

PRESENTATION OF THE AREA

The level and needs of refereeing have increased in modern football over the years. Referees are now elite sportsmen, and the importance of football in society is increasing. Energy Performance Area is based on the real needs of a referee in the playing field.

Obviously the technical needs relating to the knowledge of the game rules are very important. As well, the physical preparation and performance of a referee must be the same as the one of a professional athlete because that is what he is. Obviously a medical preparation is required as well as a psychological one.

Nevertheless there is also a need to unify within the playing field the correct body posture, body language, proper breathing, high state of awareness, practical intuition, intuitive response reflex skills, proper visualisation, emotional control and relaxation. All these issues are needed in order to achieve a top performance.

Energy Performance Area has been designed to provide exercises, preparation and knowledge that blend and integrate these fields together. In order to achieve this, work will be carried out through the coordination between mind, body, breathing, energy and visualisation.

In the Area we work over the energetic body, which is sometimes unknown, but is as precise and important as both mental and physical bodies are.

Therefore Energy Performance Area is designed and aimed at building a bridge between the rests of abilities: physical, mental, psychological, technical and performance in real situations that take place in the field of play.

GENERAL OBJECTIVES OF THE AREA

Provide to the Elite Referees direct application skills to the field of play related to:

- Energy body
- Body language
- Refereeing gestures
- Coping with aggressions
- Protective visualizations
- Stress control
- Balancing techniques
- Perceptive training
- Activating the energy system
- Team work techniques for Referees and Assistants

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SUBJECT 1: Introduction to the Energetic System

Energy is the basis of all traditional medicines as Chinese Medicine and Ayurveda amongst others and it is been developed and used in 93 different cultures along history.

Even modern western society is open to this concept as we can feel in the development of all kind of body-mind approaches that are being offered to society.

Feldenkrais, Eutonia, Alexander, Contact, Ideokinesis, in movement techniques and Homeopathy, Kinesiology, Osteopathy, Quiropractic in therapies techniques are some examples of body-mind approaches that are based on the energetic body.

Is it known by experience and common sense that a balanced body and mind requires a balanced energetic system, because as all traditional medicines know Energy is the bridge between the body and the mind.

The good news are... that Energy can be trained, felt and developed.

For that purpose we need a method. The method must provide predictable effects that show objective and subjectively to the participants after a training period that their capabilities have increased.

As a result of our experience in training professional dancers, martial artists, sportsmen, sick people, women in abused conditions, physical trainers and others, we know how to put oneself into a proper condition and state in which the practitioner has better chances to reach top performance.

That condition is directly related to what is called the "keys".

The main keys in a basic level that open the doors to internal energy are:

- Peripheral vision
- Sensation of hands
- Tongue positioning
- Body moving/working body as a whole
- Conscious breathing
- Proper visualization

In this subject keys will be explained and several exercises are proposed to take first contact to this approach. Exercises are extremely easy to do but have inside them the chance to be developed endlessly.

We will also provide different appendix and approaches to get a better knowledge of the Energetic Body.

For that goal we present some works and studies done by a well known Physic Dr. Konstantin Korotkov from St Petersburg University (Russia)

The contents of the subject are as follows:

1. Energy

- 1.1. *Concept of energy in traditional and modern societies.*
- 1.2. *Energetic fields in Chinese and Hindu traditional medicine*
- 1.3. *The keys of energy work: mind, breathing, body and intention*
- 1.4. *Related Exercises*
- 1.5. *Other approaches to Energy work.*

SUBJECT 2: Body Language

The ability to read the attitude and thought of others through their behaviour was the system originally used by human beings before the spoken language was invented.

The actors of silent movies were pioneers in the mastering of the use of body language, since on the screen they only had the resource of body language to communicate. The ability of actors was classified as good or bad according to their ability in the use of gestures and signals of the body to communicate with the audience.

When sound movies became popular and the non verbal aspects of their interpretation was set to a secondary level, many of the silent movie actors fell into abandon, and the only ones to survive were those that had good abilities, regardless of being verbal or not.

The most influential work prior to the 20th century dealing with the academical study of body language, was Charles Darwin's "The Expression Of Emotions in Man and Animals", published in 1872. His works were usually read by academics. It was included in the modern studies of facial expressions and body language.

Albert Mehrabian, investigator of body language during the decade of 1950, discovered that in the total impact of the message, 7% pertained to verbal language, 38% to vocal language, and 55% was non verbal.

Other anthropologists were pioneers in the study of communication. Estimates were carried out over the quantity of non verbal communication taking place among human beings.

Body language is an external reflection of the mental and emotional condition of the person. Every gesture or movement can be a clue of value to discover a concrete emotion that the person is feeling at that precise moment.

The majority of gestures that we carry out through our body are subconscious and evidence suggests that they are genetic gestures that can't be changed easily.

Practically all the cultures use the same facial gestures to show emotions. As well most basic signals of communication are the same worldwide; people smile when they are happy, and show a frowned face or wrinkle the space between the eyebrows when they are angry. A movement of the head forward is almost universally recognised as "yes"; this so true, that even blind born people do so. Moving heads sideways to indicate "no" is also universal and seems to be a gesture learned in childhood, as is seen when a baby is breast fed and moves his head sideways when he is not hungry anymore and wants to stop eating; when he is being spoon fed and has enough, he will move his head sideways to indicate he doesn't want anymore food.

