

## Owen Sound Minor Hockey- Warm Up U14 and Up

After the athletes finish this warm-up  
have them do 3-5 20msprints working up intensity to replicate game speed

1 Set / 1 Rep / 30 s hold

### 1. "Frog squat" Hip adductors stretch

Stand with your feet shoulder-width apart, and squat down between your legs with your knees turned out.

Put your fingers underneath your toes for balance, and bring your chest up.

Push your elbows into your thighs to push the knees out further, stretching the inside of your thighs.



1 Set / 8 Reps / 1 s hold

### 2. Trunk rotation/extension ROM, reaching to ceiling , deep squat position

From a standing position drop down into a deep squat while keeping your back flat, and chest up.

Rotate your thoracic spine, draw one arm to the ceiling focusing your gaze upon your thumb throughout the movement.

Return to the starting position and repeat on the opposite side.

*8 each side*



1 Set / 10 Reps

### 3. Hamstring stretch from squat, hands on floor

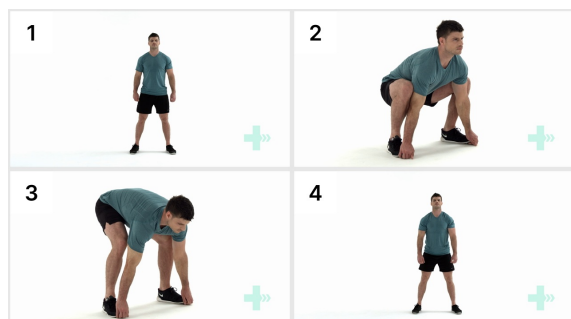
Stand tall with your feet wider than hip-width apart.

Bend forward at the waist to grab your toes with your hands.

Drop down into a deep squat while keeping your arms straight, elbows inside your knees, back flat, and chest up.

While holding your toes, raise your hips back and straighten your knees until you feel a good stretch in the back of your legs.

Reverse the movement pattern and return to the starting position.



1 Set / 10 Reps / 1 s hold

### 4. "Hip hinge, good mornings" Posterior chain strengthening, arms overhead

Stand up straight with your feet hips width apart.

Keeping your back and neck straight, bend your knees and lean forwards.

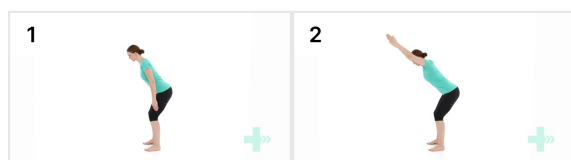
It is vital the movement comes from your hips rather than the bending of your back.

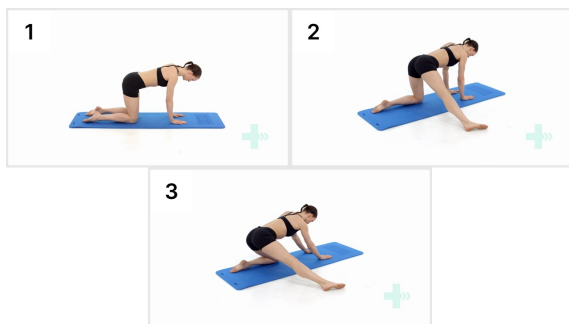
Sometimes it helps to imagine you have a stick running down your back which prevents you from bending.

Holding this position, raise both arms forwards and up towards the ceiling.

Ensure you do not hunch your shoulders, focus on keeping your neck long.

Hold this position, then control the movement as you return to the starting position.



**5. "Frog rock back" Hip adductors stretch, leg out to side, quadruped**

Kneel down with your hands under your shoulders and knees under your hips. Stretch your affected leg straight out to the side. Starting with your hip directly above your grounded knee, slowly move your buttocks back towards your heel. Return to the starting position and repeat. Hold any positions where you feel a particular stretch.

1 Set / 10 Reps

**6. Hip 90/90 Rockers**

Start seated on your bottom with both knees bent. Place one leg directly in front of you with the outer thigh and outer part of the shin resting on the floor, and bend your knee at a 90-degree angle. Your front thigh is perpendicular to your body. Extend your other leg out to your side with the inner thigh of your back leg resting on the floor, and also bend the knee at a 90-degree angle. Ideally, your legs are perpendicular to each other. Rest your hands on the floor on either side of your front leg – one beside your knee and the other beside your foot.

