

DYNAMIC WARM-UP



1. HOCKEY TRAINING WARM-UP

BASIC FORMAT (3 stages)

- 1) 5 – 10 minutes general aerobic exercise (i.e., jogging or variation).
- 2) 10 – 15 minutes of increasing intensity mobility and Active isolated stretching exercises.
- 3) 10 – 15 minutes of technical/sport specific/activity specific exercises (agility)

FIRST STAGE:

General Warm-Up (5-10 minutes)

Can be any of the following:

- Jogging (fwd/bwd)
- Biking
- Low knee skipping (fwd & bwd)
- Lateral skip shuffle
- Hip Rolls (fwd & bwd)
- High Knee Skipping “A-skip” (fwd/bwd/lateral)

SECOND STAGE:

Dynamic Warm-Up

- 1) 20m same exercise / Jog back to 'start' after each exercise*
- 2) 20m long cones 5m apart in a straight line*
- 3) 20m zig zag pattern*

- Toe Flicks (low knee skipping)
- Heel Flicks (low knee skipping on heels)
- Hip Rolls (fwd & bwd)
- “A” Skipping (fwd & bwd)

Active Isolated Stretches

- Straight leg hamstring (x-over & sumo)
- Hip Flexor stretch (elbow to ground)
- Hamstring / Push-up
- Hockey Shuffles with twist
- Hockey Lunges (45 deg angle)

Active Movement Drills

- Butt Kickers
- A-Runs
- Tapioca
- Carioca (one leg behind one in front)
- Carioca Knee Lift 20m (one leg behind/quick knee lift in front)
- Back Pedal 20m (butt down chest up/long strides)
- Skip bounding
- Sprints 20m

Dynamic Hip flexion/extension

Dynamic Hip abduction/adduction

Dynamic Scorpions (hip ext/rotation)

Lumbar up & overs

***Note* There are many exercises that can be incorporated into these guidelines**

THIRD STAGE:_(pick one of these drills/warm up)

1) Agility Ladder or Line Drills (10-12 Patterns)

- **Progress backwards**
- **Add Tossing Tennis balls**

- 1-touch each square
- Slalom (feet together/jump side to side)
- 2 Up / 1 Back
- Lateral In & Out
- Forward Shuffle
- Forward Cross-Step
- Forward Cross-Step with Touch
- Carioca
- Snake
- Fwd In & out

**REMEMBER YOU CAN MAKE UP LADDER AND LINE DRILLS
*BE CREATIVE***

2) Jumping, Stride Imitations &/or Sprinting

(pick 2-5 exercises/warm up)

5-10 jumps/exercise (Rest=2 min)

- Bunny Hops
- Squat Jumps
- Tuck Jumps
- Squat Jumps with sprint
- Bounding (sng leg/dbl leg)
- Skip bounding
- Hurdle Jumps (3-4 in a row)

Imitations (2-3 sets 15-45'' each exercise Rest=120-180'')

- Basic Stride (Stationary Position)
 - Balance on one leg through out stride

- Basic Stride (shifting wt to glide leg)

- shift wt from rt to lt leg

- Lateral Skater Hops

