

First 4 weeks

Stabilization Endurance



powered by NASM and dotFIT

Hockey Officials

Opt phase: **Stabilization Endurance**

Flexibility - Foam Roll

Foam Roll: Inner Thigh



Sets	Reps	Duration	Intensity	Tempo	Rest
1	N/A	30 sec	N/A	N/A	N/A

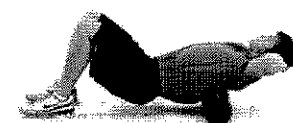
Start

1. Lie on stomach with one thigh extended slightly to side and knee bent.
2. Place foam roll in groin region.

Movement

1. Slowly roll inner thigh; apply pressure on tender spots for 30 seconds.

Foam Roll: Upper-Mid Back



Sets	Reps	Duration	Intensity	Tempo	Rest
1	N/A	30 sec	N/A	N/A	N/A

Start

1. Lie on floor with foam roll behind upper back.
2. Lock hands behind head for support.

Movement

1. Raise hips off floor; slowly roll back and forth; apply pressure on tender spots for 30 seconds.

Foam Roll: Front of Thigh



Sets	Reps	Duration	Intensity	Tempo	Rest
1	N/A	30 sec	N/A	N/A	N/A

Start

1. Lie on stomach with foam roll under front of thigh, upper body supported on forearms.

Movement

1. Slowly roll front of thigh; apply pressure on tender spots for 30 seconds.

Flexibility - Static Stretch

Kneeling Inner Thigh Stretch



Sets	Reps	Duration	Intensity	Tempo	Rest
2	N/A	30 sec	N/A	N/A	N/A

Start

1. Kneel on one leg; bend side leg, foot straight.
2. Keep stance slightly wider than shoulder-width apart; place hands on hips.

Movement

1. Shift weight toward side leg, away from knee on ground until stretch is felt in inner thigh.
2. Hold 30 seconds.

Front of Neck Stretch



Sets	Reps	Duration	Intensity	Tempo	Rest
2	N/A	30 sec	N/A	N/A	N/A

Start

1. Stand with feet straight and shoulder-width apart, knees slightly flexed.
2. Place arm behind body and lower shoulder.

Movement

1. Tuck chin; lower ear to shoulder using opposite hand until stretch is felt in front of neck.
2. Rotate chin toward ceiling; hold 30 seconds.

Hip Rotator Stretch



Sets	Reps	Duration	Intensity	Tempo	Rest
2	N/A	30 sec	N/A	N/A	N/A

Start

1. Lie on back with foot placed over opposite thigh.

Movement

1. Place hand on knee and pull to opposite shoulder until stretch is felt in back of hip.

3. Hold 30 seconds.

Core

Ball Bridge



Sets	Reps	Duration	Intensity	Tempo	Rest
2	15	N/A	N/A	Slow	90 sec

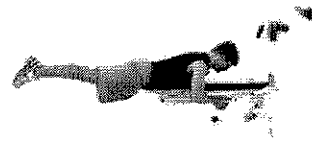
Start

1. Lie with ball between shoulder blades and head resting on ball, hands on hips. Place feet on floor, hip-width apart.

Movement

1. Draw-in belly button and squeeze butt muscles.
2. Lift pelvis until knees are in-line with hips and shoulders.
3. Lower pelvis.

Reverse Hyper



Sets	Reps	Duration	Intensity	Tempo	Rest
2	15	N/A	N/A	Slow	90 sec

Start

1. Lie on stomach with upper body supported by bench and lower body suspended in air, hips and knees bent 90 degrees.

Movement

1. Draw-in belly button and squeeze butt muscles.
1. Extend legs directly back - lift until legs are in line with body.
2. Return to start; repeat.

Balance

Single Leg Balance Reach: Turning



Sets	Reps	Duration	Intensity	Tempo	Rest
2	15	N/A	N/A	Slow	90 sec

Start

1. Stand with feet straight and hip-width apart.
2. Lift chest and tuck chin.

Movement

1. Draw-in belly button and squeeze butt muscles.
2. Balance on one leg and lift other directly beside it.

3. Rotate backward to point lifted leg to rear of body; hold for two seconds; return to start.

Reactive

Multi-Directional Hop with Stabilization



Sets	Reps	Duration	Intensity	Tempo	Rest
2	5	N/A	N/A	Slow	90 sec

Start

1. Stand with feet shoulder-width apart and pointed straight ahead.
2. Lift chest, slightly lower and squeeze shoulder blades, tuck chin, place hands on hips.

