



# Warm Up Protocol (Movement Prep)

## GENERAL GUIDELINES

1. Proper warm-up is absolutely vital for max performance required for both the “Pre-Game Skate” and ultimately game situations
2. A thorough warm-up should take approx. 30 min
3. Equipment required: Firm Foam Roller, Theraband (3 ft), Dowel (3 ft)

### PART 1: SOFT TISSUE PREP 10 min/10 min

**Purpose-** Increase muscle suppleness and decrease movement resistance

**Equipment:** Foam roller, stick (tiger tail), lacrosse ball.

**Technique:** Roll on foam roller and apply pressure on key areas for 30-60 sec

**Key Areas:** Hip Flexors, TFL, Thoracic Spine and others as directed by therapist

### PART 2: ACTIVATION (Previous instruction required) 5 min/15min

**Purpose-** To activate the ‘Key’ skating and core muscles

**Equipment-** None required

**Technique:** Perform each movement in slow deliberate manner, 3-5 reps each.

#### Sequence #1-

1. 4 Point Quadrupled Position-Stabilize/Engage Core
2. Single Leg Hip Extension (with Neutral Spine)
3. Quadrupled Hip Abduction (with Neutral Spine)
4. Quadrupled/Contralateral Arm & Leg Extension (with Neutral Spine)
5. Kneeling Bow to Press Up Position

#### Sequence #2-

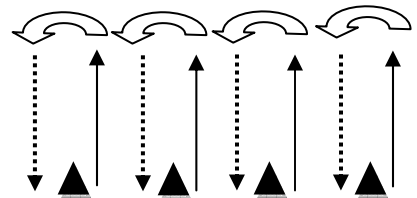
1. Supported Dead-Bug Position-Stabilize/Engage Core
2. Supine Glute Bridge
3. Side-Lying Leg Raise
4. Side Lying Clam-Shell
5. Kneeling Bow to Press Up Position

### PART 3: GENERAL WARM-UP (50-70% Intensity) 5 min/20 min

**Purpose-** Elevates muscle temperature by gradually increasing heart rate.

**Equipment-** none required

1. Group Jog (50% Run, 2:00 min)
2. Partner or Wall Hip Swings ( 1:00 min)
3. Line Drills ( 10 + 10 metres, 2:00 min)
  - a. Skip
  - b. Sideway Shuffles with arm swings
  - c. High Knee Run, Butt Kicks
  - d. Carioca



**PART 4: MOVEMENT INTEGRATION & DYNAMIC STRETCHING 5 min/25 min**

**Purpose-** Integrates activated musculature and joint mobility in a game specific manner.

**Equipment-** Dowel & Theraband

**Technique** – Controlled, rhythmic action, 3 reps each movement, select 2 sequences

**Sequence #1-**

1. Half-Kneeling Hip Drive w/ Overhead Extension
2. Half Kneeling Hip Drive w/ Overhead Lateral Flexion
3. Half-Kneeling Hip Drive w/ Rotation
4. Split-Stance Upper Extremity Mobilization
5. Yoga Push-Up

**Sequence #2-**

1. Anterior Lunge w/ Scapular Retraction (w/ Theraband)
2. Lateral Lunge w/ Scapular Retraction (w/ Theraband)
3. Reverse Crossover Lunge w/ Scapular Retraction (w/ Theraband)

**Sequence #3-**

1. Leg Cradle
2. Inverted Hamstring w/ T-Arm Raise (Thumbs-Up-Airplane)
3. Lateral Lunge w/ Opposite Reach
4. Anterior Crossover Lunge w/ Rotation (Prisoner-Hands at Side of the Head)
5. Hand Walk

**Sequence #4-**

1. Anterior Lunge w/ Reach
2. Reverse Lunge w/ Lateral Flexion
3. Lateral Squat w/ Arm Raise
4. Reverse Lunge/Elbow to Instep w/ Rotation

**PART 6: NEURAL ACTIVATION (80-100% Intensity) 5 min/30 min**

**Purpose-** Neuromuscular system excitation to improve speed and quickness

**Equipment-** Ladder, 20 m straight away

**Technique:** ‘Think and perform exercises with speed and quickness. Progress each exercise from 80-100%. Perform 3 reps of each exercise

