

# Ice Hockey Dynamic Warm Up

## Medium Speed Skate: 2-3 minutes

**PURPOSE:** Warms up body to elevate body temperature, prepares lungs and heart, engages in movement patterns used in game play

**DESCRIPTION:** At 60-70% of fastest speed, skate in circle on your half of the ice for two to three minutes.

## Skating Side Bends: 30 seconds

**PURPOSE:** Warms up body to elevate body temperature, prepares lungs and heart, engages in movement patterns used in game play, and focuses on abdominal muscles

**DESCRIPTION:** While skating at 50-60% of max speed, keep body straight and bend shoulder down to the right side as far as possible. Come straight back up and alternate the bend to the opposite side, repeating for 30 seconds.

## Skating Torso Twist: 30 seconds

**PURPOSE:** Warms up body to elevate body temperature, prepares lungs and heart, engages in movement patterns used in game play, and focuses on oblique and core muscles

**DESCRIPTION:** While skating at 50-60% of max speed, hold stick in front of your body and twist torso all the way to the right, then twist it all the way to the left. Continue alternating twists for 30 seconds.

## Skating Arm Circles: 20 seconds / direction

**PURPOSE:** Warms up body to elevate body temperature, prepares lungs and heart, and actively stretches shoulders through full range of motion

**DESCRIPTION:** While still skating, swing straight arms in circles through full shoulder range of motion beginning with forwards then switching to swing them backwards after 20 seconds.



## Why Dynamic Warm Up?

### Dynamic Warm Up...

- Elevates Body Temperature to prepare muscles for optimal performance
- Prepares lungs and heart for optimal oxygen exchange levels
- Stretches muscles actively through ranges of motions used in ice hockey
- Engages muscles in movements and muscle patterns used in ice hockey play and competition
- Activates neuro-muscular system to improve coordination

### A Dynamic Warm Up Should...

- Last for 5 to 10 minutes
- Be done less than 5 minutes before the start of practice or game
- Be performed at 60-70% of maximum intensity
- Be continuous movement
- Involve all muscles used in ice hockey
- Be done before every practice and game

## Hip Swings: 10 per leg

**PURPOSE:** Warms up body to elevate body temperature, prepares lungs and heart, and focuses on hip flexors

**DESCRIPTION:** Stand facing the boards and swing straightened leg side to side feeling a stretch through the hips. Do 10 swings and switch legs. Then stand perpendicular to the wall and swing straight leg forwards and backwards ten times and switch legs.

## Lunging Torso Twist: 1 width of ice

**PURPOSE:** Warms up body to elevate body temperature, prepares lungs and heart, and focuses on quads, hamstrings, and core muscles

**DESCRIPTION:** Take a large step forward into a lunge until a stretch is felt in the front of the hips then perform a trunk rotation over the front leg. Bring back leg up to forward foot and take another step forward with the opposing leg and rotate trunk to opposite side.

## Lateral Lunge: 1 width of ice

**PURPOSE:** Warms up body to elevate body temperature, prepares lungs and heart, and focuses on glutes and quads

**DESCRIPTION:** Start by facing your net. Forward leg should move away out to the side 2 to 3 feet. Lean torso forward and sit the right glute back. Pivot 180 degrees on forward foot and lunge with opposite leg.



## Shots: 2 minutes

**PURPOSE:** Warms up body to elevate body temperature, prepares lungs and heart, and engages in movement patterns used in game play

**DESCRIPTION:** Line up at the blue line, take two strides and shoot the puck on net. Pick up puck and get back in line.

## Figure Eights: x 2

**PURPOSE:** Warms up body to elevate body temperature, prepares lungs and heart, engages in movement patterns used in game play, and focuses on the hip and groin

**DESCRIPTION:** Team should line up in one corner of the goal line. In a line do a figure eight, using cross overs, around the face-off circles while keeping your body facing the opposing team the whole time.

## Pass and Shot: 2 minutes

**PURPOSE:** Warms up body to elevate body temperature, prepares lungs and heart, and engages in movement patterns used in game play

**DESCRIPTION:** Divide the team in half and line up in both corners at the goal line with pucks. One player skates out and around blue line to receive a pass from the first player of the opposing line. After you receive the pass, keep skating and take a shot on net. Return to the opposite line you started in.

**TECHNIQUE, NOT SPEED,  
SHOULD BE YOUR FOCUS  
DURING WARM UPS.**

**For Questions or More Suggestions Contact:**

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