



BFUA Off-Site Training Program (16-03-20 - 23-03-20)

To: All umpires (Ballarat Football Umpires Association)

As you all should be aware, official Ballarat Football Umpires Association training sessions have been suspended until further notice. This is a preventative measure to limit a potential outbreak of Coronavirus within the BFUA. While these circumstances are unique, at this stage the BFUA wish for you not to cease all training activities just because official sessions have been suspended.

The BFUA will provide umpires with a suggested training program for the next 2 months, then distribute further instalments as the Coronavirus scenario progresses. This document will cover the next 7 days, in preparation for a more comprehensive program can be distributed later this week that will cover the following 8 weeks. The overall goal is to build and sustain a base level of fitness regardless of if an umpire officiates a match on the weekend or not.

To those umpires who run at a competitive level and already have an active training program and/or running coach, I urge you to follow your current training structure as it will work better for you as an individual. But if you would like suggestions on how to fill gaps the absence of official training sessions in your running schedule, please don't hesitate to contact me (See details below).

If you have any questions, feedback, suggestions or would like a more specific training program; please reach out to me at any stage and I will be more than happy to work with you.

Stay safe and run well,

Benjamin Rofe

Fitness Coordinator | Ballarat Football Umpires Association

0498 186 493

accountception@hotmail.com

IMPORTANT

Please follow the guidelines listed below while carrying out your training.

- DO NOT share drink bottles of any kind
- DO NOT train under any circumstances if you are sick, you are better in the long run to miss a session for legitimate reasons than to try play catch-up or soldier through
- Minimise the size of your group if you train with others (ideally no larger than 5 people)
- Clean all equipment and clothing after use
- Avoid training in areas where you are more likely to find disease
- Follow advice from health care professionals

Coronavirus disease
(COVID-19)

Advice for Victorians

- **If you were in mainland China on or after 1 February 2020, or in Hubei Province, China at any time**
 - stay home (self-isolate)
 - avoid public settings.Do this for **14 days** after landing in Australia (other than when seeking medical care).
- **If you have been in close contact with someone who has novel coronavirus**
 - stay at home
 - avoid public settings for **14 days** after you last came in to contact with them.
- **If you have fever, or cough, sore throat or have trouble breathing**
 - seek medical treatment immediately.
- **If you need medical treatment**
 - call before you go and explain that you have recently been in mainland China.
- If you are concerned, call the Department of Health and Human Services

Coronavirus hotline 1800 675 398

Please keep Triple Zero (000) for emergencies only.

What else can you do?

- wash your hands regularly with soap and water
- cough into your elbow and sneeze into a tissue

Find out more
www.dhhs.vic.gov.au/information-public-novel-coronavirus

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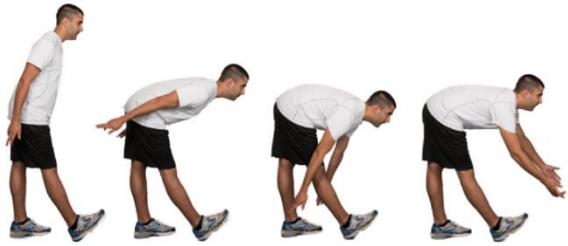
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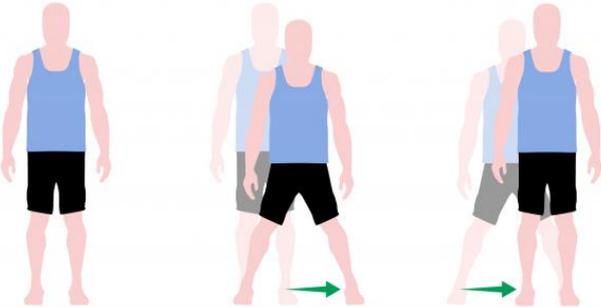
Below is the warm up as per the Ballarat-based training sessions. It is recommended that umpires adopt this as their warm up on match day, when done correctly an umpire should be sufficiently warmed up (reducing the chance of becoming injured).

