



Hockey Stretches

Stretching exercises should always be performed pre- and post-activity for optimal results.

Pre- to activity stretching should be completed after a thorough warm up is completed. This will prepare your muscles for the stretches by increasing blood flow, which in turn increases the delivery of oxygen and nutrients to the working muscles. A thorough warm-up should consist of light physical activity for about 10 minutes and result in a light sweat.

Perform each stretch gently and slowly and avoid any bouncing or jerky movements. Stretch only to the point where you can feel tension in the muscle group and never stretch to the point of pain or discomfort. **DO NOT OVERSTRETCH** if pain occurs with stretching or activity and does not resolve. Be sure to follow-up with a medical professional. It is also important to remember that a player's flexibility will decrease during a growth spurt. This typically occurs around age 12 for girls and age 14 for boys.

When stretching, breathe slowly and deeply while performing each stretch. Hold each stretch for 20 to 30 seconds. Relax for 10 to 15 seconds between each stretch and perform each stretch 2 to 3 times.

Static Stretching

Standing Achilles Stretch with Knee Straight and Knee Bent (for muscles of the upper and lower leg)

Stand upright and place one foot in front of the other. Bend your front leg and keep your back leg straight — then push your back heel toward the ground. Repeat with back leg slightly bent and push back heel toward the ground.



Standing Quad Stretch

While holding onto something for support, stand and bend one knee, placing that foot next to your buttocks. Repeat on opposite side.



Partner Hamstring Stretch

Partner 1 lies down on his back, partner 2 pushes one leg up while keeping opposite leg on the ground. The leg that is being bent should maintain knee straight and feet as flat as possible (to optimize stretch). Repeat on opposite leg.



Lying Leg Cross-over Stretch (for muscles of the glutes, hip, and lower back)

Lie on your back and cross one leg over the other. Start with your arms out to the side, then bend the knee of the leg that is crossing over and grab with opposite hand to increase stretch of the gluteal muscles. Let your back and legs relax with your leg. Try to keep shoulders on the ground to maximize stretch. Repeat on opposite leg.



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