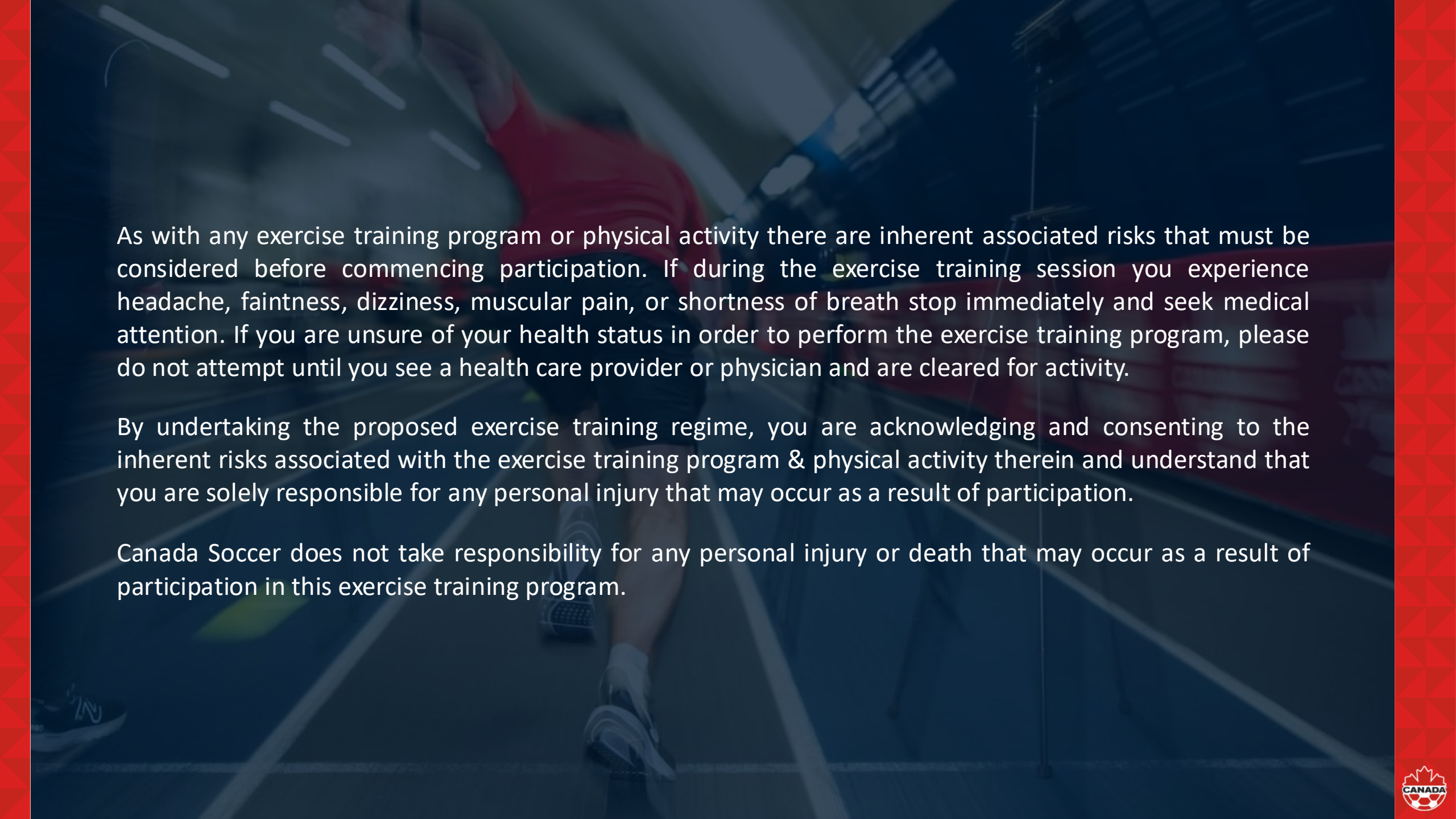




REFEREE TRAINING GUIDE – STRENGTH

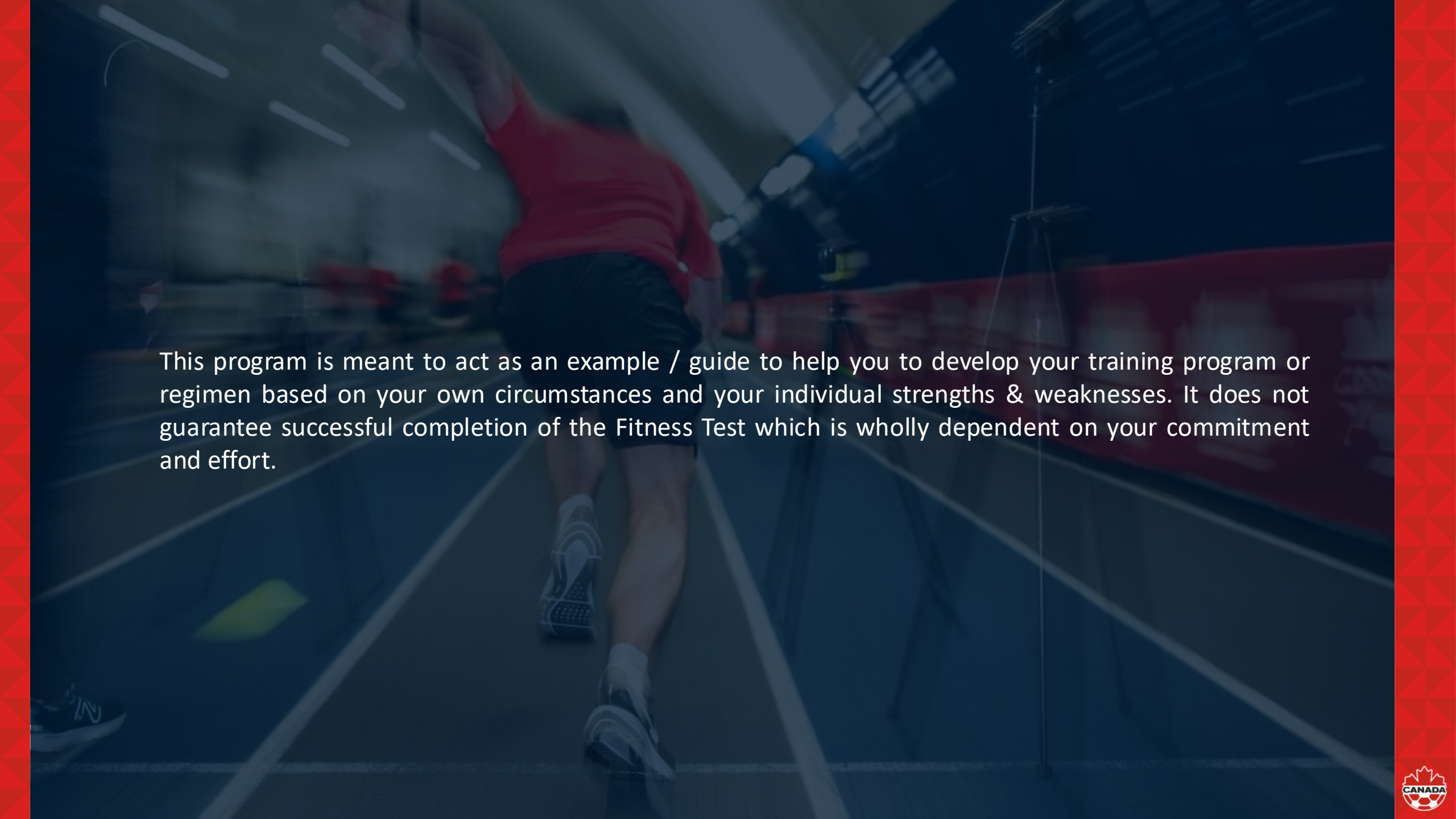
FULL BODY & INJURY PREVENTION



As with any exercise training program or physical activity there are inherent associated risks that must be considered before commencing participation. If during the exercise training session you experience headache, faintness, dizziness, muscular pain, or shortness of breath stop immediately and seek medical attention. If you are unsure of your health status in order to perform the exercise training program, please do not attempt until you see a health care provider or physician and are cleared for activity.

By undertaking the proposed exercise training regime, you are acknowledging and consenting to the inherent risks associated with the exercise training program & physical activity therein and understand that you are solely responsible for any personal injury that may occur as a result of participation.

Canada Soccer does not take responsibility for any personal injury or death that may occur as a result of participation in this exercise training program.



This program is meant to act as an example / guide to help you to develop your training program or regimen based on your own circumstances and your individual strengths & weaknesses. It does not guarantee successful completion of the Fitness Test which is wholly dependent on your commitment and effort.





