

BC Soccer

Return to Play Phase 1

Technical Resources– Sample Sessions



Referee Training

Content

- 1. Introduction**
- 2. Field Dimensions**
- 3. Group Dimensions**
- 4. Training Session Structure**
- 5. Session Activities**
- 6. Facilitating Tips**
- 7. Further Support**

Introduction

These Referee Training Sample Sessions are designed, in alignment with [Canada Soccer's Return to Train for Referees](#), to support Head Referees among BC Soccer Members and Affiliated Clubs that are looking to deliver referee programming as part of the BC Soccer Return to Play Phase 1 Recommendations and Guidance. The resources provide:

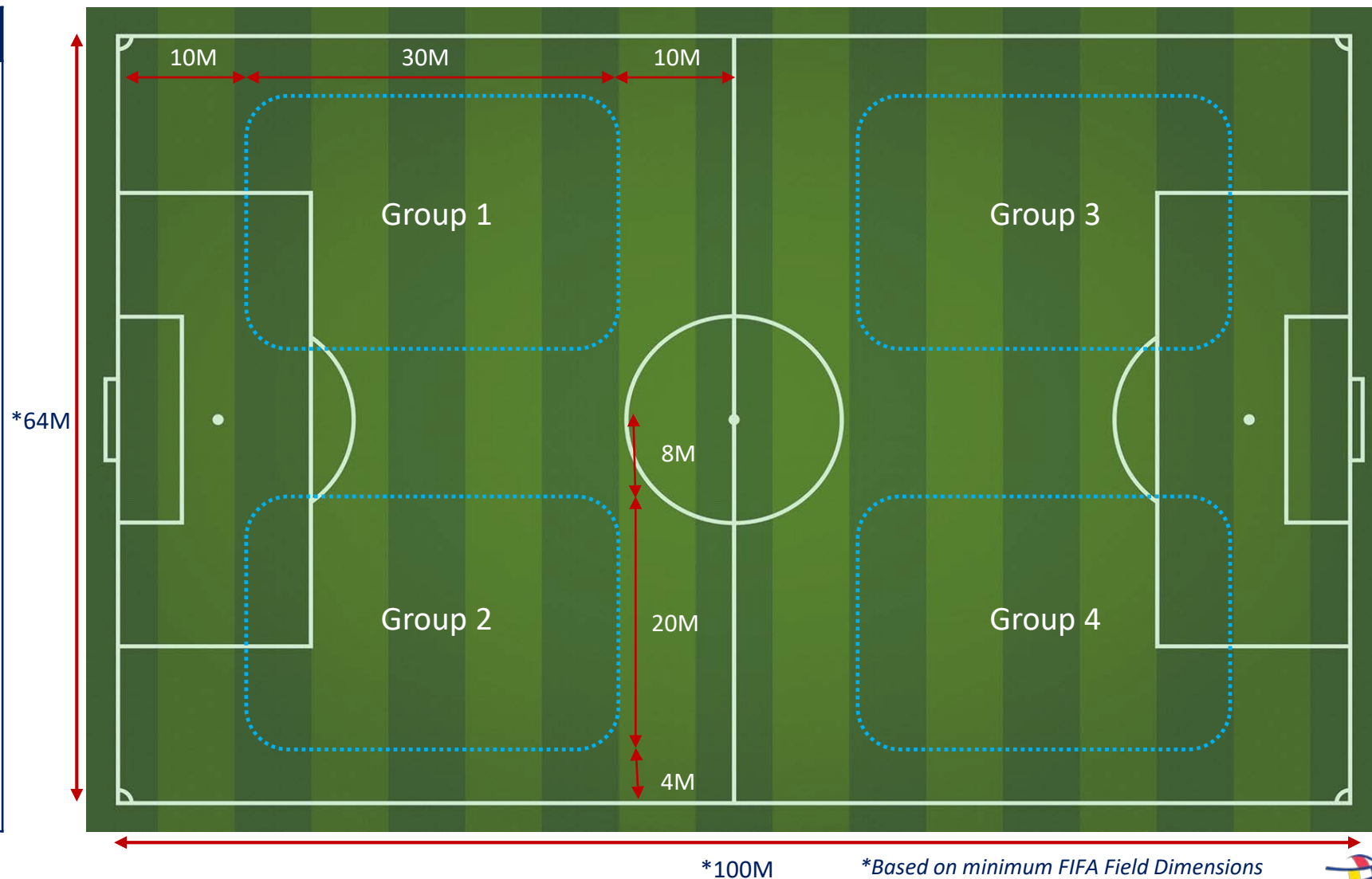
- Examples of session activities and plans that could be implemented as a basic structure to ensure sessions are physically active and conducted in a safe and fun environment.
- An environment whereby Referees will practice various types of movement (walk, jog, lateral run, High-Intensity, sprint), positioning, signals, and flag technique.
- In addition to slides detailing the sample session plans, we are also providing Head Referees and their assistants with essential tips on managing referees, equipment, time, and space, within the directive guidelines.

These resources include example sessions that organizers may choose to use or not. However, in all activity delivery adherence to the distancing measures and recommendations, along with any gathering restrictions issued by the provincial government health authorities, is required, which the following meets under the specified field dimensions.

Field Dimensions (Regular 11v11 Full-Size Soccer Field)

Set Up

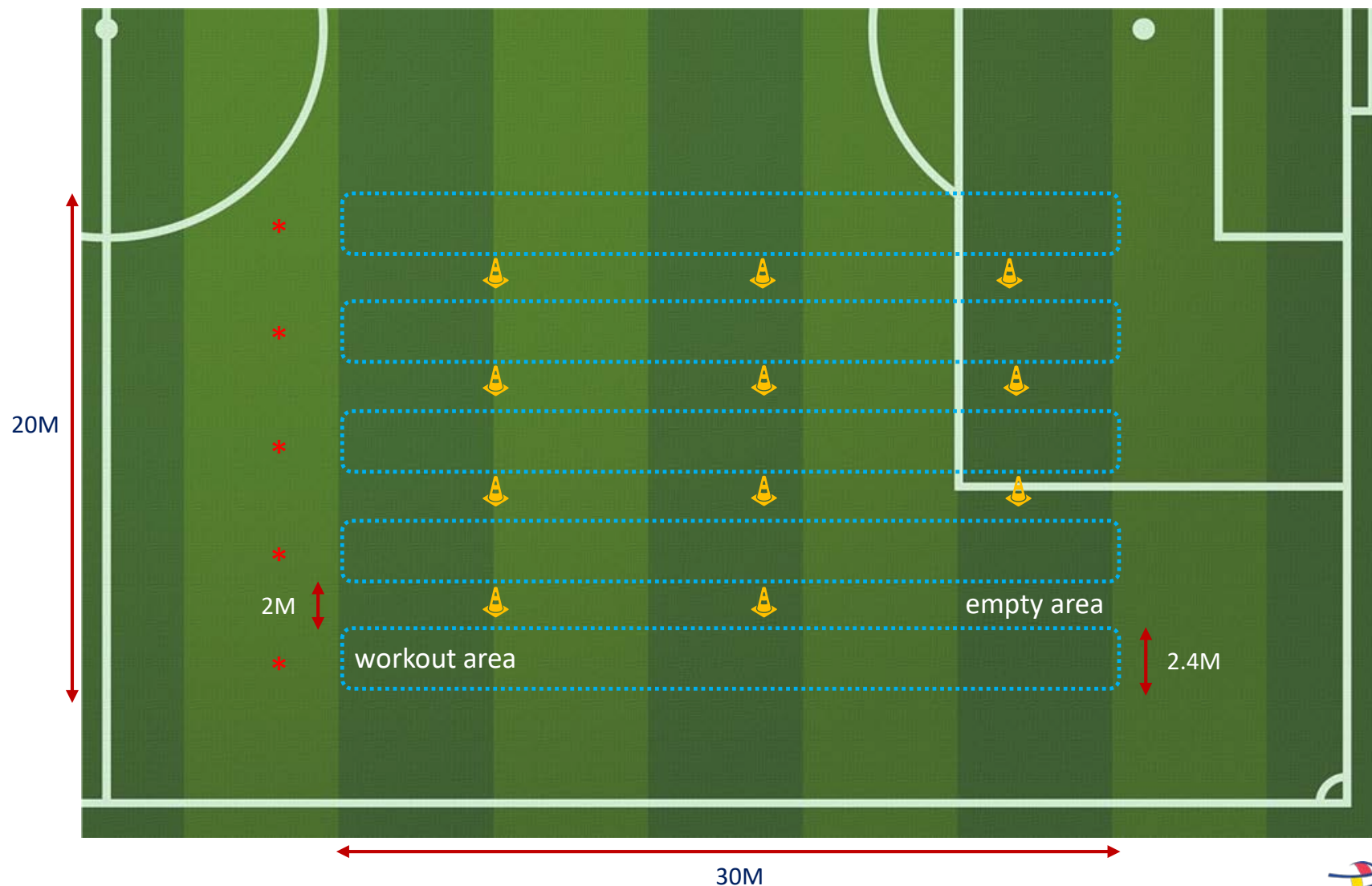
- ❖ Number of Groups = **4**
- ❖ Number of Referees = **20**
- ❖ Number of Facilitators = **4**
- ❖ Total Number of People = **24** (within the requirement of 50 people)
- ❖ Each referee has designated space within the group's area
- ❖ Space provided in between each group, for facilitators to move freely and for appropriate exit and entrance protocols within 2m physical distancing guideline
- ❖ Can be modified to suit organizational and facility needs.



