AGES 10-13

PRE-GAME DRYLAND WARM-UP

Ten minutes in the hallway before you get dressed.

Open it on your phone

10 MINUTES	A BAND IF YOU HAVE ONE	A HALLWAY OR THE PARKING LOT

Straight through, once. The point is warm muscles and awake hips — not tired legs. Nothing here should leave you out of breath.

GET WARM

1. **Marching high knees into A-skips** — *2 × 20 yd*
   March first: knee to hip height, opposite arm forward, tall through the chest.
2. **Walking knee hug into lunge** — *6 each side*
   Hug one knee to your chest and rise onto the other toe. Step that leg out into a long lunge and hold for a beat.

OPEN THE HIPS

3. **Leg swings — front to back** — *10 each leg*
   Hold something for balance and swing one leg forward and back.
4. **Leg swings — side to side** — *10 each leg*
   Face a wall, swing one leg across your body and back out.

SWITCH THINGS ON

5. **Glute bridge — activation** — *12*
   On your back, feet flat, drive through the heels and squeeze the glutes at the top.
6. **Arm circles and band pull-apart** — *15 each way*
   Big slow circles both directions, then pull a light band apart at chest height. Skip it if you don't have a band.

WAKE THE FEET UP

Last, and closest to puck drop.

7. **Pogo hops** — *10*
   Stiff ankles. Bounce off the balls of your feet with only a little knee bend.
8. **Lateral line hops** — *2 × 10 sec*
   Feet together, hop side to side over a line as fast as you can.

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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