  
6 (Each Leg) x 3 Sets



2 – Pogo Jumps  
20 Jumps x 3 Sets



3 – Jumping Squat  
6 Reps x 3 Sets



4 – Horizontal Double Leg Jump  
30 sec on : 30 sec off x 2



5 – Standing March  
12 Reps(6 Each side) x 3 Sets



6 – Lateral Bounds  
12 Reps (6 Each Side) x 3 Sets

Complete all 6 exercises one after the other  
30s on: 30s off on each exercise x 2 Reps  
This = 1 Set (12 mins) rest for 2 minutes and then repeat.  
Complete 3 sets = 36 minute session



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# Strength Alternatives

Click the respective link to see the sessions

## Body Weight Strength

[Strength Session 1](#)

[Strength Session 2](#)

Strength  
& S&C

## Body Weight Power

[Power Session 1](#)

## Body Weight Upper Body & Core

[Upper Body 1](#)

[Core 1](#)

[Core 2](#)



# Body Weight Strength

## Strength Session 1



Squat  
12-14 Reps x 4 Sets



Single Leg RDL 8-10 Reps x 4 Sets  
Either touch something raised off the floor  
or ideally hold a weight



Single Leg Bridge (Raise Foot on chair/sofa)  
8-10 Reps x 4 Sets



Stair Single Leg Calf Raise  
8-10 Reps x 4 Sets (Add Weight)



Split Squat  
8-10 Reps x 4 Sets



Lateral Lunge  
8-10 Reps x 4 Sets

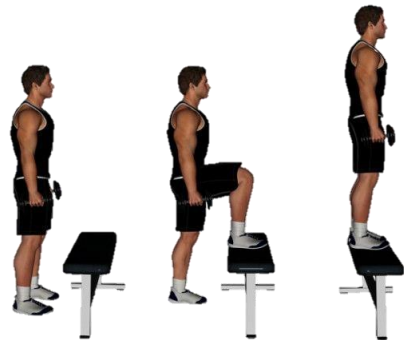
If you have access to resistance bands, weights vest, dumbbells/kettlebells or anything that can act as a load at home use these to increase the intensity of the exercise.

# Body Weight Strength

## Strength Session 2



**Hamstring Bridge Heel Walk**  
(Walk the feet out hold end position for 3 secs)  
10 Steps (5 Each Leg) x 4 Sets



**Step Up**  
(Use something approx. knee height that is fixed)  
8- 10 Reps (Each Leg) x 4 Sets



**Single Leg Bridge**  
(Raise shoulders on chair/sofa)  
8-10 Reps (Each Leg) x 4 Sets



**Soleus Calf Raise**  
(Raise heel slightly off the ground on a small step)  
8-10 Reps x 4 Sets



**Diver RDL**  
8-10 Reps (Each Leg) x 4 Sets



**Bulgarian Split Squat**  
8-10 Reps (Each Leg) x 4 Sets

If you have access to resistance bands, weights vest, dumbbells/kettlebells or anything that can act as a load at home use these to increase the intensity of the exercise.

