

Officials' Game Ready

S.T.R.A.T. Warm-Up Program

Time table	Scheduled Activity	Nutrition
Static Stretch 3 to 2 ½ hours before game time	<p>1. Pre-Warm up</p> <ul style="list-style-type: none"> a. Static stretch (Locker room) b. Pre-Warm up therapy if needed. c. Pre-Game meal d. Inspect your movement area on the field. Look for dips, seams, holes or anything that will affect your movements. 	10 oz fluid Granola or Protein bar
Traditional Movement (Warm up Speed) 1 hour to 45 minutes before game time	<p>2. Low intensity warm up. Focus on technique at a slow pace.</p> <ul style="list-style-type: none"> a. Forward Jog (20 yards up and back) b. Side Slides (20 yards up and back) c. Backwards Jog (20 yards up and back) d. Backwards to side slide to forward e. Backwards to forward f. U-Drill (Backwards-Side Slides-Forward-Backwards-Repeat) 	Banana, Apple or Orange
Redo-Static Stretches 45 to 30 minutes before game time	<p>3. Static Stretch</p> <ul style="list-style-type: none"> - Quads - Hips - Hamstrings - Calves - Upper Body - Lower back 	Fluids
Active Movements 30 to 20 minutes before game time	<p>4. Active Drills</p> <ul style="list-style-type: none"> a. Sprint Drills <ul style="list-style-type: none"> - Knee to Chest - A-Skips - Low Knees - Butt Kicks - Arm Drill - Leg Kicks b. Dynamic Movements <ul style="list-style-type: none"> - Leg swings front to back - Leg Swings side to side 	Fluids
Traditional Movements (Game Speed) 15 minutes before game time	<p>5. Higher intensity movements. Focus on technique at game speed.</p> <ul style="list-style-type: none"> a. Forward run (20 yards up and back) b. Side Slides (20 yards up and back) c. Backwards run (20 yards up and back) d. Backwards to side slide to forward e. Backwards to forward f. U-Drill (Backwards-Side Slides-Forward-Backwards-Repeat) 	Fluids
Half Time	<p>6. Jog off field</p> <ul style="list-style-type: none"> a. Rest and Hydrate to 15 minute mark b. Static stretch on 10 minute mark c. Traditional movements on 5 minute mark 	No more than 60 grams of carbs Banana = 27 grams of carbs Apple = 25 grams of carbs
Post-Game	<p>7. Jog off field</p> <ul style="list-style-type: none"> a. Static Stretch b. Ice (optional but recommended) c. Compression shorts recommended after shower 	Protein Shake 30 grams Banana (recommended) or Apple. Hydrate 15oz