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# Physical Conditioning for FIBA Europe Referees



## Physical Conditioning for FIBA Europe Referees

**This new section in the FIBA Europe Referee website will be a resource where everybody can ask for, as well as receive information about physical conditioning for basketball referees.**

**Basketball is becoming a more physical game and everybody should needs to be ready for this.**

**Why we should warm up before a game?, How we should calm down after a game?, ... these questions and a lot more will be answered in this section.**

**WELCOME TO THE FIBA EUROPE REFEREES  
PHYSICAL CONDITIONING SECTION**



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## Physical Conditioning for FIBA Europe Referees

In this section you can find different links such as:

**News** - Where new articles will be released.....

**Forum for physical conditioning** - All the questions that you have concerning your physical preparation at home can be asked here at this forum.....

**Articles** - For all referees, these are related to Physical Conditioning and preparation of basketball referees

**Specific Questions** - Where all referees can ask their own questions directly to a specialist in order to find out how to do the things the right way. All questions will be answered as soon as possible

**Planned preparation** - Looks at tournament preparation, once the nominations are made for these all the referees will receive their physical conditioning workout to get ready for those tournaments.



## Physical Conditioning for FIBA Europe Referees

**The main goal in this area will be to help all referees understand the importance in maintaining a good physical shape and condition all year, because this will help them to officiate in the best way.**

**Obviously, we hope that all the concerns about physical conditioning will be answered in this section.**

**The first article in this area will be one about a stretching workout. You can these in the Articles section.**





## Physical Conditioning for FIBA Europe Referees

**About referees physical conditioning;**

**“We cannot necessarily make you a better referee, but by helping you to prepare in the best way, we give you a better chance to improve”**





## Physical Conditioning for FIBA Europe Referees

**Some examples about specific aspects that you should work on, in order to become a referee who has a good physical performance on the court**



© INNA



## Physical Conditioning for FIBA Europe Referees

**“Small details can make a big difference”**

**This referee is in a good position to run the fastbreak with the team because his feet, or footwork is prepared for this. Liker the players, footwork is another part of conditioning that you must work on.**





## Physical Conditioning for FIBA Europe Referees

**“Small details can make a big difference”**

**Has this referee enough speed to react to the game as fast as the players do?**

**Speed reaction is very important in basketball too**

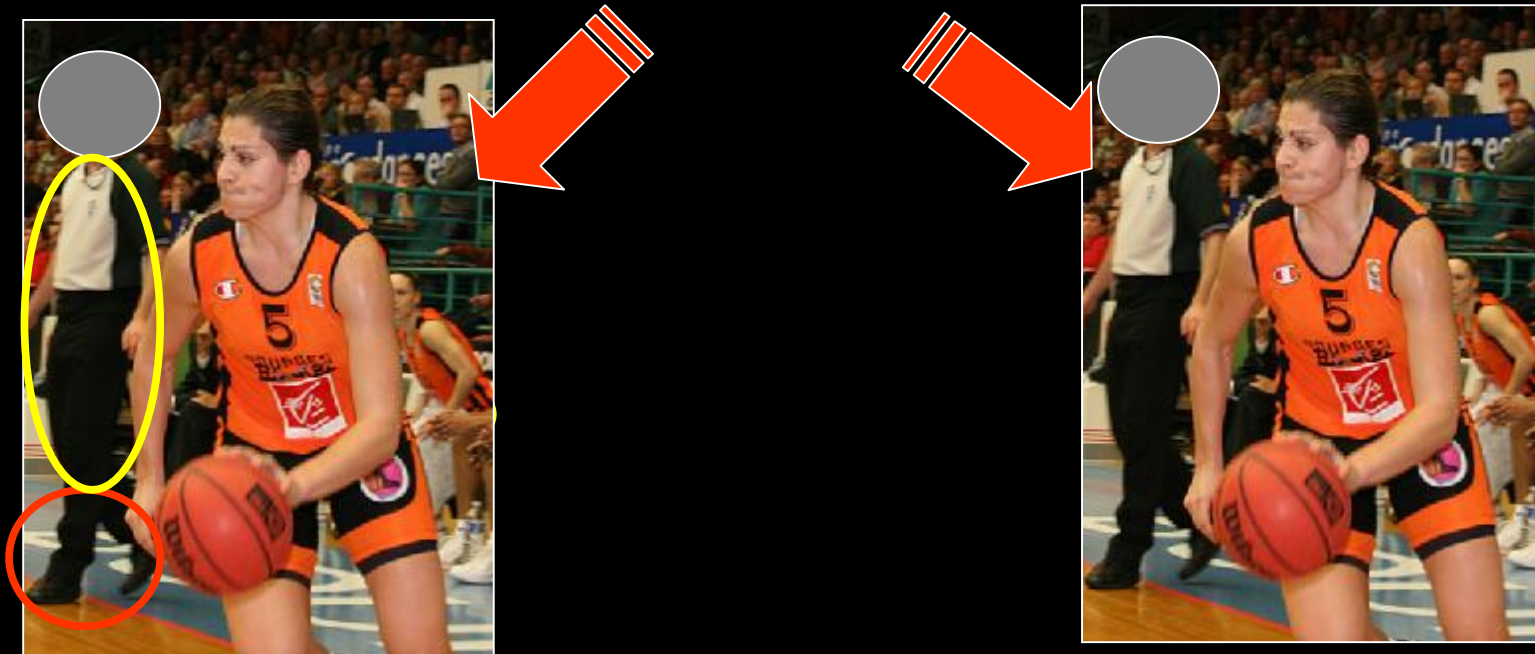




## Physical Conditioning for FIBA Europe Referees

“Small details can make a big difference”

This referee is not in a good position to referee because his body is not in the correct position in order to react and move quickly (foot and upper body).





