AGES 10-13

TOURNAMENT WEEKEND HOTEL RESET

Quiet, no jumping, fits between two beds.

Open it on your phone

12 MINUTES	NO EQUIPMENT	NOTHING THE ROOM BELOW CAN HEAR

Two ways to use this. After the drive, to undo the car. Between games, to get the stiffness out. Slow is the whole idea — none of this is meant to be hard.

UNDO THE CAR

1. **Cat–camel** — 10
   On hands and knees, slowly round your back up toward the ceiling, then let the belly drop and the chest lift.
2. **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.
3. **90/90 hip switch** — 8 each side
   Sit with both knees bent to 90°: one leg in front of you, the other out to the side. Rotate both knees over to the other side, chest tall. Use your hands for support only if you need them.

OPEN THE HIPS

4. **Adductor rock-back** — 10 each side
   On hands and knees, slide one leg straight out to the side with the foot flat. Rock your hips back toward your heel until you feel the inside of the thigh, then come forward again.
5. **Deep squat hold** — 30 sec
   Feet about shoulder-width, toes slightly out. Sit as low as you can with the heels down.
6. **Glute bridge — activation** — 12
   On your back, feet flat, drive through the heels and squeeze the glutes at the top.

SETTLE DOWN

Best the night before a game.

7. **Legs up the wall** — 3 min
   Lie on your back with your legs resting up a wall, hips close to it.
8. **Box breathing — settle down** — 2 min
   Lie on your back, knees bent. In for four, hold four, out for four, hold four.

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.

rinkreadytraining.com
Free plans, 120+ exercises, no app store.