ANY AGE

DAILY STRETCHING FOR HOCKEY

Twelve minutes against the positions skating leaves you in.

Open it on your phone

ABOUT 12 MINUTES	A TOWEL IS ALL YOU NEED	DAILY, OR AFTER EVERY SKATE

Hockey leaves you short in the same places every time: hip flexors from the stance, groin from the stride, calves and ankles from the boot, and a rounded upper back from being bent over a stick. This works down the body through all of them. Breathe out into each one and stay there — do not bounce. Keep it for after a skate or on its own: holds this long dull the legs for an hour, so it is the wrong thing to do right before a game.

THE HIPS

Where the skating stance shortens you.

1. **Couch stretch** — 45 sec each
   Back knee against a wall or couch, shin up the wall, front foot flat in a lunge.
2. **Frog stretch** — 45 sec
   On forearms and knees, knees wide, ankles in line with the knees. Gently rock the hips back until you feel the inner thighs, then breathe and settle.
3. **Pigeon stretch** — 45 sec each
   Front shin angled across your body, back leg straight out behind you. Square the hips, walk the hands forward and relax into the outside of the front hip.

THE BACK OF THE LEG

4. **Lying hamstring stretch (band)** — 45 sec each
   Lie on your back with a band or towel around one foot. A towel works instead of a band.
5. **Calf stretch on a wall** — 30 sec each
   Hands on the wall, back leg straight, heel down, hips forward.
6. **Knee-to-wall ankle mobilization** — 10 each side
   Foot a few inches from a wall. Drive the knee forward to touch the wall without the heel lifting.

THE UPPER BODY

For everything bent over a stick does.

7. **Open book (upper-back rotation)** — 8 each side
   Lie on your side, knees bent up to hip height, arms straight out in front. Keep the knees stacked and sweep the top arm over to the other side, eyes following the hand.
8. **Doorway chest stretch** — 30 sec each
   Forearm on the door frame at shoulder height, step through and turn away. Any doorway will do.
9. **Cat–camel** — 10
   On hands and knees, slowly round your back up toward the ceiling, then let the belly drop and the chest lift.

FINISH

10. **Deep squat hold** — 45 sec
    Feet about shoulder-width, toes slightly out. Sit as low as you can with the heels down.

Built for healthy players by RinkReady. It adds to what your coach does, it does not replace it. If a movement hurts — not hard, hurts — stop it and ask someone who knows the player.

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