Movement

1. Squeeze butt muscles, balance on one leg and lift other directly beside it.
2. Hop forward, landing on opposite foot; hold two seconds.
3. Hop backward to starting position, landing on opposite foot; hold two seconds.
4. Hop to side, landing on one foot; hold two seconds.
5. Hop to other side, landing on opposite foot; hold two seconds.
6. Rotate body outward and hop to rear on opposite foot; hold two seconds.
7. Return to start, landing on opposite foot; hold two seconds.

Resistance

Total Body

Front Lunge, Balance to Overhead Press: 1-Arm



Sets	Reps	Duration	Intensity	Tempo	Rest
2	20	N/A	60%	Slow	90 sec

Start

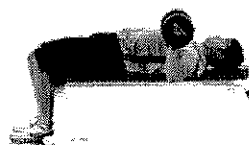
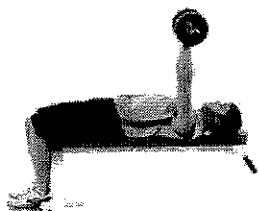
1. Stand with feet straight and shoulder-width apart.
2. Hold dumbbell in one hand at chest level.

Movement

1. Lunge forward, landing on heel of foot.
2. Stabilize; front foot straight and flat, knee bent at 90 degree angle and directly over second and third toes; back knee bent at 90 degree angle, heel of back foot off ground.
3. Push off front foot into a balanced standing position on one leg.
4. Press dumbbell overhead, fully extending arm.
5. Repeat movement with same arm.

Chest

Dumbbell Chest Press: 1-Arm



Sets	Reps	Duration	Intensity	Tempo	Rest
2	20	N/A	60%	Slow	90 sec

Start

1. Lie on flat bench with knees bent.
2. Feet flat on floor, straight and shoulder-width apart.
3. Hold dumbbell in one hand, at chest level, slightly outside of body with elbow flexed.

Movement

1. Press dumbbell up, fully extending arm; hold.
2. Return to start position; repeat with same arm.

Back**Ball Cobra: 1-Arm**

Sets	Reps	Duration	Intensity	Tempo	Rest
2	20	N/A	60%	Slow	90 sec

Start

1. Lie with ball under belly; feet pointed down and legs straight.
2. Hold dumbbell in one hand; with arm extended in front of body.

Movement

1. Draw-in belly button, squeeze butt muscles and lift chest off ball.
2. Keeping elbow straight, bring one arm around to side of body by pinching shoulder blades back and down.
3. Hold; lower chest to ball while returning arm to ground in front of body.
4. Repeat with same arm.

Legs**Front Lunge to Balance**

Sets	Reps	Duration	Intensity	Tempo	Rest
2	20	N/A	60%	Slow	90 sec

Start

1. Stand with feet straight and shoulder-width apart.
2. Lift chest, tuck chin and place hands on hips.

Movement

1. Squeeze butt muscles and lunge forward. Bend front and back knees 90-degrees - front foot flat, back heel lifted.
2. Push off front foot, straighten leg and lift opposite leg until hip and knee are flexed 90-degrees; hold two seconds.
3. Return to start position.

Second 4 weeks
Strength Endurance



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Opt phase: **Strength Edurance**

Flexibility - Foam Roll

Foam Roll: Front of Hip



Sets	Reps	Duration	Intensity	Tempo	Rest
1	N/A	30 sec	N/A	N/A	N/A

Start

1. Lie with foam roll on side, in front of hip.
2. Cross top leg over lower, with foot touching floor and bottom leg raised off floor.

Movement

1. Slowly roll front of hip, slightly in front of hip joint; apply pressure on tender spots for 30-seconds.

Foam Roll: Outer Thigh



Sets	Reps	Duration	Intensity	Tempo	Rest
1	N/A	30 sec	N/A	N/A	N/A

Start

1. Lie with foam roll on side, in front of hip.
2. Cross top leg over lower, with foot touching floor and bottom leg raised off floor.

Movement

1. Slowly roll from upper portion of outer thigh, slightly in front of hip joint, to knee; apply pressure on tender spots for 30 seconds.