**Series #1: Ladder Drills-**Linear & lateral movements.

1. Ladder-Linear Icky shuffle forward/backward
2. Ladder-Lateral 2 feet in/2 feet out (Both sides)
3. Ladder-Lateral Jab Step (Right & Left)
4. Ladder-Lateral crossover

**Series #2: Plyometrics (Bounds):**

1. Lateral bound stabilize - 3 x (3 bounds each leg)

**Series #3: Short Sprints**

1. 2 inch runs to quick start 3 x 15-yards
2. Lateral bound to sprint 3 x 15-yards

**\*\*HAND-EYE COORDINATION:**

**Skaters: Off-Ice stick-handling Work (Individual Based)**

**Goalies: Wall Ball (“GET IN THE ZONE” TIME)-Focus must be on active stretching  
NO STATIC STRECHING**

# Cool Down Protocol (Recovery & Replenishment)

## GENERAL GUIDELINES

1. Proper cool down begins and maximizes the process of muscle recovery and energy substrate replenishment, essential for next day performance and competition
2. A thorough cool down should take approx. 30-60 min
3. Equipment required: Post workout recovery drink, Bike, Firm Foam Roller (black), Recovery modalities

### **PART 1: POST-GAME RECOVERY NUTRITION**

*\*Recovery nutrition begins as soon as you step off the ice\*.*

#### **Step 1: RECOVERY SHAKE (Gatorade Shake)**

- ✓ Recovery shake= 4:1 Carbohydrate to protein ratio is recommended for optimal glycogen replenishment; carbohydrates should be high glycemic.
- ✓ Athletes should consume 1.2 g/kg carbohydrate during the first 30 minutes following a game. For example, a 155 lb (70 kg) athlete would need to consume 70 grams (280 calories) of high glycemic carbohydrate immediately following a game, followed by an additional 70 grams each hour for 4 hours.
- ✓ There is good evidence that high quality protein (e.g. whey) added to the carbohydrate will reduce muscle soreness and improve muscle recovery. Therefore, 100-200 calories (25-50 grams) of protein over the first several hours is desirable.

#### **Step 2: HYDRATION.**

- ✓ Begin re-hydrating IMMEDIATELY post-game by consuming 3 cups (24 ounces) of cold water for every lb lost in sweat during the game (3/4 GATORADE WATER BOTTLE). This hydration requirement includes the fluid consumed in the recovery shake. Continue to hydrate with cold water during Steps 2-3-4-5-6.

### **PART 2: GENERAL SYSTEM COOLDOWN**

**10 min**

**Purpose:** Enhance recovery process (decrease body temp and 'flush' energy waste by products from system)

**Technique:** Easy continuous aerobic activity (bike, jog), HR 100-120 bpm

### **PART 3: SOFT TISSUE RELEASE**

**5 min/15 min**

**Purpose-** Release general & specific muscle tightness

**Equipment:** Foam roller, stick (tiger tail), lacrosse ball.

**Technique:** Roll on foam roller and apply pressure on key areas for 30-60 sec

**Key Areas:** Hip Flexors, TFL, Thoracic Spine and others as directed by therapist

### **PART 4: ACTIVATION (directed by therapist)**

**(5 min)**

(Optional)

**PART 5: General and Specific Flexibility 15 min/30 min**

**Purpose-** To maintain and increase muscle flexibility and enhance recovery

**Equipment-** None

**Technique –** Perform 8 x 2 second holds at end range. Use deep breathing techniques to enhance each stretch (inhale through the nose, exhale through the mouth).

1. Supine 90-90 Upper Thoracic Mobilization
2. Supine 90-90 Lower Thoracic Mobilization
3. Supine Swimmers-Foam Roller Support
4. Half Kneeling Adductor Dips
5. Quadrupled 90-90 Glute Mobilization
6. Quadrupled Cat-Camel
7. Quadrupled Thoracic Extension & Rotation
8. Modified Yoga Push-Up
9. Squat to Stand Hip/Hamstring Mobilization
10. Reverse Lunge Elbow to Instep
11. Wall Ankle Mobilization
12. Standing Quadriceps Mobilization

**PART 6: RECOVERY MODALITIES 15 min/45 min**

- Cold tub, Contrast bath, NormaTech, Electrostim etc