

PRE & POST-ICE TISSUE WARM-UP & RECOVERY

RECOMMENDED FOR GIRLS ATOM(9)+ AND BOYS PEEWEE (11+)

-warm-up to be performed either at home or in the dressing room/rink hallway

FOAM GLUTE

1. SIT ON THE FOAM ROLLER AND LET IT WORK FROM THE BACK OF YOUR THIGHS TO YOUR LOW BACK



FOAM BACK

2. LIE ATOP THE ROLL AND LET IT GLIDE FROM YOUR SHOULDERS DOWN TO THE BASE OF YOUR SPINE. KEEP YOUR STOMACH TIGHT. YOU CAN SUPPORT YOUR HEAD WITH YOUR HANDS, IF NEEDED.



FOAM LAT

3. LIE ON YOUR SIDE AND ROLL FROM THE SIDE OF YOUR LOWER BACK UP PAST YOUR ARMPIT



FOAM QUAD

4. GET ON TOP OF THE FOAM AND ROLL OVER THE QUADS- EITHER ONE AT A TIME OR BOTH



FOAM GROIN

5. LIE ON YOUR STOMACH, WITH ONE LEG LIFTED UP TOWARD YOUR SHOULDER AND THE ROLL UNDER THAT LEG. ROLL ON THE INSIDE OF YOUR THIGH, FROM KNEE TO PELVIS



TIME ALLOTMENT FOR BOTH FOAM ROLLING & MOVEMENT PREP: 5-7 MINUTES TOTAL

PRE & POST-ICE TISSUE WARM-UP & RECOVERY

RECOMMENDED FOR GIRLS ATOM(9)+ AND BOYS PEEWEE (11+)

-warm-up to be performed either at home or in the dressing room/rink hallway

LUNGE STRETCH (MOVING)

6. STEP FORWARD WITH YOUR RIGHT LEG. REACH YOUR HAND TO THE SKY, BEND YOUR TORSO TO THE RIGHT. STRAIGHTEN YOUR TORSO AND STEP FORWARD INTO THE NEXT SIDE AND REPEAT. THIS CAN BE PERFORMED IN ONE PLACE OR MOVING UP AND DOWN OPEN SPACE (RINK HALLWAY ETC).



LATERAL LUNGE

7. STANDING WITH YOUR FEET WIDER THAN SHOULDER WIDTH APART, SHIFT YOUR HIPS TO THE LEFT AND DOWN BY BENDING YOUR LEFT KNEE AND KEEPING YOUR RIGHT LEG STRAIGHT. YOUR FEET SHOULD BE STRAIGHT AHEAD AND FLAT ON THE GROUND. ALTERNATE SIDES AND REPEAT. THIS CAN BE PERFORMED IN ONE PLACE OR MOVING UP AND DOWN OPEN SPACE (RINK HALLWAY ETC).



DROP LUNGE

8. REACH YOUR LEFT FOOT 2 FEET BEHIND YOUR RIGHT FOOT. SQUARE YOUR HIPS BACK TO THE STARTING POSITION, AND SIT BACK AND DOWN INTO A SQUAT. STAND AND STEP Laterally WITH YOUR RIGHT FOOT, THEN REPEAT THE STRETCHING ON THE OPPOSITE SIDE.

THIS CAN BE PERFORMED IN ONE PLACE OR MOVING UP AND DOWN OPEN SPACE (RINK HALLWAY ETC).



TIME ALLOTMENT FOR BOTH FOAM ROLLING & MOVEMENT PREP: 5-7 MINUTES TOTAL