Flexibility - Static Stretch

Back of Neck Stretch



Sets	Reps	Duration	Intensity	Tempo	Rest
2	N/A	30 sec	N/A	N/A	N/A

Start

1. Stand with feet straight and shoulder-width apart, knees slightly flexed.
2. Place arm behind body and lower shoulder.

Movement

1. Tuck chin; lower ear to shoulder using opposite hand until stretch is felt in back of neck.
2. Rotate chin down toward opposite chest muscles; hold 30 seconds.

Hip Rotator Stretch

Sets	Reps	Duration	Intensity	Tempo	Rest
2	N/A	30 sec	N/A	N/A	N/A

Start

1. Lie on back with foot placed over opposite thigh.

Movement

1. Place hand on knee and pull to opposite shoulder until stretch is felt in back of hip.
3. Hold 30 seconds.

Core**Medicine Ball Lift**

Sets	Reps	Duration	Intensity	Tempo	Rest
2	12	N/A	N/A	Medium	60 sec

Start

1. Stand in semi-squat position; feet straight and shoulder-width apart; chest up.
2. Hold medicine ball with both hands at level of knees; arms fully extended.

Movement

1. Draw-in belly button, squeeze butt muscles and tuck chin.
2. With arms extended, lift medicine ball diagonally and rotate body, pivoting on back foot.
3. Lift until medicine ball reaches eye level.
4. Return to start.

Medicine Ball Rotations

Sets	Reps	Duration	Intensity	Tempo	Rest
2	12	N/A	N/A	Medium	60 sec

Start

1. Stand with feet straight and shoulder width apart, knees slightly bent.

2. Hold medicine ball with both hands in front of chest, arms fully extended.

Movement

1. Draw-in belly button, squeeze butt muscles and tuck chin.
2. Rotate side to side, pivoting on back foot, in a repeated controlled motion.
3. Use abdominal and waist muscles to slow and change direction.

Balance

Single Leg Squat Touchdown



Sets	Reps	Duration	Intensity	Tempo	Rest
2	12	N/A	N/A	Medium	60 sec

Start

1. Stand with feet straight and hip-width apart.
2. Lift chest, tuck chin and place hands on hips.

Movement

1. Squeeze butt muscles, balance on one leg and lift other directly beside it.
2. Squat, bending hip and knee; reach opposite hand toward balance foot; hold two seconds.
3. Return to start position.

Reactive

Squat Jump



Sets	Reps	Duration	Intensity	Tempo	Rest
2	8	N/A	N/A	Medium; Repeating	60 sec

Start

1. Stand with feet straight and shoulder-width apart.

Movement

1. Draw-in belly button and squeeze butt muscles.
2. Jump up, raising arms above head, and land softly and repeat.

Resistance

Total Body

Squat to Overhead Press: 2-Arm



Sets	Reps	Duration	Intensity	Tempo	Rest
2	12	N/A	70%	Medium	0 sec

Start

1. Stand with feet straight and shoulder-width apart, knees over second and third toes.
2. Hold dumbbell in each hand at chest level (palms face body).

Movement

1. Perform three-quarter squat; squeeze butt muscles and stand fully upright.
2. Press dumbbells overhead until both arms fully extended, palms facing away.
3. Return to start position.

Single Leg Squat Touchdown, Curl to Press



Sets	Reps	Duration	Intensity	Tempo	Rest
2	12	N/A	70%	Slow	60 sec

Start

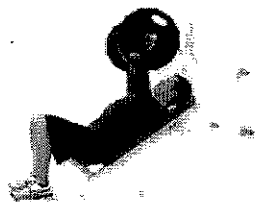
1. Balance on one leg and lift other directly beside it.
2. Place one hand (same as balance leg) on balance leg hip and dumbbell in other.

Movement

1. Squat on balance leg, bending hip and knee; reach toward balance foot with dumbbell.
2. Squeeze butt muscles and stand; hold; curl dumbbell to chest and press overhead.

Chest

Incline Barbell Bench Press



Sets	Reps	Duration	Intensity	Tempo	Rest
2	12	N/A	70%	Medium	0 sec

Start

1. Lie on incline bench, feet straight and flat on floor.
2. Grasp barbell slightly wider than shoulder-width apart.

Movement

1. Slowly lower bar toward chest; do not arch back or jut head forward.
2. Press bar up, fully extending arms.

Ball Chest Press: 2-Arm



Sets	Reps	Duration	Intensity	Tempo	Rest
2	12	N/A	70%	Slow	60 sec

Start

1. Lie with ball between shoulder blades.

2. Maintain bridge position - squeeze butt muscles, keep shoulders, hips and knees at same level.
3. Feet straight and shoulder-width apart.
4. Hold dumbbell in each hand, at chest level, slightly outside of body with elbows flexed.

