



Create. Inspire. Deliver.

High Intensity & Quality (HIQ) training program

Fall 2024 Oct & Nov

HIQ training targets holistic development for committed athletes. Each session is part of a larger 8-week program, that combine activities in the gym and bio-mechanical & technical (skill) development activities on the field. The sessions are **high** in **intensity** and **quality**, creating the optimum environment for development. The HIQ training is customized to the athlete's needs and designed to complement regular team/club sessions.

Soccer-specific 8-week program

Weeks 1 & 8 = Performance Testing

Weeks 2 & 3 = **The B's** Balance & Ball Mastery

Weeks 4 & 5 = **The R's** Resistance & Receiving

Weeks 6 & 7 = **The P's** Power & Passing

session format



warm-up & roll-out (5-10mins)



circuit training (20-25mins)



on field training (20-25mins)



cool-down & stretch (5-10mins)

Location - hosted by Ridge Meadows Soccer Club

RMSC Indoor Training Centre = 11435 201a St (unit 2), Maple Ridge

Registration

- Fees for 8-week program
 - \$ 225 / player (includes performance report & complementary t-shirt)
- Open to all players, regardless of club affiliation
 - RMSC players can sign-up through their member accounts
 - Player from outside RMSC, you will need to create a Power Up account to register.
 - View this [job aid](#) to see how to create a Power Up account

Training days / times (2 options)

2015 to 2014 born players

Option 1 = Weds 5:30-6:30pm
or

Option 2 = Thurs 5:30-6:30pm

2013 to 2012 born players

Option 1 = Weds 6:30-7:30pm
or

Option 2 = Thurs 6:30-7:30pm

2011 to 2007 born players

Option 1 = Weds 7:30-8:30pm
or

Option 2 = Thurs 7:30-8:30pm

One training session per week for 8 weeks

Weds sessions – Oct 2, 9, 16, 23 & Nov 6, 13, 20, 27

Thurs sessions – Oct 3, 10, 17, 24 & Nov 7, 14, 21, 28



Craig Dalrymple – Program Director

- Bachelor of Science (Kinesiology)
- Former collegiate and professional athlete
- Holds highest coaching license in 4 countries
- 15+ years coaching in professional club academies



Josh Smith – Lead instructor

- Kinesiology major at SFU & Canadian A license holder
- Former collegiate athlete
- 5+ years coaching at collegiate level
- 15+ years coaching at elite youth level



Brody Thomas – Lead instructor

- Former SFU collegiate athlete
- Former semi-pro soccer player – CD Tablero (Spain)
- SFU (NCAA Div 2) top goal scorer 2021-22
- FVSL Men's Premier all-star (*4)