Sit tall and try to lean forward toward the leg directly in front of you. Rock forward and backward in this fashion

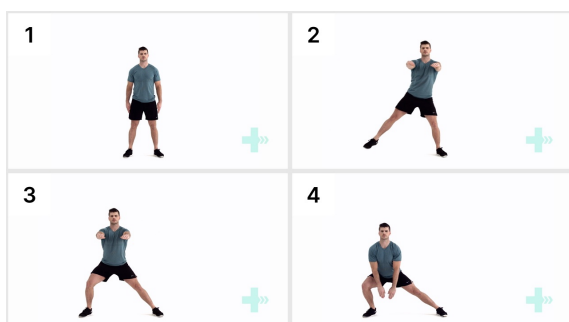
Repeat on the other side

1 Set / 10 Reps / 1 s hold

**7. Hamstring stretch, straightening leg, supine feet standing; 02**

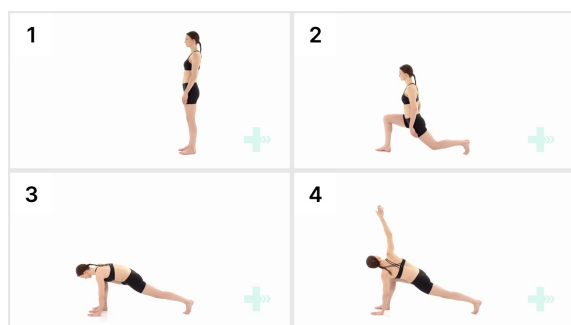
Lie on your back and bend your affected leg in towards you. Interlace your fingers behind the thigh to firmly hold the leg as you straighten out your knee, feeling the stretch behind your thigh.

1 Set / 1 Rep

**8. Lunge, lateral, arms forward (alternate)**

Start position is standing with the legs slightly bent into a crouch and the arms in the ready position placed in front of the trunk. Stay in the crouch and side step to the side. A slight stretch should be felt in the groin as the trail leg straightens. Stay in the crouch with the trunk upright, and then back to the starting position, remaining in the crouch position. Repeat in the opposite direction using the other leg.

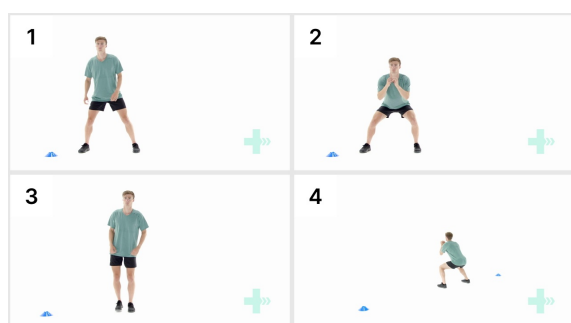
20m

**9. Iliopsoas stretch, with trunk rotation, deep split stance; 02**

Stand up straight and take a large step forwards onto one leg.  
 Bend this front leg and sink your hips down.  
 Place your hands on the floor on the inside of your front foot.  
 Your back leg should remain straight, balanced on the ball of your foot.  
 Your front knee should not travel further forwards than your toes.  
 You may need to shuffle your foot forward to achieve this.  
 Keeping your hips pushed towards your front foot, lift the your arm on the same side as your front foot up towards the ceiling.  
 Allow your head and body to turn and follow this movement.  
 Hold this position before returning your hand to the floor.

20m

1 Set / 1 Rep

**10. "COD (shuffle)" Side step shuffle, with mini squat (alternate lead leg), 2 cones**

Stand up straight.  
 At walking pace, move in a sideways direction and perform a mini squat each time you plant your leading foot on the floor.  
 Periodically, change your leading leg.