Movement

1. Press both dumbbells up and together, fully extending arms; hold.
2. Return dumbbells to start position.

Back

Machine Row



Sets	Reps	Duration	Intensity	Tempo	Rest
2	12	N/A	70%	Medium	0 sec

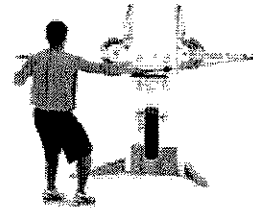
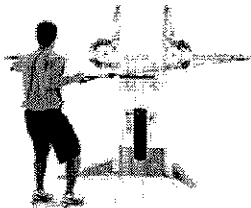
Start

1. Sit facing cable machine, feet straight and shoulder-width apart.
2. Hold cables - arms extended.

Movement

1. Pull handles toward torso, bringing thumbs toward armpits, squeeze shoulder blades together - do not shrug shoulders or jut head forward.
2. Hold; return arms to start position.

Standing Cable Row: Alternate-Arm



Sets	Reps	Duration	Intensity	Tempo	Rest
2	12	N/A	70%	Slow	60 sec

Start

1. Stand facing cable machine, feet straight and shoulder-width apart.
2. Hold cables with extended arms at chest level.

Movement

1. Knees slightly bent, row by bringing thumb of one hand toward armpit, squeeze shoulder blades together; do not shrug shoulders or jut head forward.
2. Hold; return to start position; repeat with other arm.

Legs

Turning Step-Up



Sets	Reps	Duration	Intensity	Tempo	Rest
2	12	N/A	70%	Medium	0 sec

Start

1. Stand beside box; feet straight and shoulder-width apart.
2. Hold dumbbell in each hand, arms by sides.

Movement

1. Turn and step onto box with one leg; foot straight.
2. Push through heel and stand straight, bringing other foot onto box.
3. Turn and step off box with both feet.

Stability Ball Squat

Sets	Reps	Duration	Intensity	Tempo	Rest
2	12	N/A	70%	Slow	60 sec

Start

1. Stand with feet straight and shoulder-width apart.
2. Rest low back against ball placed on wall.
3. Keep feet under or slightly in front of knees.

Movement

1. Slowly squat, bending knees and keeping feet straight.
2. Keep chest up; squeeze butt muscles and press through heels to return to start; fully extend legs.

Last 4 Weeks Power



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Opt phase: **Power**

Flexibility - Foam Roll

Foam Roll: Outer Calf



Sets	Reps	Duration	Intensity	Tempo	Rest
1	N/A	30 sec	N/A	N/A	N/A

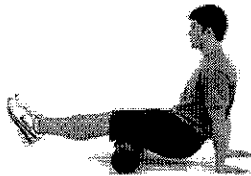
Start

1. Place foam roll under outer calf.
2. Cross opposite leg to increase pressure (optional).

Movement

1. Slowly roll outer calf; apply pressure on tender spots for 30 seconds.

Foam Roll: Hamstring



Sets	Reps	Duration	Intensity	Tempo	Rest
1	N/A	30 sec	N/A	N/A	N/A

Start

1. Place foam roll under HAMSTRING with hips lifted off floor.
2. Cross opposite leg to increase pressure (optional).

Movement

1. Slowly roll HAMSTRING; apply pressure on tender spots for 30 seconds.

Flexibility - Static Stretch

Standing Lat Stretch



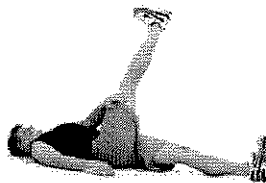
Sets	Reps	Duration	Intensity	Tempo	Rest
2	N/A	30 sec	N/A	N/A	N/A

Start

1. Place feet shoulder-width apart, with one arm raised above head holding stable object.

Movement

1. Lower hips toward ground until stretch felt alongside torso and into lower back; hold 30 seconds.

90-90 Outer Hamstring Stretch

Sets	Reps	Duration	Intensity	Tempo	Rest
2	N/A	30 sec	N/A	N/A	N/A

Start

1. Lie on back with hip and knee of one leg flexed at 90 degrees; other leg extended on floor.

Movement

1. Place opposite hand behind knee and pull knee slightly across body.
2. Hold and try to extend leg straight into air until stretch is felt in back of upper leg.
3. Hold 30 seconds.