Strength Training Guide

Training Type	Intensity	Reps	Sets	Rest	Tempo	Perceived Effort (x/10)
Flexibility	15s to >30s	Duration / Hold for time	2-3+ Sets	0-90s	Slow & Controlled	Easy
STR – Injury Prevention (IP)	<ul style="list-style-type: none"> • Body Weight (BW) or • 50-70% of 1RM 	<ul style="list-style-type: none"> • 12-20 (or Hold for time) • 6-10 (SL) 	2-4 Sets	60-90s	Slow & Controlled <ul style="list-style-type: none"> • 4/2/1 	Easy
Strength (STR) – CORE	15s to >30s	8-20 or Duration (Exercise dependent)	2-3+ Sets	60-90s	Slow & Controlled	Moderate
STR – Hypertrophy	65-85% of 1RM	~6-12 Reps	3-5 Sets	1-2mins	<ul style="list-style-type: none"> • Controlled • 2/0/2 	Moderate to Hard
STR – Max	>85% of 1RM	~1-5 Reps	3-5+ Sets	3-5mins	<ul style="list-style-type: none"> • As fast as can be controlled • X/X/X 	Hard to Very Hard
STR – Power	<ul style="list-style-type: none"> • >85% of 1RM (STR) • 10% of BW or 30-45% of 1RM (Power) 	<ul style="list-style-type: none"> • ~1-5 Reps (STR) • ~5-10 Reps (Power) 	3-5+ Sets	<ul style="list-style-type: none"> • 3-5mins (STR) • 1-2mins (P) 	<ul style="list-style-type: none"> • As fast as can be controlled • X/X/X 	Moderate to Very Hard

• Strength – Injury Prevention (IP) = Muscular Stability & Endurance focus, targeted as specific muscle group (e.g. Hamstrings, Ankle / Calf etc.)

• BW = Body Weight; SL = Single-Leg variation; % of 1RM = 1 Repetition Maximum; #/#/# = Dynamic-movement (Eccentric - Lowering) / Pause (Isometric) / Dynamic-movement (Concentric - Lifting); X/X/X = As fast as can be controlled; % of BW = Percentage of Body Weight (e.g. 20% of 175lbs = 35 lbs is target resistance)

Warm-Up Model: R.A.M.P.

	<p>RAISE Low-intensity activities, aim to get body moving</p>	<ul style="list-style-type: none"> • ↑ Body Temperature • ↑ Heart Rate • ↑ Blood Flow • ↑ Respiration Rate
	<p>ACTIVATE Exercises targeting key muscle groups (e.g., Glutes, Hip stabilizers, Calf, Hamstring etc.)</p>	<ul style="list-style-type: none"> • Mini-band drills • Glute bridge • Hamstring curl • Calf raise
	<p>MOBILISE Dynamic movement & ranges of motion to be used in training focus</p>	<ul style="list-style-type: none"> • Focus on movement • Movement Specificity • Mobility & Stability
	<p>POTENTIATION Activities that improve effectiveness of subsequent performance, e.g., training speed, match speed etc.</p>	<ul style="list-style-type: none"> • ↑ Intensity & Excitation • Post-Activation Potentiation (PAP) / Enhanced Performance • ↑ Strength & Power

Warm-Up & Cool Down

- Warm-Up and Cool Down should be performed at each training session
- Warming up (15-25 minutes) Example plan:

Intro (5 min)	Mobility (5-10 min)	Dynamic stretching (5 min)	Strength (2-5 min)
Jogging or Cycling	<ul style="list-style-type: none"> • Arm circles • Hip circles or rotations • Leg swings • Supine or walking knee hugs • Core activation – Dead Bug, Glute bridge, T-rotations etc. • Lunges or Body weight squat • ... 	<ul style="list-style-type: none"> • Adductors • Abductors • Hamstrings • Quadriceps • Calves • Core • Shoulders • ... 	<ul style="list-style-type: none"> • <i>Specific exercise-based warm-ups with equipment, e.g., Squat w/ barbell – slow-controlled tempo, focusing on technique and activation of targeted muscles in squat position etc.</i> • ...

- Cooling down (10-15 minutes)
 - Walking, jogging and stretching
 - **Note:** take your time to stretch! Flexibility is important to keep the range of motion functional high to prevent injuries and recover faster from intense exercises

Workout A: Strength – Full Body

Order	Exercise Name	Sets	Reps	% Intensity	Rest Interval	Comments
A1	Goblet Squat	3	8-12	50-80%	60-90s	
A2	SL RDL	3	8-12	50-80%	60-90s	
B1	Push-up or Chest Press	3	8-12	50-80%	60-90s	
B2	Seated Row or DB Row	3	8-12	50-80%	60-90s	
C1	Walking Lunge	3	10	BW	60-90s	BW = Body Weight / No Load
C2	Farmers Walk	3	30s	30-50% of BW	60-90s	
D1	Swiss Ball Hamstring Curl	3	8-10	BW	60-90s	BW = Body Weight
D2	Seated Calf Raise / Ankle compass	3	10-12	% of BW* / BW	60-90s	*e.g., 35% of BW; 150lb x .35 = ~50lb for working load

