

## Warm Up Like a Hockey Player

Ice hockey is a fun, yet very physical, game. It is important to do warm ups to prepare yourself, both physically and mentally, so you will be able to endure the immense demands of the game.

**Do off-ice warm ups.** Although not all coaches and hockey players do dry land warm ups, some insist that this is a helpful and important exercise. Off-ice warm ups are good in prepping the hockey player's stamina and flexibility in a non-fatigued condition. It is different when you start skating around the ice during your on-ice warm-ups because it requires more energy and stretches.

- Before putting on your hockey uniform and hockey gears, the team can run or jog for a couple of minutes, or do stretches in a static position. Some use gym equipment such as a stationary bike to stretch their leg muscles.
- A handball or a golf ball is also a good wrist warm up. Players can pass this around one another to add flexibility to their wrist joints.

**Do on-ice exercises.** There are a lot of on ice warm up exercises that hockey players can perform before the game. We'll have to take particular interest in this kind of warm ups because these are crucial techniques to ensure good blood circulation and flexibility of your body's muscles and joints while in the game. It is also important to note that some of these exercises require a good amount of focus because most of them are not without any difficulty to do.

- Skate around the ice for 5 minutes to warm up your body.
- Exercise your wrists to loosen up its joints. Hold your hockey stick in one hand and rotate it using your wrists. Then transfer the stick in your other hand and repeat the process. You can also do this using both hands. Skate around the ice while doing this warm up for 5 rounds moving slowly at first and then faster as you move on.
- Warm up your upper body. Take your hockey stick and put it behind your neck, so that the stick is resting on your shoulders supported by your wrists. Start slowly and keep your balance while dipping low on each side. Do this repeatedly while skating around the ice for another 5 rounds.
- Exercise your legs. Some leg exercises require serious balancing technique that's why most of these warm ups are recommended only for professional hockey players. Be very careful and keep your focus when doing these exercises
- Leg circling is very helpful in stretching your groin and increasing your leg muscles' flexibility. Lift one of your legs, and do leg circles while skating. Start with your right leg and then do the other leg afterwards.

You may begin slowly then deliberately increase your speed as you make your skating rounds. Do this for 10 counts.

- Warm up your quadriceps and hamstring muscles. Stretch your quadriceps by pulling your skate's blades backward using your hand. Start with your right leg then the left leg. Do this for ten counts. Exercise your hamstring muscles to further boost your flexibility by partially bending one of your knees and pull the hockey stick against it. Do this for both your knees and hold this position for ten counts.

<http://www.howtodothings.com/sports-recreation/how-to-warm-up-before-ice-hockey>