Flexibility - Dynamic Stretch**Prisouer Squats**

Sets	Reps	Duration	Intensity	Tempo	Rest
1	10	N/A	N/A	N/A	N/A

Start

1. Stand with feet straight and shoulder-width apart, knees bent, hands behind ears.

Movement

1. Squat, bending knees and keeping feet straight.
2. Keep chest up; squeeze butt muscles and press through heels to return to start, fully extend legs.

Walking Lunge & Twist

Sets	Reps	Duration	Intensity	Tempo	Rest
1	10	N/A	N/A	N/A	N/A

Start

1. Stand with hands clasped in front of body.

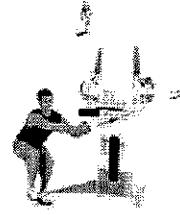
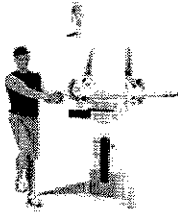
Movement

1. Lunge forward and twist upper body to same side as forward leg.

4. Return to start.

Balance

Single Leg Squat with Cable Assistance



Sets	Reps	Duration	Intensity	Tempo	Rest
2	12	N/A	N/A	Medium	60 sec

Start

1. Stand on one leg with foot straight and knee slightly bent.
2. Hold one cable in both hands at chest level, arms extended across body at 45 degree angle in front of balance leg.

Movement

1. Keep arms extended, squeeze butt muscles and squat as if sitting into chair, knee in-line with toe.
2. Hold; push up through heel and stand to return to start position.

Speed Agility Quickness

Box Run Steps: Front



Sets	Reps	Duration	Intensity	Tempo	Rest
2	N/A	N/A	N/A	N/A	60 sec

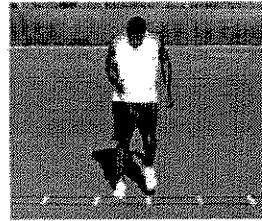
Start

1. Stand facing 6-inch box, with feet in staggered-stance; 1 foot on top of box.
2. Keep chest up.

Movement

1. In quick running motion, switch feet so that foot on floor is placed on box and foot on box moves to floor.
2. Pump arms and repeat movement, alternating legs as fast as possible.

Speed Ladder: Side In-in-Out-Out



Sets	Reps	Duration	Intensity	Tempo	Rest
2	N/A	N/A	N/A	N/A	60 sec

Start

1. Stand with body turned 90-degress; to ladder.
2. Step forward into ladder placing 1 foot in box.
3. Bring other foot beside it into same box.
4. Step backwards at diagonal with start foot out of ladder.
5. Bring other foot beside it out of ladder.
6. Repeat in-in-out-out movement, moving sideways through ladder.

7. Repeat in opposite direction.

Resistance

Total Body

Dumbbell Snatch: 1-Arm



Sets	Reps	Duration	Intensity	Tempo	Rest
3	5	N/A	85%	Medium	0 sec

Start

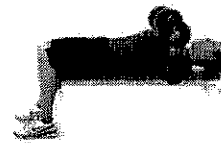
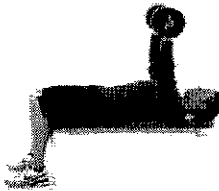
1. Stand with feet straight and shoulder-width apart, knees slightly flexed; chest up.
2. In one hand, hold dumbbell in front of knees.

Movement

1. Quickly snatch dumbbell - keep arm straight, bend knees and use shoulder and legs to propel dumbbell overhead.
2. Balance with dumbbell overhead and arm fully extended.
3. Return to start position - bend elbow, lower dumbbell shoulder level then knee level.

Chest

Dumbbell Chest Press



Sets	Reps	Duration	Intensity	Tempo	Rest
3	5	N/A	85%	Medium	0 sec

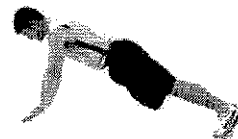
Start

1. Lie on flat bench with knees bent.
2. Feet flat on floor, straight and shoulder-width apart.
3. Hold dumbbell in each hand, at chest level, slightly outside of body with elbows flexed.