Group Dimensions (Quarter Field)

Set Up

- ❖ Number of Referees = **5**
- ❖ Number of Facilitators = **1**
- ❖ Referee to Facilitator Ratio = 5:1
- ❖ 2m distancing in place between each referee.
- ❖ Within a coned zone, each referee has 2.4m x 30m to perform.
- ❖ Free Zone around the field for facilitators to move (though not between each referee's zone/lane)
- ❖ *Designated referee equipment area next to their zone.



Training Session 1 Structure

Overview

- ❖ Session Duration = **60 Minutes**
- ❖ Session Activity = **51 Minutes**
- ❖ Rest & Transitions = **9 Minutes**
- ❖ Activities can be modified to suit the needs of the referees' fitness level and age
- ❖ Activities are basic examples that abide by the physical distancing and number of people guidelines

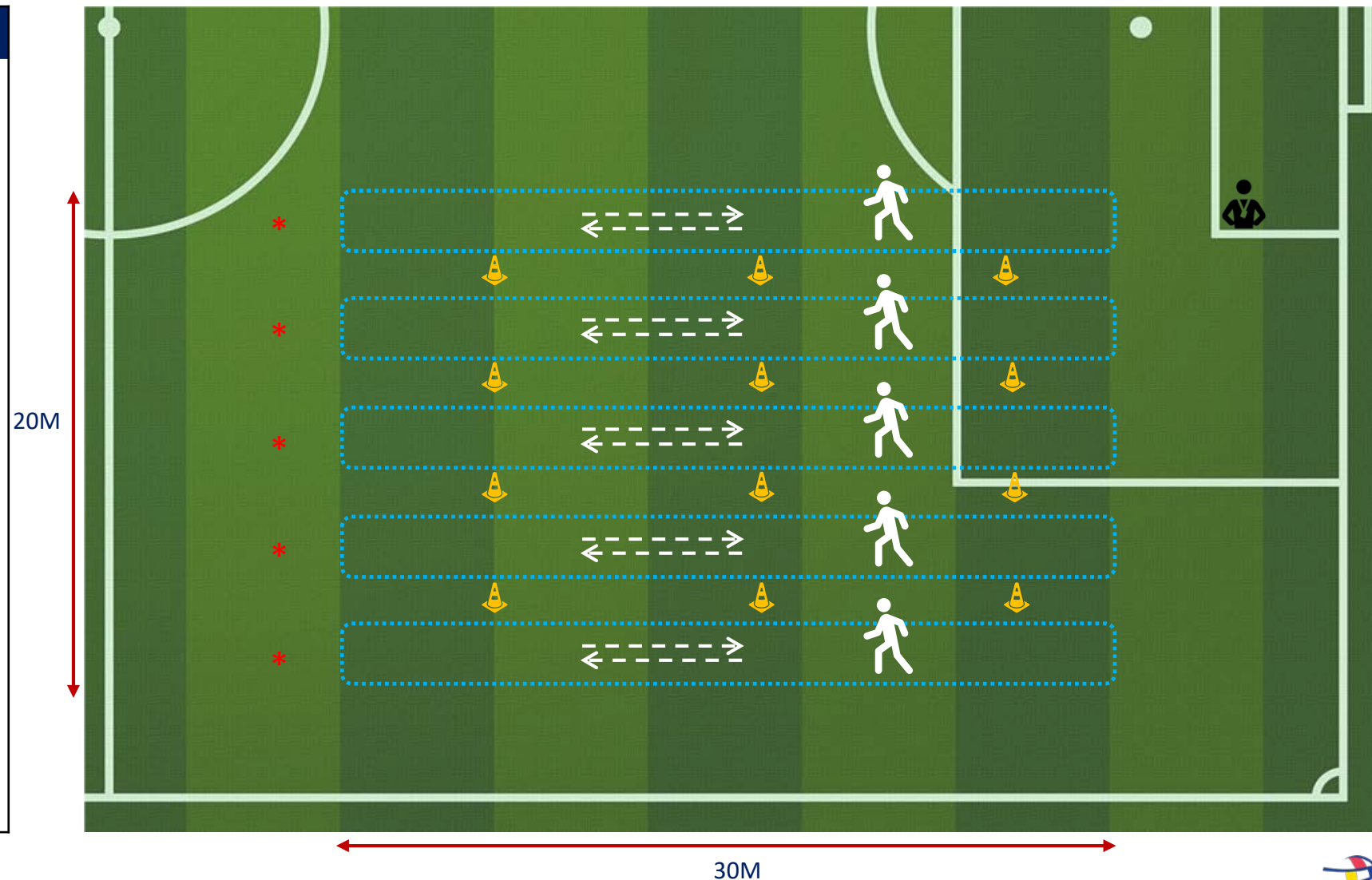


Duration	Activity	Details
18 Minutes	Warm up	<ul style="list-style-type: none"> ▪ 5-minute jog followed by dynamic movement & a gradual increase in running intensity
15 Minutes	AR Movement & Signal Activity 1	<ul style="list-style-type: none"> • Combined movement & signals - 6 repetitions
		<ul style="list-style-type: none"> • Rest - 1 minute
		<ul style="list-style-type: none"> • Combined movement & signals - 6 repetitions
4 Minutes	Rest	<ul style="list-style-type: none"> ▪ Rest & static stretching
		<ul style="list-style-type: none"> • 5-minute workout
13 Minutes	AR Movement & Signal Activity 2	<ul style="list-style-type: none"> • Rest - 3 minute
		<ul style="list-style-type: none"> • 5-minute workout
10 Minutes	Cool Down	<ul style="list-style-type: none"> ▪ Light jog/dynamic & static stretching