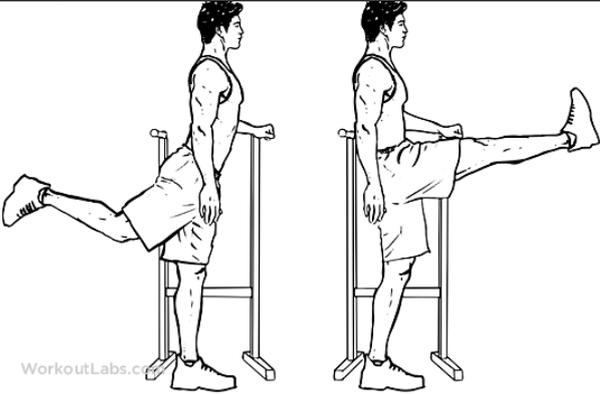
WARM UP:

- Static stretching (if you need it)
- **2 Laps** (700 - 1000 metres)
- Dynamic stretches
 - o Do each stretch over 20 metres (twice)
 - Go out 20m doing the exercise
 - Shake the legs out and turn around
 - Come 20m back doing the exercise
 - o Please see grid below for the stretch order and descriptions/examples
 - o Use the [Blue](#) YouTube links for video demonstrations of each stretch
- 4 x 60 – 80m
 - o Efforts starting from 60% building up to a 90% effort on the 4th rep
 - o Either give yourself a small recovery after you finish a rep or walk back to the start of the 60 – 80 metres then do your next effort

* When the term 'lap' is used, it is equivalent to between 400 and 500 metres (if you are not running on a football/soccer oval).

Drill Name:	Target Muscles:	Description:	Visual:
1) Bum Kicks	Quads	While almost jogging on the spot, raise heels up towards the glutes so that a stretch is felt on the front (quads) of the upper leg. Do not raise heels so far that the stretch is uncomfortable. You will likely cause more harm than good if you push too far passed what is comfortable.	 www.youtube.com/watch?v=RmQof-c3X1Q
2) Straight Leg	Hamstrings, Calves	Placing one heel in front of the other, straighten/lock the knee. Then bend over in a smooth arcing action, reaching for the ground, until a comfortable stretch is felt. Finally straighten the whole body back to a stand before swapping legs and repeating.	 www.youtube.com/watch?v=l5NPdV6C1DE

3)Skips	Calves, Ankles	An extension of a normal skipping motion; push through the grounded foot in an attempt to get as high off the ground as possible.	
4)A-Skips	Glutes, Hamstrings, Hip Flexor	Combines a high knee and a skip. Instead of pushing off the ground on as in exercise 3, raise the knee as close to hip height as possible with a relatively crisp motion. Be sure to incorporate the opposite arm for good running technique. Lower both limbs then repeat on the other side.	 <p>www.youtube.com/watch?v=PaU4P8o9hn0</p>
5)Side Steps	Groin	Facing 90 degrees to the direction of travel, step out until a stretch is felt on the inside of the trailing leg. Then ground the leading foot and bring the trailing leg back beside the leading foot.	 <p>www.youtube.com/watch?v=T9mYKEp19ww</p>

6)Grapevine	Quads, Hamstrings, Glutes	<p>In an extension to the side step; the trailing leg makes two different motions. After the first step by the leading leg, the trailing leg goes behind the body and lands in front of the leading leg. Another step is taken by the leading leg around the trailing leg. Next the trailing leg comes across the front of the body, with knee raised to hip height. The foot then comes down to ground in front of the leading foot. This cycle repeats.</p> <p>This exercise is called 'Grapevine' as the pattern created by the feet looks like grapes on a vine.</p>	 <p>www.youtube.com/watch?v=XjuE4DKw0Hg</p> 
7)Lunges	Quads, Glutes, Hamstrings	<p>Walk taking 1.5 to 2 times the normal stride length, keep your back perpendicular to the ground, step into the leading leg so that the trailing knee hovers just above the ground. Then step up in the forward direction to complete the rep.</p>	 <p>www.youtube.com/watch?v=QOVaHwm-Q6U</p>
8)Leg Swings	Calves, Hamstrings, Glutes, Quads	<p>Using a structure for stability, lift a leg and swing it forward then backward. With each full swing, trying to get the height of the foot higher off the ground at its maximum. Do 10 full swings on each leg.</p>	 <p>www.youtube.com/watch?v=u2azPREfWtQ</p>

- Umpires may look into adding; B-Skips, Open and Closing gates, high knees, tuck jumps or backwards running into their personal warm-ups. But the exercises shown in the grid will be the 2020 training warm up.