Movement

1. Press both dumbbells up and together, fully extending arms; hold.
2. Return dumbbells to start position.

Plyometric Push-Up



Sets	Reps	Duration	Intensity	Tempo	Rest
3	10	N/A	2% BW	Fast	2 min

Start

1. Begin in push-up position with hands on floor slightly wider than shoulder-width apart, feet together.

Movement

1. Keeping back flat, slowly lower body toward ground.
2. In one explosive motion, push up and away as quickly as possible, bringing hands off floor; do not jut head forward.
3. Land hands back on ground; repeat.

Back

Pull-Up



Sets	Reps	Duration	Intensity	Tempo	Rest
3	5	N/A	85%	Medium	0 sec

Start

1. Grab pull-up bar with hands slightly wider than shoulder-width apart -palms either facing body or away from body; torso straight, knees bent at 90-degree angle.

Movement

1. Pull chest to bar, squeeze shoulder blades together; do not shrug shoulders or jut head forward or upward.
2. Hold; lower body back to start position.

Speed Machine Pulldown



Sets	Reps	Duration	Intensity	Tempo	Rest
3	10	N/A	2% BW	Fast	2 min

Legs

Side Lunge



Sets	Reps	Duration	Intensity	Tempo	Rest
3	5	N/A	85%	Medium	0 sec

Start

1. Stand with feet straight and shoulder-width apart.

Movement

1. Lunge sideways; stabilize - lunge foot straight, knee bent and directly over second and third toes; opposite leg straight with foot flat on ground.
2. Push off bent leg to return to start position.

Leg Circuit



Sets	Reps	Duration	Intensity	Tempo	Rest
3	10	N/A	2% BW	Fast	2 min

Start

1. Stand with feet straight and shoulder-width apart.

Movement

1. PRISONER SQUAT: Place hands behind ears, squat quickly by bending knees, keeping feet straight and chest up. Squeeze butt muscles and return to start position, fully extending legs. (20 reps)
2. LUNGE: Place hands on hips and lunge forward; landing on heel of lunge foot; knee bent at 90 degree angle; back leg bent at 90 degree angle, heel lifted off floor. Push off heel of front foot to standing position. Repeat, alternating legs (10 reps on each leg).
3. POWER STEP-UP: Place one foot on top of box and forcefully push off foot into air. Land softly with opposite foot on box; forcefully push off foot into air. Repeat, alternating legs. (10 reps each leg)
4. SQUAT JUMP: Squat and jump up, raising arms above head. Land softly. Repeat, spending little time on ground. (10 reps)

2. Push back to standing, returning hands to starting position.
3. Repeat on opposite side.

Scorpion Stretch



Sets	Reps	Duration	Intensity	Tempo	Rest
1	10	N/A	N/A	N/A	N/A

Start

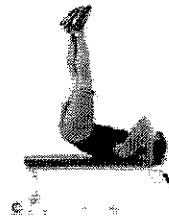
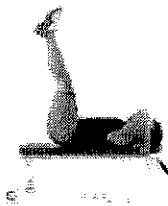
1. Lie flat on stomach with arms straight; feet together with legs outstretched.

Movement

1. Rotate pelvis and bend knee; bring heel of one foot toward opposite hand.
2. Pause briefly, return foot to original position; repeat on opposite side for desired times.

Core

Knee Up with Rotation



Sets	Reps	Duration	Intensity	Tempo	Rest
2	12	N/A	N/A	Medium	60 sec

Start

1. Lie with back on bench and hips bent at 90-degree angle.
2. Extend legs into air and grab stable object for support.

Movement

1. Draw-in belly button and squeeze butt muscles.
2. Lift hips off bench, pressing feet toward ceiling.
3. As legs move upward, rotate hips and legs slightly in one direction like a corkscrew.
4. Return to start position; repeat, rotating in opposite direction.

Cable Chop



Sets	Reps	Duration	Intensity	Tempo	Rest
2	12	N/A	N/A	Medium	60 sec

Start

1. Stand with feet straight and shoulder-width; knees slightly bent.
2. Hold cable with both hands at shoulder level, arms fully extended.

Movement

1. Draw-in belly button, squeeze butt muscles and tuck chin.
2. With extended arms, lower cable diagonally and rotate body, pivoting on back foot.
3. Lower until hands reach knee level.