

HOCKEY WARM-UP

1st	
FOAM ROLL	(8mins)
Calves	
Hamstrings	
IT Bands	
Quads	
Low Back	
Middle/Upper Back	
Lats	

2nd	
GLUTE & HIP ACTIVATION	(3mins)
Heel Glute Bridge	10 reps
Glute Bridge March	5 reps each side
Lying Clam Shells	10 reps each side
Band Lateral Walks	10 reps each side

3rd	
MOBILITY	(5mins)
Hip Flexor to Hamstring Rockers	8reps each side
Hip Opener 1	8 reps each side
1/2 Knling Abductor Mob	8 reps each side
Split Stance Kneeling Adductor MOB	5 reps each side
Lying Knee-to-Knee Pull-ins	10 reps
Hydrant (3way)	3 reps each way
Messier Squat Sliders	10 reps each way

4th	
CORE	(3mins)
Bird Dog	8 reps each side
Front Plank	45 seconds
Side Plank	20 seconds EA side
Lying Superman	15 reps

5th			
POWER	(5mins)	POWER CONTINUED	
High Knee Skips	10m Distance	Power Skips	10m Distance
Butt Kicks	10m Distance	Drop Squat	5 reps
Lateral Carioca	10m Distance	Drop Squat w/ Jump	5 reps
Lateral Crossover March w/ Skip	10m Distance		