# Body Weight Power

## Power Session 1



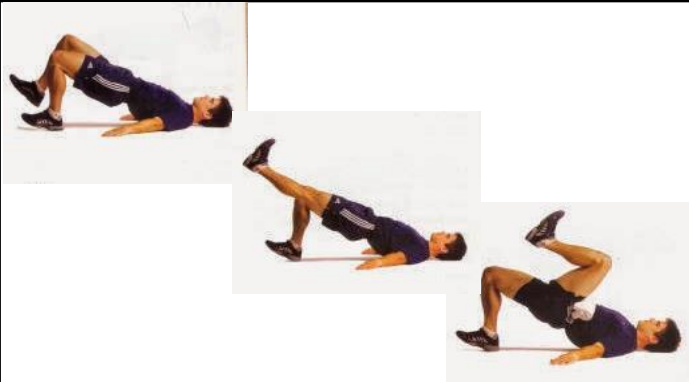
Squat Jump  
6 Reps x 4 Sets



Single Leg Vertical Jump  
3 Reps (each leg) x 4 sets



Lunge into High Knee  
3 Reps (each leg) x 4 Sets



Glute Bridge Leg Switch  
4 Reps (Each Leg) x 4 Sets



Seated Vertical Jump  
4 Reps x 4 Sets



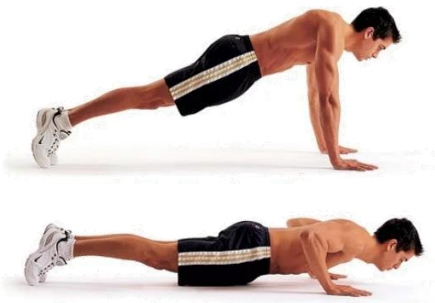
Skater Jump  
3 Reps (each side) x 4 Sets

If you have access to resistance bands, weights vest, dumbbells/kettlebells or anything that can act as a load at home use these to increase the intensity of the exercise.



# Upper Body

## Upper Body Session 1



Push-up  
12 Reps x 4 Sets



Skydiver  
12 Reps x 4 sets



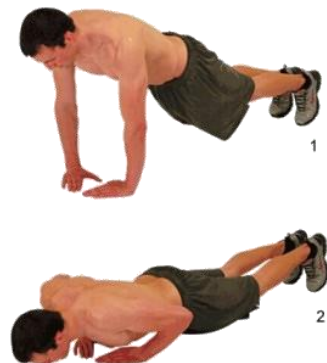
Push Up Plank Rotation  
10 Reps (each side) x 4 Sets



Dips Off Seat  
12 Reps x 4 Sets



Pike Push Up  
12 Reps x 4 Sets



Triceps Push Up (Diamond push up)  
12 Reps x 4 Sets

If you have access to resistance bands, weights vest, dumbbells/kettlebells or anything that can act as a load at home use these to increase the intensity of the exercise.

# Core

## Core Session 1



Deadbug  
10 Reps x 4 Sets



Superman  
10 Reps (each leg) x 4 sets



Plank  
1 minute x 4 Sets



Knee Squeeze Bridge  
10 Reps (3 sec squeeze) x 4 Sets



Side Plank  
45 secs (Each side) x 4 Sets



Mountain Climber  
6 Reps (each side) x 4 Sets

If you have access to resistance bands, weights vest, dumbbells/kettlebells or anything that can act as a load at home use these to increase the intensity of the exercise.

# Core

## Core Session 2



Extended Arm Sit Up  
10 Reps x 4 Sets (Holding weight if possible)



Windshield Wipers  
10 Reps (each side) x 4 sets



Alternate opposite arm to leg  
raise x10 Reps and then hold for  
30 seconds x 4 Sets



Back Extension  
10 Reps (3 sec squeeze) x 4 Sets



Side plank with knee lift  
30 secs (Each side) x 4 Sets



Jack Knife  
10 Reps x 4 Sets  
(Holding weight if possible)

If you have access to resistance bands, weights vest, dumbbells/kettlebells or anything that can act as a load at home use these to increase the intensity of the exercise.





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# Match

Ideally complete pitch based, or alternatively on the track. If this is not possible, worse case scenario road-run

## Match Replication Session 1

*10 minute low speed warm up & dynamic stretching*

4 x 10m Sprints – 20m Walk

4 x 30m Sprints – 60m Walk

4 x 40m Sprints – 80m Walk

(2000m) 2km timed run

Rest for 3 minutes and

Repeat x 4 Sets (Referee)

Repeat x 2 Sets (Assistant Referee)

*5 minute low intensity cool down jog and stretch*

## Match Replication Session 2

*10 minute low speed warm up & dynamic stretching*

6 x 40m Sprints – 80m Walk

6 x 60m Sprints – 100m Walk

(1000m) 1km timed run x 2

This = 1 Set

Rest for 3 minutes and

Repeat x 4 Sets (Referee)

Repeat x 2 Sets (Assistant Referee)

*5 minute low intensity cool down jog and stretch*