



Dynamic Warm ups

Pre ice time warm ups are important to get the body warmed up and ready to compete. Here are a number of these warm-up exercises that are recommended 15 to 20 minutes before taking the ice. Have players get most of their equipment on plus tennis shoes and then go through a 10 minute session that includes several of these exercises. Return to the locker room and finish dressing and hit the ice flying!

Dynamic Warm Up: (Should be done in a 10-yard area)

High Knees – at 50 percent start by running and raising your knees to your chest. This warms up the quads.

Butt Kicks – at 50 percent start by running and kick your heels to your butt. This warms up the hamstrings.

Side Shuffle – at 50 percent start by having a solid base with feet wider than shoulder width. Drop your body into a 90-degree stance and shuffle moving side ways. This warms up the hips, inner thigh and IT Band.

Lunge and Reach – Take a big step forward and drop into a lunge. At the bottom position, reach both arms toward the ceiling. Then drop your arms and stand back up, repeat with other leg. This is an excellent full-body active stretch.

Solider Walks – Body should be positioned in an upright position. While keeping your leg straight, kick your leg up and swing it back, making sure you're keeping your chest up when doing this. This actively stretches the hamstrings and hip flexors.

Monster Walks – Raise knee to chest and rotate your leg in an outward motion. This will actively stretch the hips and groin.