As well the evolutive origin of some gestures can be traced to our animal past. Showing our teeth and our nasal holes are gestures derived from the act of attacking, and primitive gestures used by other primates.

Body language thus is indicating internal attitudes, thoughts and emotions. Knowing this language is vital to understand or create an adequate body refereeing language that expresses security, confidence, and coherence with the gestures or signals we want to transmit.

In this subject we will explain how to work, test and develop correct body language and also how to cope with aggressions in fearful or dangerous situations from the energetic and body language point of view.

The contents of the subject are the following:

- 2.1. Introduction to body language
- 2.2. Testing and knowing our body language
- 2.3. Basic exercises to develop
- 2.4. Coping with aggressions. Reptile brain

SUBJECT 3: Refereeing gestures

In this subject we explain how to point out in the field of play. Gestures, hand movements, ways of seeing, control of the time, connect and handle the inner and outer world are necessary skills for a successful refereeing.

From the knowledge of the Basic body language, we need to get in touch from body language perspective the study of basic emotions, directions, the analysis of the social distance, protection, the concept of central line, as well as the study of the relations and order within the group. With that knowledge in this section we will focus on the refereeing body language. Based on the previous concepts of chapter 2, we can thus design a strategy and a method in order to carry out the gestures in the field play.

Any gesture, race, presentation, hand movement, ways of seeing, time control and carrying out any refereeing action, are abilities necessary within this context and that can be developed in order to achieve a successful refereeing output. To get there, the energetic concepts exposed in chapter 1 will be added to the body language.

All basic gestures can be connected to Refereeing Body Language:

- Direct fool
- Indirect fool
- Yellow card
- Red card
- Penalty
- Beginning of the match
- Ending of the match
- Advantage
- Whistling

- Running
- Stopping the play
- Talking to a player
- Testing the field play
- Talking to the media
- Walking
- Receiving and giving back pressure...

These refereeing gestures can be analysed and can have new perspectives:

- How to gain power from decision making.
- How to mark a card, what to feel, what to think.
- How to cope with aggression.
- How to counter reflect violence.

All these issues are achieved through the integration of body, mind, breathing, energy and visualization:

- 3.1. Pointing out in the field of play: adding techniques to your gestures
- 3.2. Creating your own Refereeing body language
- 3.3. Control of time and space

SUBJECT 4: Visualization and Balancing Techniques

Thought is the beginning of action most of the times. For that reason what we think has a direct effect on what we feel and vice versa... therefore it has a direct effect on what we do.

Visualization is not thought, although it has thoughts. We could say in this context that visualization is a proper thought according to a specific body sensation.

In top refereeing we need to use in the field of play several visualizations. By that way we gain confidence and we spread confidence and subconsciously we avoid and reduce difficult situations.

Proper Visualization in Refereeing is meant to:

- Handle conflictive situations properly
- Avoid and minimize problems
- Programming matches as they should be ideally and reacting/handling as they are actually
- Protect ourselves and get the best from our performances

The contents of the subject are the following:

- 4.1. Visualizations in the field of play
- 4.2. pre and post visualizations
- 4.3. General balancing exercises

SUBJECT 5: Energy Exercises

Energy exercises are direct, simple and powerful tools to recover from stress, exercise and promote in a quick way a centered, calm and rooted state of well being.

Through these exercises we can easily:

- Gain energy
- Balance the 2 brain hemispheres
- Settle our breathing
- Enter into a relaxed mood without losing awareness
- Contact/access our inner World
- Get quickly prepared for the required action
- Have the ability to grasp and evaluate the situation and act accordingly, and not be overwhelmed by it

The contents of the subject are the following:

- 5.1. Breathing techniques
- 5.2. Stimulation and sedative exercises
- 5.3. Stance of power
- 5.4. Recovering exercises

SUBJECT 6: Perception Training

Most of the decisions a referee takes in the field of play are not thought but are reactive and subconscious decisions. Developing perceptive skills and opening senses help to be even more accurate, fast and determined in the field of play.

Therefore we need to train at top level all of our senses and achieve fine and accurate perception skills.

In perceptive training we can have a better control of the play field and control of time with all 5 senses thus not limiting our sensorial perceptions.

With a proper training we can learn to transmute fear into refereeing action and with several exercises, a better connection between Referees and Assistants can be developed.

The contents of the subject are the following:

- 6.1. Opening senses
- 6.2. Controlling and sensing the field of play
- 6.3. Non seeing exercises
- 6.4. Beyond the self exercises
- 6.5. Team work exercises

DIDACTIC STRATEGIES

1	Brief explanations of the process and exercises
2	Experience and testing by yourself
3	Feedbacks
4	Tests in the field of play
5	Supporting with readings and knowledge

DIDACTIC COMPLEMENTARY MATERIAL

Development of a written text: Refereeing Body Language

DVD Video teaching material:

1. Energetic keys, Body language and refereeing body language
2. Energetic exercises, visualizations and perceptive training

CD recordings for brain connection

Scientific tests related to some exercises

EVALUATION

Self-evaluation tests for the referees related to exercises proposed in each subject

Development of evaluative exercises regarding to perceptive skills

Individual assessment to any referee according to his competence level regarding training and competition.