Workout A: Strength – Full Body

A1: Goblet Squats



B1: Push-ups



C1: Body-weight Walking Lunges



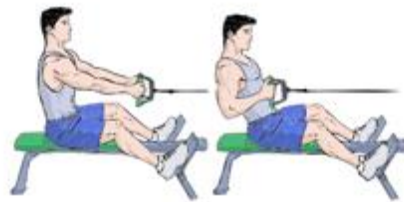
D1: Swiss Ball Hamstring Curl



A2: Single Straight Leg Dumbbell Deadlift



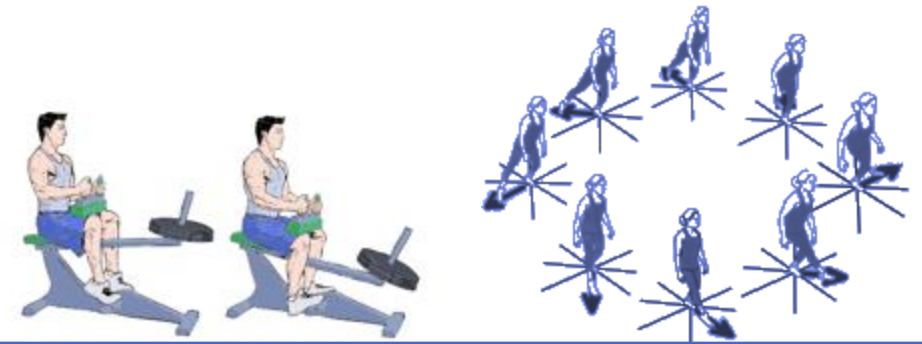
B2: Cable Back Rows



C2: Farmer's Walk



D2: Seated Machine Calf Raises / Ankle Compass



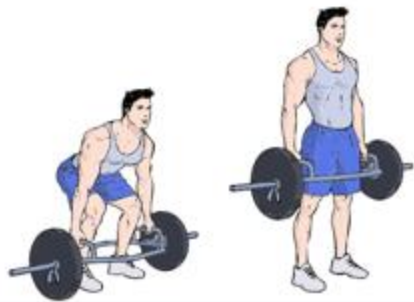
Click on an image to link to video. Click on exercise name for more info about exercise.
 Images: <https://workoutlabs.com/exercise-guide/>

Workout B: Strength – Full Body

Order	Exercise Name	Sets	Reps	% Intensity	Rest Interval	Comments
A1	Deadlift	3	8-12	50-80%	60-90s	Trap Bar variation
A2	Split Squat	3	8-12	50-80%	60-90s	
B1	Shoulder Press	3	8-12	50-80%	60-90s	
B2	Pull-Up or Lat Pulldown	3	8-12	50-80%	60-90s	
C1	Lateral Lunge	3	10	BW	60-90s	BW = Body Weight / No Load
C2	Overhead Carry	3	30s	30-50% of BW	60-90s	E.g., 150lbs BW = 45lbs
D1	Adductor Plank / Abductor Star	3	8-10	BW	60-90s	BW = Body Weight
D2	Calf Raise / Tib raise	3	10-12	BW or Loaded	60-90s	

Workout B: Strength – Full Body

A1: Deadlift



B1: Shoulder Press



C1: Lateral Lunge



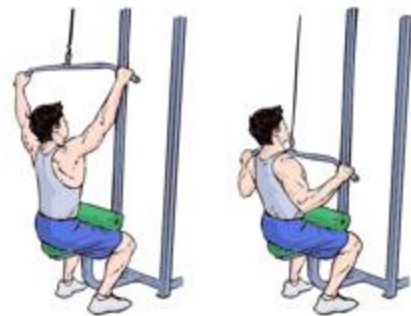
D1: Adductor Plank / Abductor Star



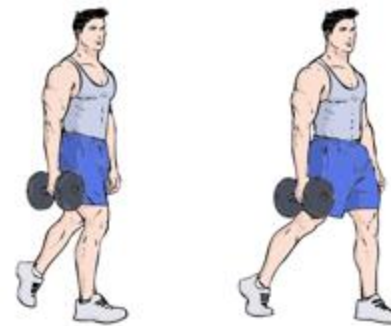
A2: Split Squat



B2: Pull-Up or Lat Pulldown



C2: Loaded Carry



D2: Calf Raise / Tib Raise



Click on an image to link to video. Click on exercise name for more info about exercise.
 Images: <https://workoutlabs.com/exercise-guide/>

Workout C: Strength – CORE / Injury-Prevention (IP)