Training Session 1 – Warm Up

Warm Up

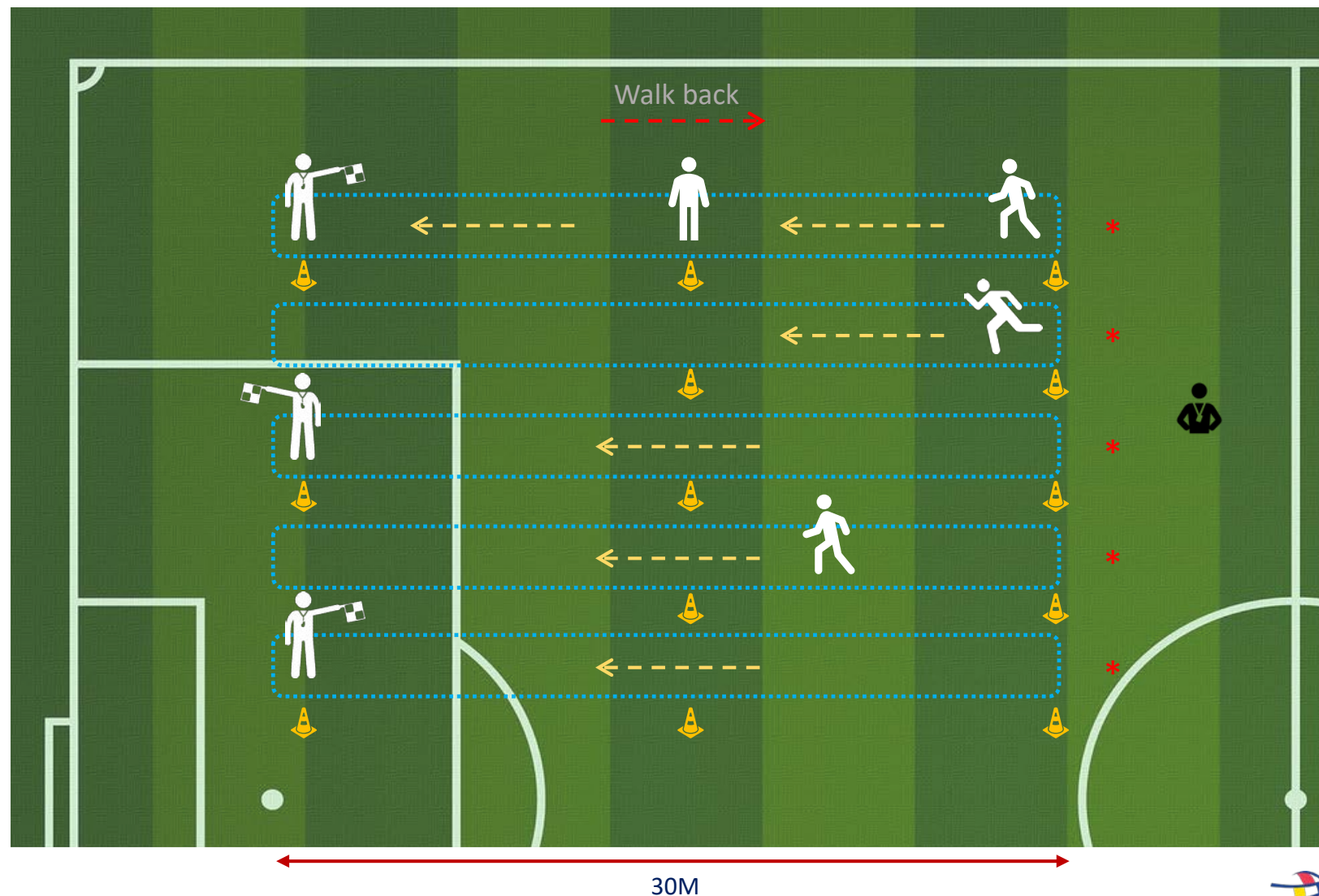
- ❖ **Duration: 18 Minutes**
 - 5 minutes Low Intensity (LI) jog + dynamic muscular mobilization/activation
 - 13 minutes of dynamic movement ([FIFA 11+ warm up](#)), and a gradual increase in running intensity, concluding with 20-25m acceleration/deceleration sprints (90% of the maximal speed)
- ❖ Throughout the warm up, referees do not leave their workout area, except for short water break (each referee has their own bottle placed in the designated Referee equipment area *)
- ❖ Number of Referees = 5
- ❖ Number of Facilitators = 1
- ❖ Referee to Facilitator Ratio = 5:1
- ❖ 2m distancing in place between each referee



Training Session 1 – AR Combined Movement & Signals 1

AR Activity 1

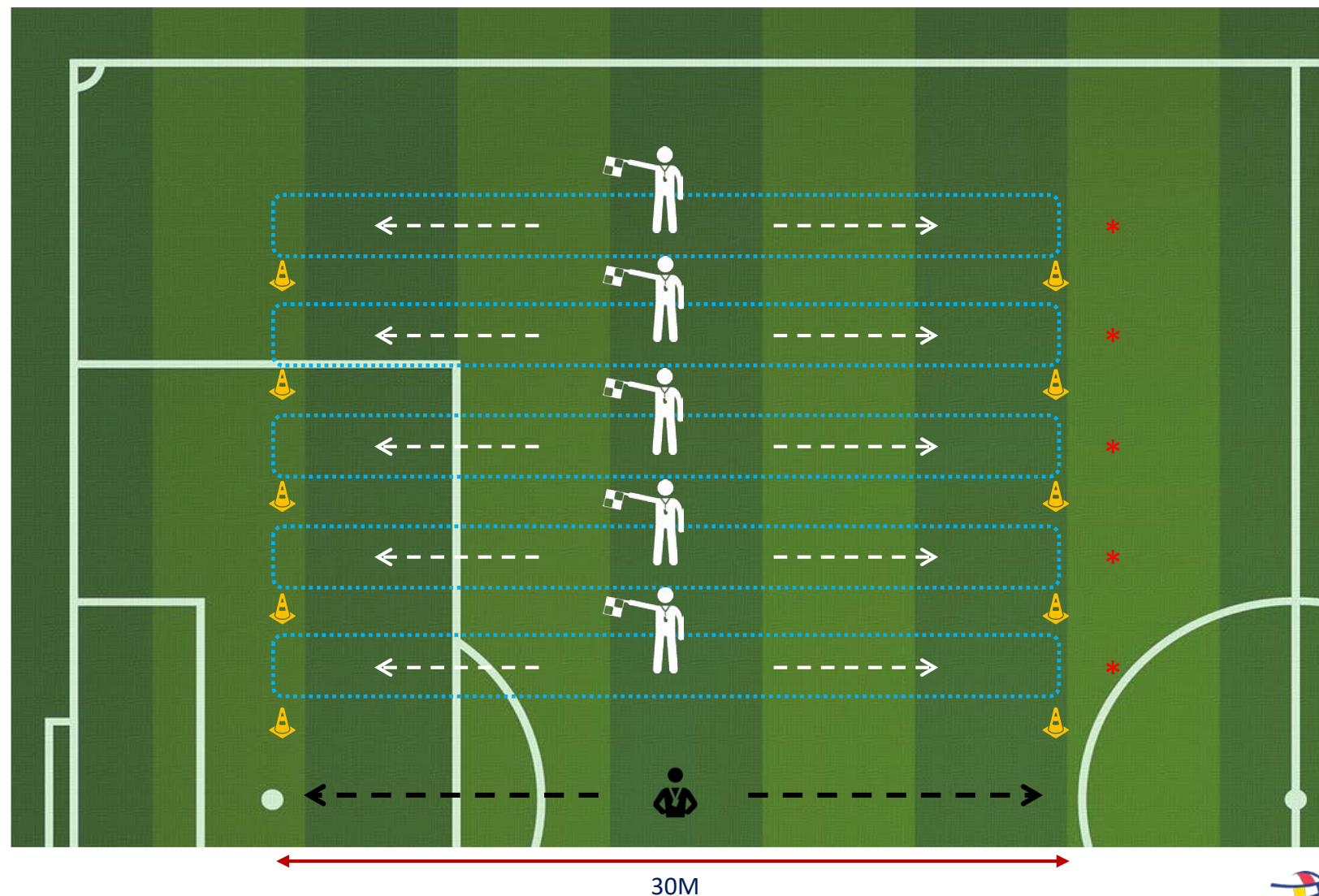
- ❖ **Objective:** Correct decisions, flag technique, eyes on the field, proper sideways movement
- ❖ **Duration: 15 Minutes**
- ❖ Perform 3 sets; each set contains 6 repetitions. After each repetition, referees walk back and start the next repetition.
- ❑ **6 Repetitions:**
 1. Jog – sideways – decision*
 2. Hi-Intensity run (HI) – sideways – decision*
 3. Jog – sprint – decision*
 4. Sideways – sprint – decision*
 5. Sprint – sprint – decision*
 6. Jog – HI run – decision*
- ❖ *For the decision, the facilitator will tell the referees “what happened” a second before they arrive at the last cone (e.g. throw-in for the defending team). Change the decision with each repetition.



