

On-Ice Dynamic Warm-up
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For EliteFTS

In terms of training, hockey may very well be far behind other sports in adopting new methodologies. Never is this more clear than when a team takes the ice before practice or a game, proceeds to take a token lap or two, spends a few minutes doing static stretching which consists of slinging your leg over the boards to stretch the hamstrings and then getting down on the ice to work on that groin for a few minutes. Then it's straight into participation in a sport that consists of some very explosive movements. This does little to prepare the body for the upcoming contest that may take place in a rink where temperatures can be well below freezing. Since I am successfully using a dynamic warm-up before our dryland conditioning sessions, I decided that it was irresponsible not to develop something to warm up before on-ice sessions. I have outlined our practice warm-up below. It can be completed in 6-8 minutes which is a consideration since most teams only have a couple hours of ice a week and you must maximize what you accomplish when you are on the ice. The key is to be organized so that guys aren't standing around. The movements are done one after the other and the guys have only a few seconds of downtime between movements. Movements 3-10 are done for one full ice-length. It is important during movements 3, 4, and 5 that the player stays in a deep knee bend; correct players who tend to straighten up between each stride.

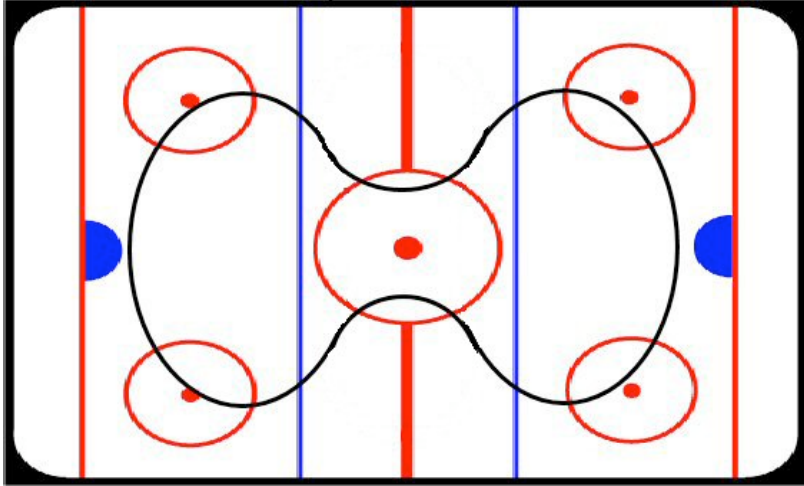
Description:

1) Whole ice laps (pick up speed between blue lines)

Players simply skate around the rink. Between the blue lines they pick up speed, skating harder as the drill continues and they start to warm-up. :30 each direction

2) Hourglass laps with pucks

Players skate in the pattern shown below, they must continuously move their feet throughout the drill, crossing over at all times. :30 each direction



3) One-foot striding

The player skates from one end line to the other, pushing with the same foot each stride. The player should keep an extremely deep knee bend (upper leg parallel with the ice) and bring the leg in for a full recovery. Switch legs when they reach center ice.

4) Single leg drag

The player takes a stride, keeping an extremely deep knee bend on the gliding foot. The striding leg is dragged along the ice for a second before recovering and becoming the glide leg. Player should be able to drag the side of the boot on the ice, with no blade in contact with the ice.

5) Diagonal single leg drag

This is the same as the Single Leg Drag except the push is in a lateral direction. The player will zigzag down the ice.

6) Marching

The player strides and then upon recovery brings the stride leg in front of the body, bringing the knee high and as close to the chest as possible. This leg is then set down as the glide leg.

7) Big-O's

The player starts with their heels together. Using only the inside edges, the player then lets his feet go as wide as possible and then uses the inside leg muscles (try to minimize momentum by not letting them pick up too much speed) to bring the feet back together. The blades should make a series of "O's" down the ice.

8) Backwards exaggerated c-cuts

The player skates backwards down the ice, exaggerating the C-cut and not using any crossovers.

9) Windmills

The player puts their stick across the back of their shoulders, holding onto each end. With feet slightly wider than shoulder-width, they basically twist down the ice. The right hand holding the end of the stick comes down to meet

the left foot, then the left hand holding the other end of the stick comes down to meet the right foot. The skates will never leave the ice.

10) Full-ice Sprints

We do two lengths to wrap up the skating portion of the warm-up.

11) 25 Push-ups & 25 Sit-ups

This warm-up has proven effective and the kids actually like it and the Parisi Warm-up Method we use before dry land. I think it is important to explain to them what you are doing because you are going to get questions, as I have, like, “Are we going to do normal warm-ups, too?” It didn’t take long for them to see the value of properly warming up and they have even taken it upon themselves to dub one of the hip activation movements, “Dog Pissing on a Fire Hydrant”. Hey, it’s supposed to be fun.

Depending on how much time you have to warm-up before games, you can adopt a subset of these exercises to get ready or combine them with some dynamic movements in the locker room and then finish your warm-up on the ice.