AGES 14+

TOURNAMENT WEEKEND HOTEL RESET

Quiet, no jumping, fits between two beds.

Open it on your phone

ABOUT 18 MINUTES	A TOWEL IS ALL YOU NEED	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 and the hips back. Slow and unhurried — this is recovery, not a session.

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. **Thread the needle** — *8 each side*
   On hands and knees, reach one arm up toward the ceiling, then thread it under the other arm.
4. **Wall slide** — *10*
   Back, head and forearms against the wall, elbows bent to 90°. Slide the arms up as high as you can while keeping contact, then pull the elbows back down to your ribs.

OPEN THE HIPS

5. **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.
6. **Couch stretch** — *45 sec each*
   Back knee against a wall or couch, shin up the wall, front foot flat in a lunge.
7. **Pigeon stretch** — *45 sec each*
   Front shin angled across your body, back leg straight out behind you.
8. **Deep squat hold** — *45 sec*
   Feet about shoulder-width, toes slightly out. Sit as low as you can with the heels down.

LEGS AND ANKLES

9. **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.
10. **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.
11. **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.

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

Built for parents and players. Rink Ready Training is no substitute for 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.