Training Session 1 – AR Combined Movement & Signals 2

AR Activity 2

- ❖ **Objective:** Referees stay in line with the second-last defender; proper movement on the “line,” eyes on the field; application of various running styles to be adequately positioned
- ❖ **Duration: 13 Minutes**
- ❖ Perform two 5-minute workouts with 3-minute rest in between
- ❖ The facilitator moves left and right using multiple types of movement and speed (including walking). Referees aim to stay in line with the facilitator as the facilitator represents the second-last defender in this activity.
- ❖ Implement frequent decisions as in the previous activity, and correct flag technique whenever needed. The goal is to have correct decisions/signals using the correct hand while maintaining proper positioning



Training Session 2 Structure

Overview

- ❖ Session Duration = **60** Minutes
- ❖ Session Activity = **49** Minutes
- ❖ Rest & Transitions = **11** Minutes
- ❖ Activities can be modified to suit the needs of the referees' fitness level and age
- ❖ Activities are basic examples that abide by the physical distancing and number of people guidelines

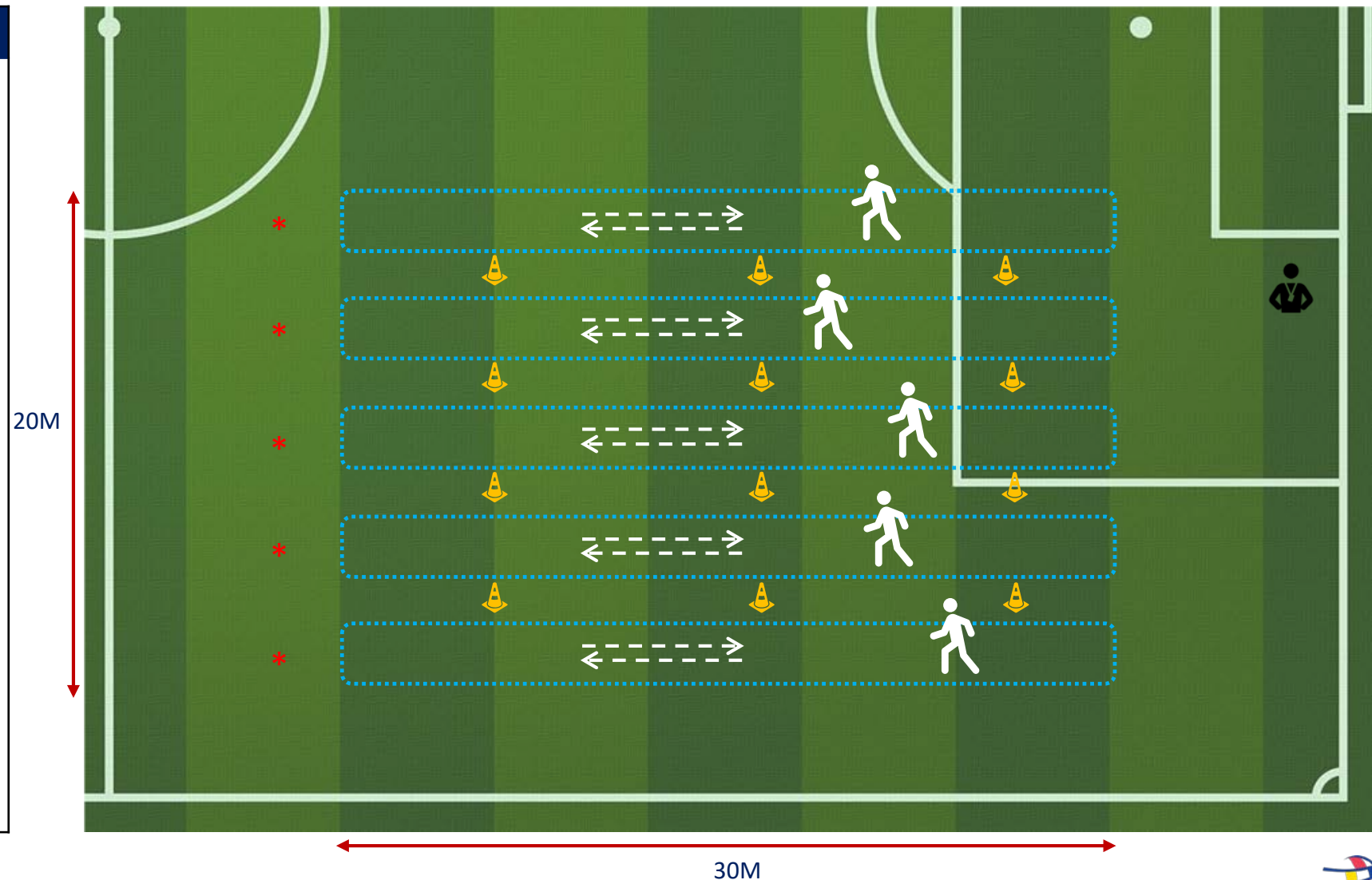


Duration	Activity	Details
15 Minutes	Warm up	<ul style="list-style-type: none"> ▪ 5-minute jog followed by dynamic movement & a gradual increase in running intensity
16 Minutes	Referee Movement & Signal Activity 1	<ul style="list-style-type: none"> • Movement/Signal/Card 4-minute workout
		<ul style="list-style-type: none"> • Rest - 2 minute
		<ul style="list-style-type: none"> • Movement/Signal/Card 4-minute workout • Rest - 2 minute • Movement/Signal/Card 4-minute workout
5 Minutes	Rest	<ul style="list-style-type: none"> ▪ Rest & static stretching
14 Minutes	Referee Movement & Signal Activity 2	<ul style="list-style-type: none"> • Movement & signal/whistle - 5 repetitions
		<ul style="list-style-type: none"> • Rest - 1 minute
		<ul style="list-style-type: none"> • Movement & signal/whistle - 5 repetitions • Rest - 1 minute • Movement & signal/whistle - 5 repetitions
10 Minutes	Cool Down	<ul style="list-style-type: none"> ▪ Light jog/dynamic & static stretching