20m

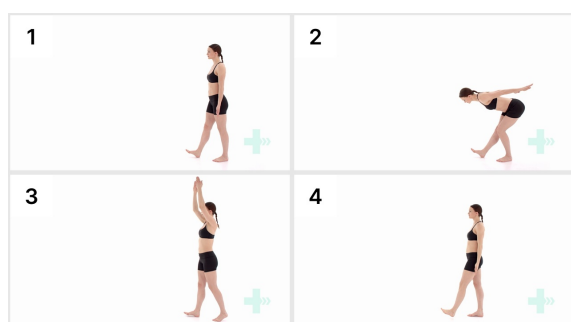
1 Set / 1 Rep

**11. Lunge, forward, lifting arm overhead**

Stand up straight with your arms by your side.  
 Take a large step forwards and bend your front leg.  
 Sink your hips forwards and down while simultaneously reaching the opposite arm to your front leg up towards the ceiling.  
 Allow your body to lean back and over a little.  
 Step your front leg back to join your other leg and repeat.  
 Ensure your front knee always bends forwards over your little toe.

20m

1 Set / 1 Rep

**12. Hamstring dynamic stretch, sweeping hands to floor, walking**

Stand up straight with your arms by your side, palms facing forwards.  
 Place one foot ahead of you with your heel down, toes up.  
 Simultaneously lean your body forwards reaching your arms back behind you.  
 Keep your legs straight as you sweep your arms from the back, forward and up.  
 Bring your body upright again as your arms reach the horizontal position.  
 Step onto this leg to repeat with the other.

20m

**13. "Figure 4" Piriformis/gluteals stretch, standing**

Stand up straight with your knees soft.

Transfer your weight onto one leg, and lift your other leg up towards your chest. This is the leg you will stretch.

Cradle your elevated leg in both hands, either wrapping one hand around your knee and the other around your ankle or both hands around your ankle.

Pull your ankle up towards your chest, allowing your knee to drop out to your side. Your shin will now travel across your hips.

Ensure your back remains straight, your chest forward and your gaze ahead.

Hold this position.

Control the movement as you lower your leg back down to the floor, and then repeat on the other side.

20m



1 Set / 1 Rep

**14. "Frankenstein walk" Hamstring dynamic stretch**

Stand up straight and check you have a clear space ahead of you.

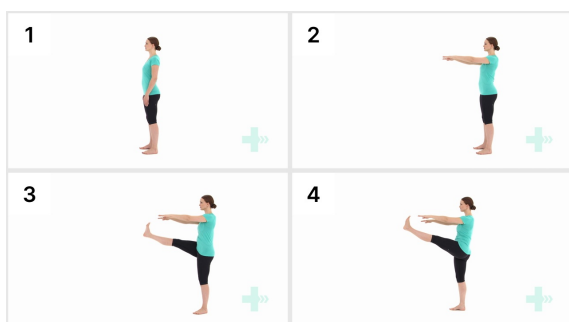
Hold your arms out at shoulder height with your palms facing down.

Keeping your knee straight, kick your leg forwards towards your hands.

Feel the stretch in the back of your thigh.

Travel in a forward direction and repeat on alternating legs.

20m



1 Set / 6 Reps

**15. "Caterpillar walk" Posterior chain stretch/core strengthening**

Stand with your legs straight and your body bent over with your hands on the ground in front of you.

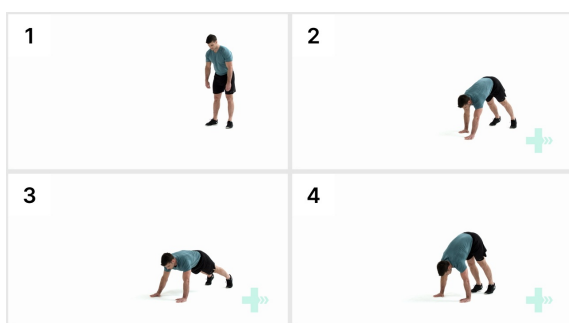
Keeping your legs straight and stomach tight, walk your hands forward to a push up position.

Still keeping your legs straight, walk your feet back up to your hands.

When a stretch is felt, walk your hands back out to a push-up position.

Continue to complete the set.

*when they finish 6 they can jog the rest of the distance*



1 Set / 1 Rep

**16. High knee march, skipping, with opposite arm swing (symmetrical)**

Stand up straight.