SESSIONS:

For this week's sessions, complete them wherever you can fit them into your schedule. Each session should be done between a warm-up and cool-down (see relevant sections of this document). Choose the session ability level which suits your fitness style, just because you umpire senior football doesn't mean you need to do the largest session, but it should challenge you. Other than the Experienced: Session 3, all of these sessions can easily be completed within 45 minutes.

Where possible, run on grass/softer surfaces.

Beginners:

Aim to run both sessions, but if you only do 1, that's okay.

Session 1:

1 x4-6 Laps

- Go a bit quicker for 100 metres per lap
 - o DON'T sprint. Just a small change of pace so that when you finish that 100 metres you're slower speed is comfortable.
- Choose the number of laps that you do

3 x 60 metre sprint

- 60 it doesn't need to be exactly 60m, the distance can be 40 metres ranging up to 70 metres
- Put in a solid 80% effort, then walk back after each rep

Session 2:

1 x10 minute (slow jog)

1 x5 minute (slow jog)

1 x5 minute (slow jog) (optional)

- Give yourself 3-5 minutes between the 10-minute jog and the first 5-minute jog to have a drink and catch your breath. This break simulates the break between quarters on match day
- Only the second 5-minute jog if you are feeling good
- Aim to reach between 1.5 and 2 km in 10 minutes (if you go further than this that's OK)
- If you can't run for the whole effort, make sure you keep walking between running, every step you take counts!

Intermediate:

Aim to run all sessions but if you miss a session, make it session 3

Session 1:

1 x 5 minute threshold run

1 x 5 minute threshold run (optional)

1 x10 minute (jog)

- Threshold pace is faster than a jog, but slower than an effort
 - o "A pace that when you finish your effort you need 1-3 minutes to catch your breath before being able to hold conversation."
 - o Have 1-2 minutes in between each rep for a quick squirt of water
 - o The 3rd rep is entirely optional

Session 2:

3 x(3 x110m)

- Aim to keep all times under 22 seconds
- After each rep have about 2-3 minutes recovery (a walk back and a squirt to drink before starting the next rep)
- Have 4-5 minutes between the sets

Session 3:

- 1 x20-40 minute slow jog
 - Complete this on the weekend to simulate an increased running volume like what a game would provide you
 - DO NOT do this session if you are appointed to a match on the same weekend
 - Pick your own pace, the aim is to be consistent with your pace
 - o Comfortable paces work best

Experienced:

Aim to do all 3 sessions.

Session 1:

2 x 10 minute threshold run

1 x 5 minute threshold run OR jog (optional)

- Threshold pace is faster than a jog, but slower than an effort
 - o "A pace that when you finish your effort you need 1-3 minutes to catch your breath before being able to hold conversation."
 - o Have 2-3 minutes in between each rep for a quick squirt of water
 - o The 3rd rep is completely optional

Session 2:

3 x (3 x140m)

- Aim to keep all times under 30 seconds
- After each rep have about 3-3.5 minutes recovery (a walk back and a squirt to drink before starting the next rep)
- Have 5 minutes between the sets

Session 3:

1x30-50 minute slow jog

- Complete this on the weekend to simulate an increased running volume like what a game would provide you
- DO NOT do this session if you are appointed to a match on the same weekend
- Pick your own pace, the aim is to be consistent with your pace
 - o Comfortable paces work best

COOL-DOWN:

While basic, cool downs should consist of 1-2 laps. These laps should not be fast by any means. But make sure you progressively slow down the further you get into the cool down, if you are walking you're going too slow.

Photo/Image Sources

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