Training Session 2 – Warm Up

Warm Up

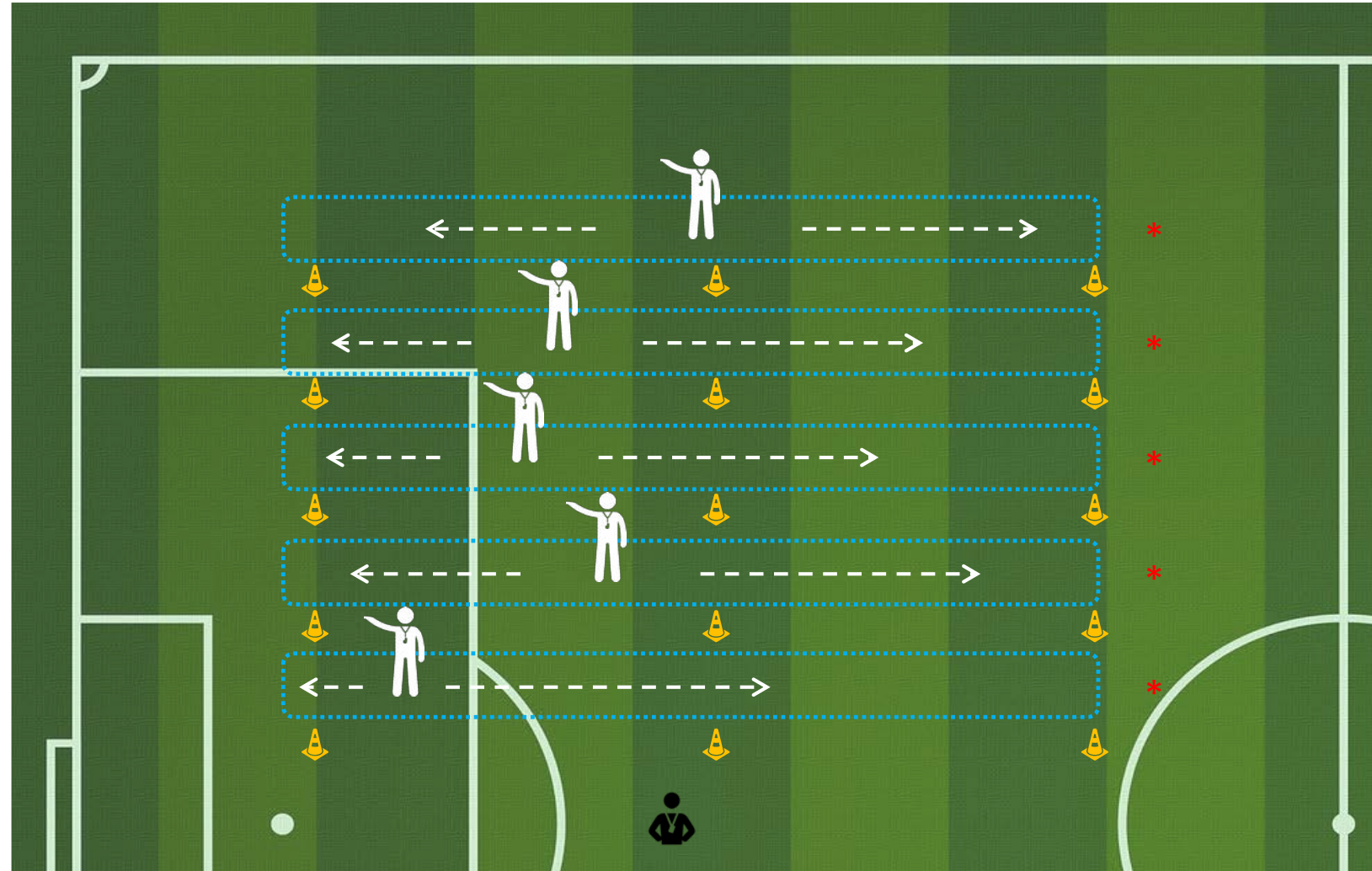
- ❖ **Duration: 15 Minutes**
 - 5 minutes Low Intensity (LI) jog within the 30 meter workout area + dynamic muscular mobilization/activation
 - 10 minutes of dynamic movement ([FIFA 11+ warm up](#)), and a gradual increase in running intensity, concluding with 20-25m acceleration/deceleration sprints (90% of the maximal speed)
- ❖ Throughout the warm up, referees do not leave their workout area, except for short water break (each referee has their own bottle placed in the designated referee equipment area *)
- ❖ Number of Referees = **5**
- ❖ Number of Facilitators = **1**
- ❖ Referee to Facilitator Ratio = 5:1
- ❖ 2m distancing in place between each referee



Training Session 2 – Exercise 1 (Movement/Signal/Card)