When ready, bring one knee up as high as you can in front of you whilst you hop forward on your standing leg.

Simultaneously raise your opposite arm.

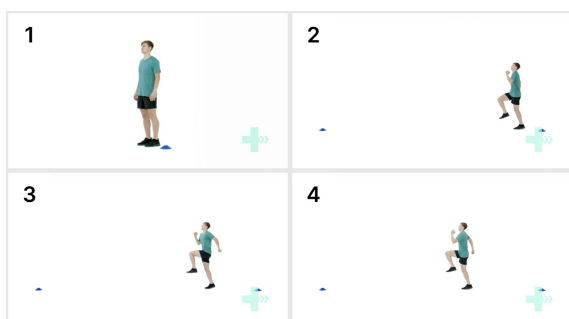
Hop forward on your standing leg once more, landing with both feet.

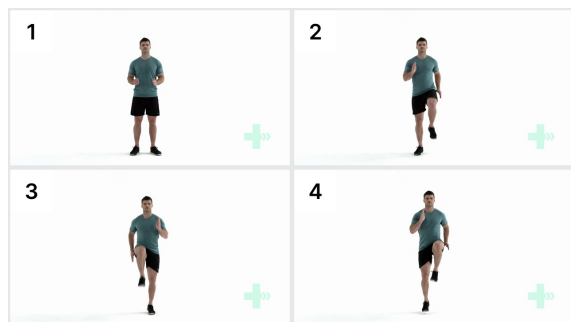
Upon landing, instantaneously repeat, leading with your other arm and leg.

Continue to travel forward for the desired distance.

Keep your torso upright and avoid twisting.

20-30m



**17. "Pillar skip" Cardiovascular workout**

Stand tall with your arms at your sides and elbows bent to 90 degrees.

Lift one knee up while you bring the opposite arm forward and the same-side elbow back.

Skip by driving your foot down to the ground, generating a double foot contact, as your opposite foot and knee lift and your arms exchange positions.

Continue to skip by repeating the movement with the opposite leg.

20-30m

2 Sets / 1 Rep

**18. "COD (shuffle)" Sidestep shuffle, touch, 2 cones**

Place two cones on the ground at the desired distance apart.

Starting on one cone, perform a sideways shuffling action to the other cone and back, touching each cone when you reach them.

Repeat.

20-30m

*make sure they face the same way each time*

1 Set / 1 Rep / 10 sec duration

**19. 'Footwork' "Carioca" Quick stepping, crossover**

Stand with your feet shoulder-width apart and your arms out to your sides at shoulder level.

Cross your right leg in front of your left leg as you rotate your hips and arms in opposite directions and begin moving left.

Move your left leg and hips back to the base position while pushing off your right leg and rotating your arms in the opposite direction.

Bring your right leg behind your left leg, rotate your hips and arms opposite directions, and continue moving left.

Continue this pattern to complete the set on one side before repeating in the opposite direction.

20-30m

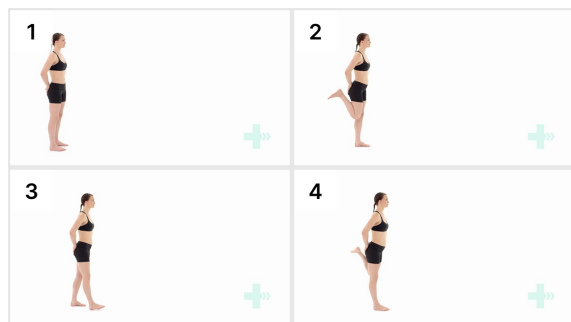
1 Set / 1 Rep / 10 sec duration

**20. Jogging, in place, high knees, 02**

Jog on the spot bringing your knees up as high as you can.

Make sure you land lightly on the balls of your feet, springing the leg quickly back up.

20-30m

**21. "Hamstring butt kicks" Knee flexion strengthening, walking forward**

Stand up straight.

Place the back of each of your hands on your buttocks.

Move in a forward direction whilst kicking your alternate heels towards your hand.

*20-30m*