AGES 14+

PRE-GAME DRYLAND WARM-UP

Twelve minutes in the hallway before you get dressed.

Open it on your phone

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

Straight through, once. Warm and sharp, not tired. Finish the last block close to puck drop so it is still with you on the first shift.

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. **World's greatest stretch** — 5 each side
   Step into a long lunge, back knee off the floor, both hands inside the front foot.

OPEN THE HIPS

3. **Leg swings — front to back** — 12 each leg
   Hold something for balance and swing one leg forward and back.
4. **Leg swings — side to side** — 12 each leg
   Face a wall, swing one leg across your body and back out.
5. **Hip circles (CARs)** — 5 each way
   Stand tall holding a wall. Lift the knee, open it out to the side, sweep it behind you and bring it back down.

SWITCH THINGS ON

6. **Glute bridge — activation** — 12
   On your back, feet flat, drive through the heels and squeeze the glutes at the top.
7. **Band lateral walk** — 12 each way
   Band above the knees, drop into a half squat, step sideways. Skip it if you don't have a band.
8. **Arm circles and band pull-apart** — 15 each way
   Big slow circles both directions, then pull a light band apart at chest height. Skip the pull-apart if you don't have a band.

SHARPEN UP

Last, and closest to puck drop.

9. **Pogo hops** — 10
   Stiff ankles. Bounce off the balls of your feet with only a little knee bend.
10. **Skater bound and stick** — 3 each side
    Push off the outside leg and bound sideways, landing on the other foot.
11. **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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