Referee Activity 1

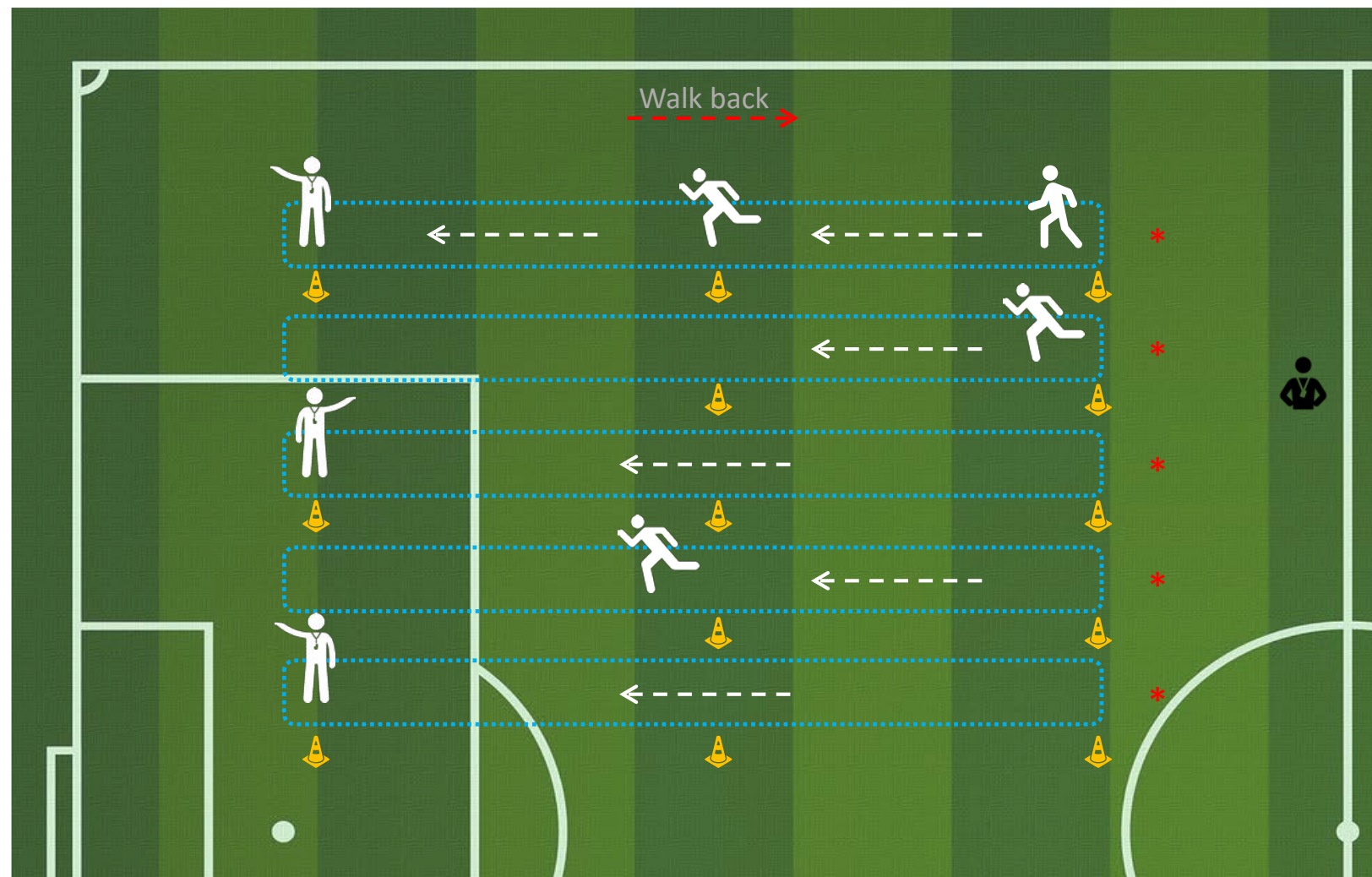
- ❖ **Objective:** Correct decisions; good signals; loud and clear whistle; showing card mechanics
- ❖ **Duration: 16 Minutes**
- ❖ Perform three 4-minute workouts with 2-minute rest in between
- ❖ Referees move within their 30-meter area on their own using various running styles: jog, sideways, HI run, sprint. When the facilitator picks an offence (telling them loudly), referees must stop and act accordingly. (e.g. If the facilitator says, “Reckless challenge by the defending player”, referees must stop the game using their whistle, show a direct free kick signal and also show a yellow card).
- ❖ Correct their decisions, signals and the color of the card as needed (if a card is required for the offence chosen).



Training Session 2 – Exercise 2 (Movement & Signal/Whistle)

Referee Activity 2

- ❖ **Objective:** Correct decisions; proper dynamics; clear signals; loud whistle; quick transitions
- ❖ **Duration: 14 Minutes**
- ❖ Perform 3 sets; each set contains 6 repetitions. After each repetition, referees walk back and start the next repetition.
- ❑ **6 Repetitions:**
 1. Jog – HI run – decision*
 2. HI run – sprint – decision*
 3. Walk – sprint – decision*
 4. HI run – HI run – decision*
 5. Jog – sprint – decision*
 6. Sprint – sprint – decision*
- ❖ *As for the decision, the facilitator will tell the referees “what happened” shortly before they arrive at the last cone (e.g. play in a dangerous manner). Change the decision with each repetition.



Training Session 3 Structure

Overview

- ❖ Session Duration = **60** Minutes
- ❖ Session Activity = **55** Minutes
- ❖ Rest & Transitions = **5** Minutes
- ❖ Activities can be modified to suit the needs of the referees' fitness level and age
- ❖ Activities are basic examples that abide by the physical distancing and number of people guidelines

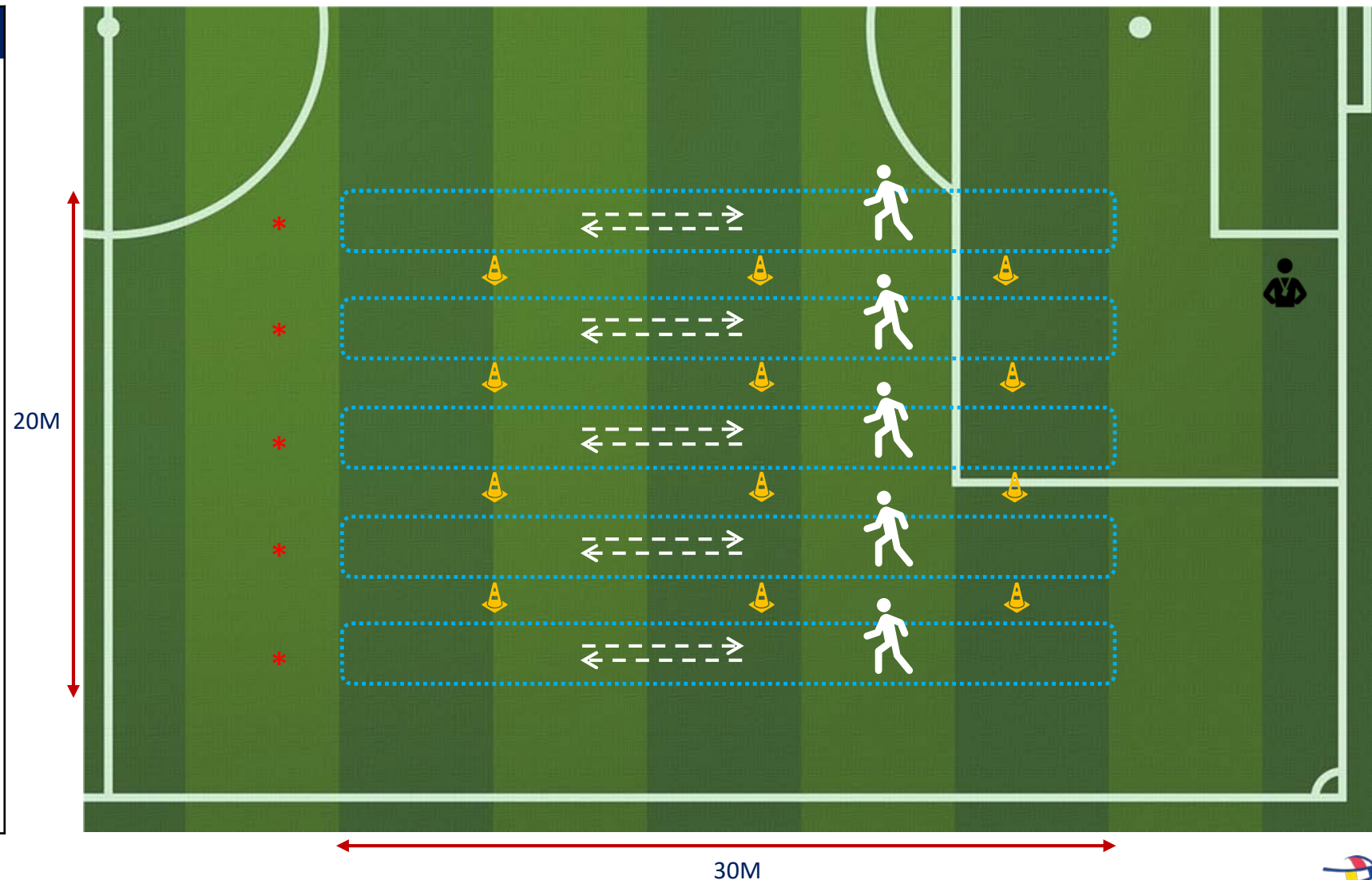


Duration	Activity	Details
15 Minutes	Warm up	<ul style="list-style-type: none"> ▪ 5-minute jog followed by dynamic movement & a gradual increase in running intensity
15 Minutes	Dynamic Movement & Focus Activity Set 1	<ul style="list-style-type: none"> • Movement and focus workout
5 Minutes	Rest	<ul style="list-style-type: none"> ▪ Rest & static stretching
15 minutes	Dynamic Movement & Focus Activity Set 2	<ul style="list-style-type: none"> • Movement and focus workout
10 Minutes	Cool Down	<ul style="list-style-type: none"> ▪ Light jog/dynamic & static stretching