Order	Exercise Name	Sets	Reps	% Intensity	Rest Interval	Comments
A1	2 or 3-point Plank	3	10-20	Body-weight (BW)	60-90s	Can be performed for reps or for duration / time
A2	Reverse Plank	3	10-20	BW	60-90s	
B1	Farmer's Carry	3	**	20-50% of BW*	60-90s	Can be performed for distance or time**
B2	Glute bridge / SL Glute raise	3	10-12	BW or Loaded	60-90s	
C1	Back extension	3	10-12	BW or Loaded	60-90s	Can add external load (DB, KB, Plate etc.)
C2	Palloy Press	3	10	**	60-90s	Resistance band that is challenging**
D1	Adductor Plank / Abductor Star	3	10-12	BW	60-90s	
D2	Calf Raise	3	10-20	BW or Loaded	60-90s	

Workout C: Strength – CORE / IP

A1: 2 or 3-point Plank



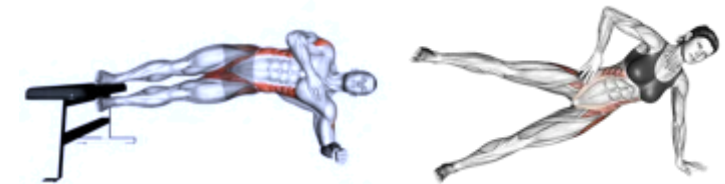
B1: Farmer's Carry



C1: Back Extension



D1: Adductor Plank / Abductor Star



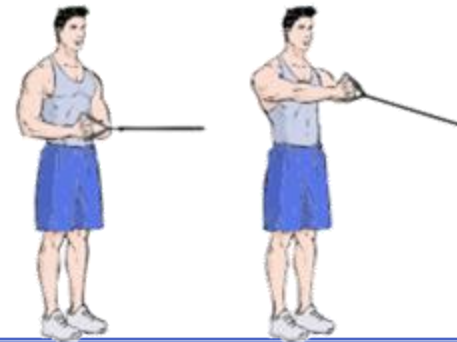
A2: Reverse Plank



B2: Glute Bridge / SL Glute Bridge



C2: Pallof Press



D2: Calf Raise



Click on an image to link to video. Click on exercise name for more info about exercise.
 Images: <https://workoutlabs.com/exercise-guide/>

Workout D: Strength – CORE / Injury-Prevention (IP)

Order	Exercise Name	Sets	Reps	%Intensity	Rest Interval	Comments
A1	Pike w/ Swiss ball	3	10-12	Body-weight (BW)	60-90s	
A2	Bear Crawl	3	10-12	BW	60-90s	
B1	Bird Dog	3	10-12	BW	60-90s	
B2	Russian Twist	3	10-12	BW / Loaded	60-90s	Can add external load
C1	Marching Carry	3	10-12	BW or Loaded	60-90s	Can be performed for distance or time**
C2	Mountain climber	3	>10	BW	60-90s	Can be performed for reps or for time (as many reps in 20s)
D1	Kneeling side toss	3	10	BW	60-90s	Start with light Med Ball and progress from there
D2	Hip Flexor March	3	10-20	**	60-90s	Resistance band that is challenging**

Workout D: Strength – CORE / IP

A1: Pike w/ Swiss ball



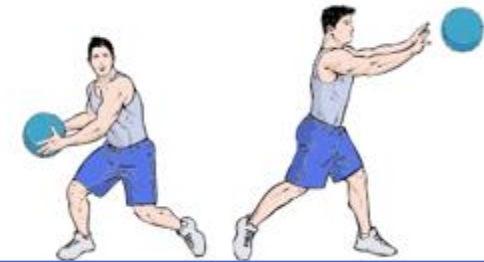
B1: Bird Dog



C1: Marching Carry



D1: Kneeling side toss



A2: Bear Crawl



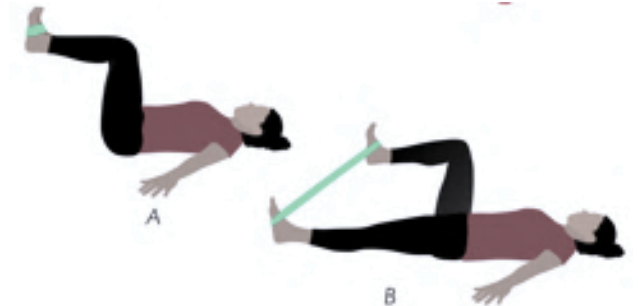
B2: Russian Twist



C2: Mountain climber



D2: Hip Flexor March



Click on an image to link to video. Click on exercise name for more info about exercise.
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