## Physical Conditioning for FIBA Europe Referees

“Small details can make a big difference”

These referees are in a good position to referee because they are fast enough to follow the play closely. Speed is now one of the most important aspects in basketball nowadays, even with 3PO.





## Physical Conditioning for FIBA Europe Referees

**“Small details can make a big difference”**

**This referee is also in a good position to referee a fastbreak situation because she is fast enough to be in front of the play, and stay in front.**





# Physical Conditioning for FIBA Europe Referees

“Small details can make a big difference”



These referees need to be quick, to get out of the way of the players at a jump ball, for this and other situations, you need to work on your agility.





## Physical Conditioning for FIBA Europe Referees

“Small details can make a big difference”



When you travel to officiate a game, the morning before the game you cannot be a tourist! You should jog and stretch in order to prepare for the game. You should always take your running shoes with you.





## Physical Conditioning for FIBA Europe Referees

**“Small details can make a big difference”**

**A referee should have also a good physical appearance. Players work really hard to be in shape, should referees do the same?**



Photo: Rolandas Parafinavicius



## Physical Conditioning for FIBA Europe Referees

**“Small details can make a big difference”**

**Your body is 70% water, do you think is important to hydrate yourself during games?**

**You can use the breaks in games to do this.**



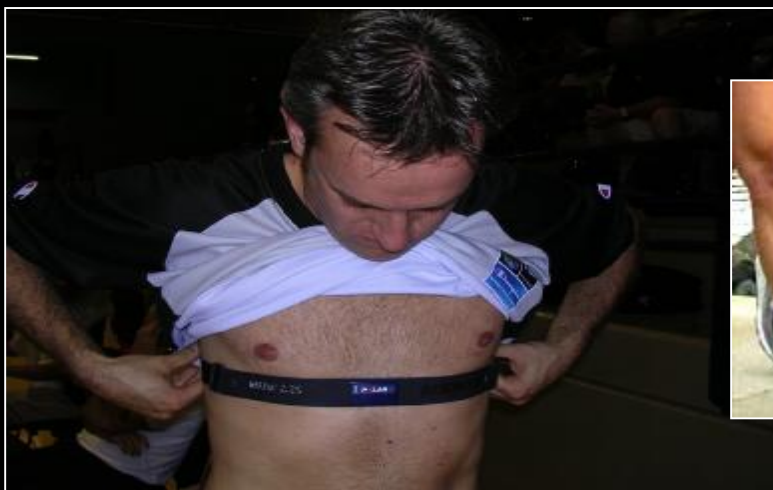


## Physical Conditioning for FIBA Europe Referees

**“Small details can make a big difference”**

**The season is very long, especially if you have to referee two or three games a week. How do you plan your year?**

**Your preparation should be planned, co-ordinated and specific to your personal needs**





## Physical Conditioning for FIBA Europe Referees

**“Small details make a big difference”**

**As soon you finish your game and you get to the locker room, do you usually do a good cool down? Do you stretch after a game?**

**What do you do to prevent injury?**

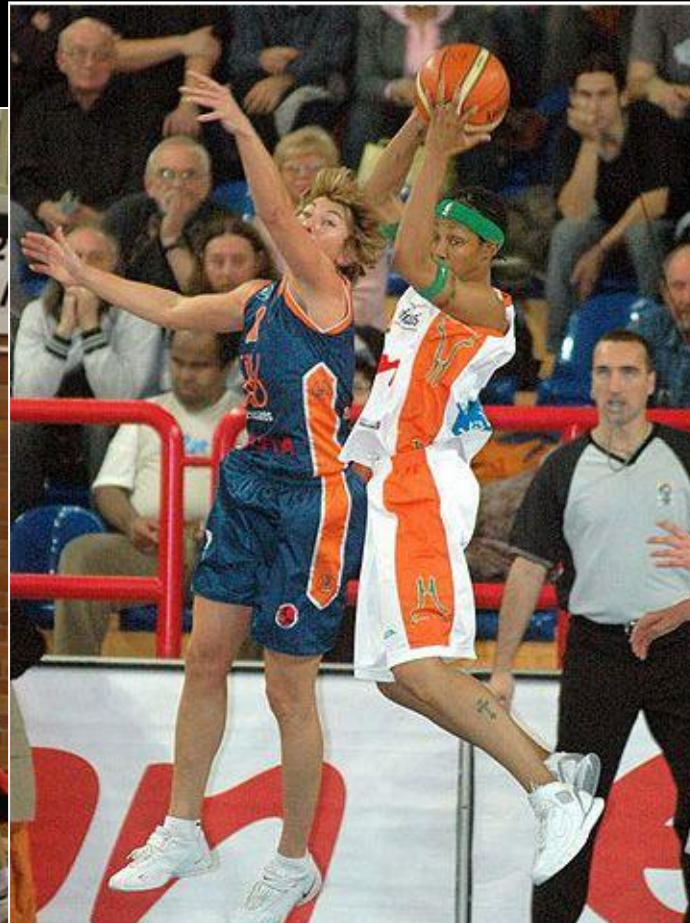




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**Now it's your time!!!!**