Training Session 3 – Warm Up

Warm Up

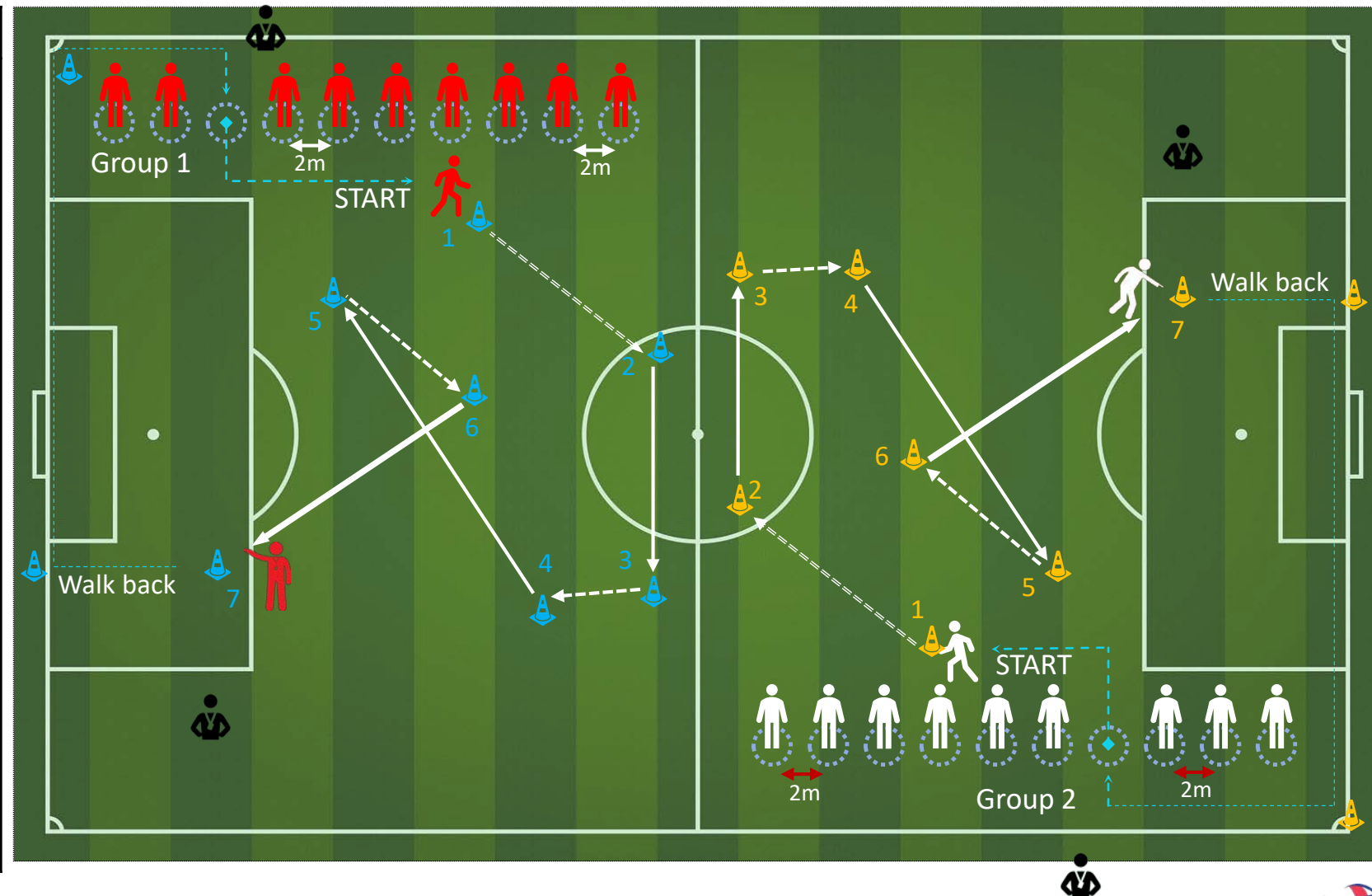
- ❖ **Duration: 15 Minutes**
 - 5 minutes Low Intensity (LI) jog within the 30-meter workout area + dynamic muscular mobilization/activation
 - 10 minutes jogging/dynamic movement + short accelerations/decelerations. Intensity should be gradually increased, concluding the warm up with 20-25m sprints (90% of the maximal speed)
- ❖ Throughout the warm up, referees do not leave their workout area, except for short water break (each referee has their own bottle placed in the designated Referee equipment area *)
- ❖ Number of Referees = 5
- ❖ Number of Facilitators = 1
- ❖ Referee to Facilitator Ratio = 5:1
- ❖ 2m distancing in place between each referee



Training Session 3 – Dynamic Movement & Focus

Referee Activity (Full Field)

