

## Introduction

The warmup is a very important part of the elite referee's match routine, that provides him/her with the necessary physical and mental activation to start the match safe and at his/her 100% performance, offering also a very good image of professionalism and respect for the game.

With that in mind, FITGOOD PRO created this specific referee Warm-Up Program which is to be used by the referees at the upcoming Men's EURO 2022.

In the meantime, FITGOOD PRO Team is developing a new one to be used by the referees across all EHF events.

## Goals and warm-up structure

We all know that the warm-up time is a rather 'personal' moment of concentration for all the referees, and many of you also have your routines as of several years before, but the key for your performance on the court is to make sure that you are warming up properly: It is so much important as for changing or adapting your regular habits. Pays off for your improvement: Your performance depends on it!

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### Primary goals:

- Prevents injuries in referees.
- Prepares you physically and mentally to perform in training or competitions.
- Gives self-confidence to the referee.
- Gives a professional image to spectators and TV.
- Sends a message to the teams: "*Here we are; we take this seriously!*"

Important: Please check out whether your regular warm-up includes all the 5 main parts of a good warm-up and make sure it lasts for (at least) 14'.

### Structure:

The **main parts of a good warm-up** are (check it out also at the "EURO22 Injuries Prevention Workshop" presentation in .pdf that you received from FITGOOD PRO, slides 26 - 32):

- Joint mobility and tissue preparation.
- Active stretches.
- Main running and muscle activation.
- Running progressions.
- Visualisation techniques.

**From now on, you can switch your entire warm-up to this program, or you can add the parts not included in your regular warm-up to make it better. Please follow the warm-up program not only at EHF competition matches but also at your domestic competitions.**

By setting an example of professionalism you will be helping also young referees who follow you and serve the Handball Community.

## The EHF referee warm-up program

### Video

The entire program can be viewed on YouTube by clicking on the following link:  
<https://www.youtube.com/watch?v=ME7xSGmq5-c>

### Program

*We begin with some mobility drills. Try them slowly, gradually, and with awareness of your movements. Always keep an eye on the video.*

#### 1. **Dynamic mobility drills**

- 1.1. Reach for the sky, touch the floor: 30"
- 1.2. Lateral step + Rotation: 30"
- 1.3. Back step + Back bending: 30"
- 1.4. Lunge walk + Trunk rotation: 30"

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*Then jogging from one side of the court to the other. Slow down and converse with your referee partner. If you want, you can also finish with some arm and shoulder movements.*

#### 2. **Easy run** (4')

- Rest 15"

*We'll keep running in different ways. Remember to take a 5-second break between each series.  
3.1 + 3.2 + 3.3 + rest and repeat.*

#### 3. **Running forward, lateral, and back** (2x)

- 3.1. Run FW ½ court / lateral run (right) ½ court. Rest 5"
- 3.2. Run FW ½ court / lateral run (left) ½ court. Rest 5"
- 3.3. Run FW 10mt / Run BW 5 mt. Rest for 5"
- Rest 15"

*Now, let's run for 30", drawing a capital "U".*

4. **The open box**

- Rest 15"

*We have 5 speed levels. From easy running (1) to sprint (5). Divide the court into four quarters, each with a different speed level. Then, rest for 5' before repeating 3 times more.*

5. **Progressive run 1 – 2 – 3 - 4** (4x) Rest 5" between the series

- Rest 15"

*Last one, 2 sprints, 1 and 4 up to 5, from side to side, changing speed in the middle. 5 - 10" rest between the series.*

6. **½ Court Sprints (3x)** Rest 5 - 10" between the series

**After the half-time break**, repeat drills 2, 3, and 6 to warm-up again. It is critical to do so to avoid injuries or lapses in concentration during the first 5' of the game.

## Inquiries

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