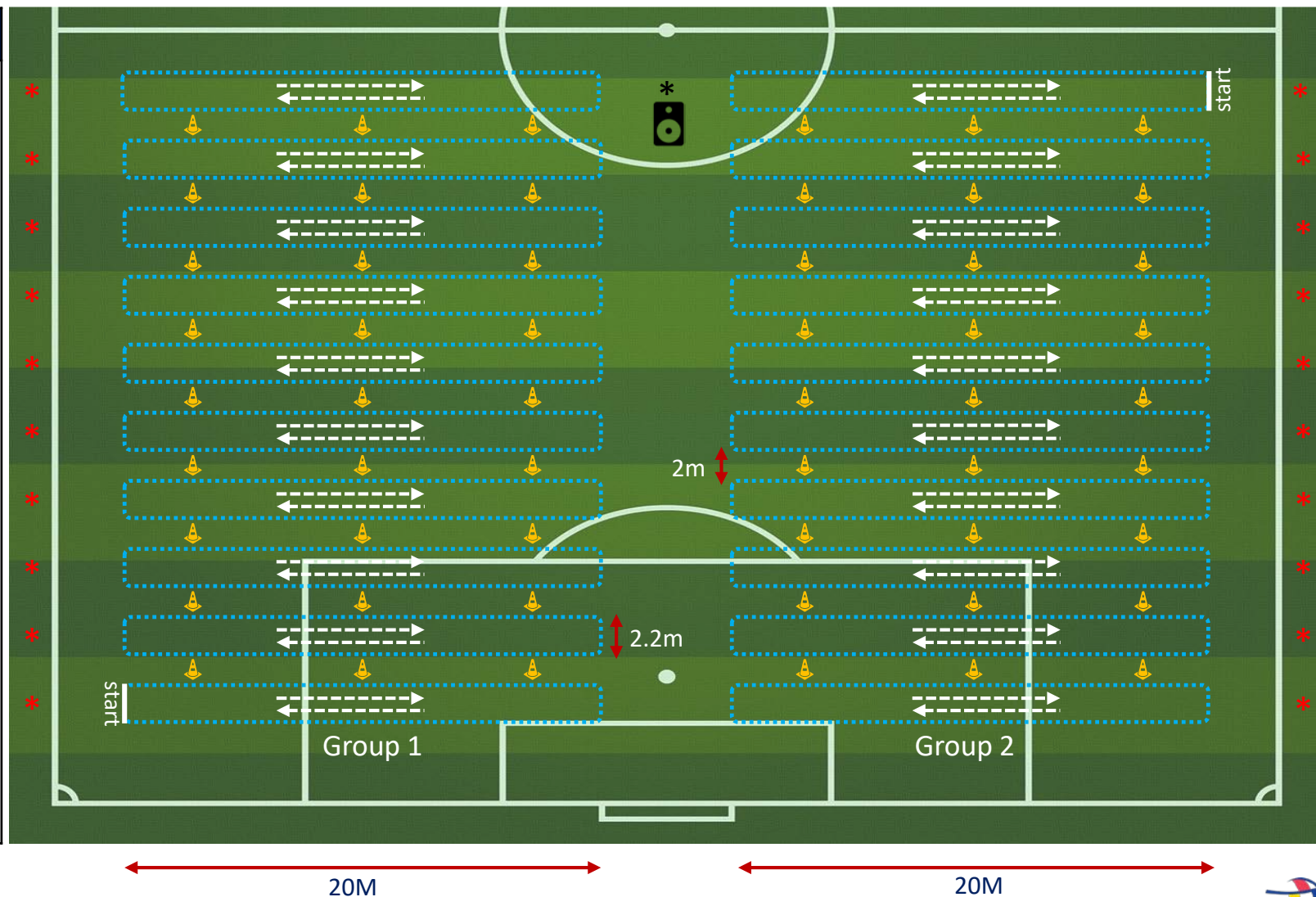
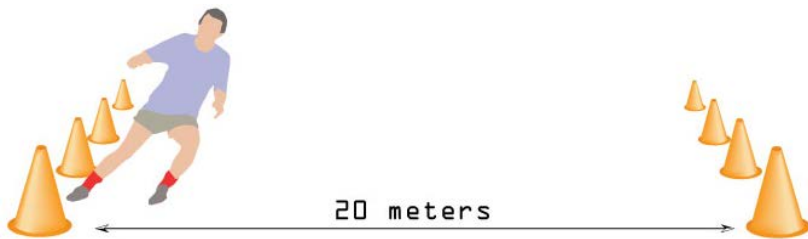
- ❖ **Objective:** Quick transitions while changing pace and direction; clear and understandable signals; loud whistle; showing card mechanics
- ❖ **Duration: 30 Minutes** (2 x 15 minutes)
- ❖ **Legend:**
 - Cone 1 – 2 = jog -----
 - Cone 2 – 3 = HI run ———
 - Cone 3 – 4 = sideways - - - - -
 - Cone 4 – 5 = HI run ———
 - Cone 5 – 6 = sideways - - - - -
 - Cone 6 – 7 = sprint ———
- ❖ Referees in both groups perform one by one. When the first referee comes to cone 4, the next one starts. As a referee arrives at the last cone, the closest facilitator shows a card. Each different colour (have prepared three of them) means a different offence, agreed before, with the referees. The referee acts accordingly with the whistle, signal and card (yellow/red, if required). Change the meaning of the cards at the beginning of Set 2.
- ❖ Place cones so referees awaiting their turn stand two meters apart.



Beep Test - Field Set Up

Beep Test

- ❖ The **Beep Test** is a maximal running, aerobic fitness test. It involves continuous running between two “lines” 20 meters apart in time to recorded beeps.
- ❖ **Equipment required:**
 - Marking cones
 - 20-meter measuring tape
 - Beep Test Audio
 - Audio player or smartphone
 - Speaker(s)*
 - Recording Sheets
- ❖ **Scoring:** The referee’s score is the level and number of 20-meter runs before they were unable to keep up with the recording. Record the last level completed, not the level stopped at.



Facilitating Tips

Referee Management

Before

- Consider sending a session plan to the referees, including equipment to bring such as whistles, cards, flags, water bottles, etc. (as referees are not to share equipment), before the session. If the referees are minors, please send it to their parents.
- Ensure referees are aware of the flow plan for entering and leaving the field.
- Highlight which zone is allocated to which referee.
- Ensure referees (or their parents) are aware of the [Return to Play recommendations and guidelines](#).

During

- Encourage the referees to enjoy training in the current format.
- Keep distancing measures in place between referees and facilitators (Head Referees and their assistants).
- Provide a safe environment and fun atmosphere while performing various types of physical activities.

After

- Validate the effort referees demonstrated during the session.
- Ask referees if they enjoyed the session.
- If referees are minors, ensure each referee goes home with their designated household contact.



Facilitating Tips

Equipment Management

Before	During	After
<ul style="list-style-type: none"> • Have a designated bag for your equipment and a chosen location on the field to place your own stuff that respects distancing requirements. • Have enough cones available for your session. • Head Referee and their assistants (facilitators) set up all the equipment and follow Club/District/League procedure for any equipment cleaning process. 	<ul style="list-style-type: none"> • Reset cones that delineate physical distancing parameters whenever they are moved out of place. • Ask and remind referees to avoid touching the equipment. • Be adaptive in case you need more cones. 	<ul style="list-style-type: none"> • Ensure that all equipment is safely taken from the field. • Clean and disinfect equipment after the practice is over. • Reflect on how the equipment was managed and distributed to improve this for the next session.



Facilitating Tips

Time Management

Before	During	After
<ul style="list-style-type: none"> Consider all factors when designing your training session plan (i.e., explanations, activity durations, and transitions for water breaks). Prepare that transitions may take a little longer than usual when managing referees and session set up. Delineate areas for referees to arrive and to place their belongings while considering distancing requirements. 	<ul style="list-style-type: none"> Respect the timeline you anticipated in your session, so referees (their parents, if they are minors) can plan. Make use of your time by following your session plan guidelines. Do not stay too long on one activity to prevent boredom. 	<ul style="list-style-type: none"> Make sure you pick up all equipment before leaving the field. Take a brief time to connect (while adhering to distance requirement) with your referees after the session, and validate their efforts. Consider following up with a positive email to the referees (their parents if they are minors) encouraging them about the next training session.



Facilitating Tips

Space Management

Before	During	After
<ul style="list-style-type: none"> • Check with your Club/District/League to confirm the space available for your session. • Adjust the session plan accordingly, depending on the number of referees confirmed for the training session. • Ensure that you have the right equipment (e.g. the number of cones, etc.). 	<ul style="list-style-type: none"> • Be aware at all times that you and the referees are respecting distancing guidelines. • Consider designating the Assistants (depending on the number of referees) who will help you manage the spacing throughout the session. • Add more cones if required to emphasize the zone boundaries clearly. 	<ul style="list-style-type: none"> • Make sure you pick up all equipment before leaving the field. • Don't leave any personal belongings on the field of play or team bench. • Reflect on how the spacing worked out in the session and involve your referees and assistants (facilitators). Also, ask the parents for their feedback, if the referees are minors.



Continuous Support

BC Soccer will continue supporting Club/District/League Head Referees with various types of resources.

For any questions or concerns, please contact our Referee Assignor & Development Coordinator/BCSPL Referee Manager, Igor Cvetkovski at igorc@bcsoccer.net