



HOCKEY WARM UP & STRETCHES



WARM UP

Begin with a fast walk, into a jog, gently increasing your speed for 5 minutes to end striding out into long steps. Then see below further stretches and warm-up drills before picking up your stick for skills specific warm up.

SETS & REPS: 20minutes

FREQUENCY:



SOLEUS STRETCH

Pressing against a wall with one foot in front of the other and your knees bent, drop your hips down towards the ground, bending your back knee further, until you feel a stretch. Keep the heel of your back leg down and feet pointing forwards. Hold.

SETS & REPS: 30sec hold

FREQUENCY:



GASTROCNEMIUS STRETCH

Pressing against a wall with your front leg bent and back leg straight, lean your body forward until you feel a stretch in the calf of your back leg. Hold.

SETS & REPS: 30sec hold

FREQUENCY:



QUADRICEPS STRETCH

Standing, bend your knee, grasp your ankle and pull towards your buttock until you feel a stretch in your quadriceps. Ensure your pelvis is tilted backwards. Hold.

SETS & REPS: 30sec hold

FREQUENCY:



GLUTEAL STRETCH

Starting on your hands and knees, bring one knee across your mid-line towards your opposite elbow. Straighten your other leg out behind you. Gently lower your hips and body down towards the floor until you feel a stretch. Hold.

SETS & REPS: 30sec hold

FREQUENCY:



GLUTEAL STRETCH

Lie on your back and cross your ankle over your opposite knee. Now, bend your leg up towards you as far as you can. Grasp behind your knee with both hands and pull your leg towards your chest until you feel a stretch in your gluteals. Hold.

SETS & REPS: 30sec hold

FREQUENCY:



HIP FLEXOR STRETCH

Half-kneeling, rotate your pelvis backwards as you move your hips forward until you feel a stretch in the front of your hip. Hold.

SETS & REPS: 30sec hold

FREQUENCY:



LONG ADDUCTOR STRETCH

Standing with your feet wide apart, bend one knee as you shift your hips to the same side until you feel a stretch in the inner thigh of your straight leg. Hold.

SETS & REPS: 30sec hold

FREQUENCY:



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HAMSTRING STRETCH

Kneel on one leg with your other leg out straight in front of you and tilt your pelvis forwards. Keeping your back straight, lean forwards until you feel a stretch in your hamstring. Hold.

SETS & REPS: 30sec hold

FREQUENCY:

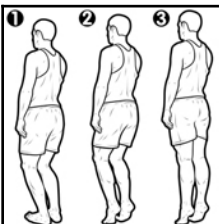


POSTERIOR SHOULDER STRETCH

With your shoulder blade pulled back and down and your elbow straight, cross your arm across your body. Use your opposite arm to clamp behind the elbow of the arm being stretched. Use the bent arm to pull the arm further across the body until you feel a stretch. Ensure your shoulder blade remains depressed and pulled back. Hold.

SETS & REPS: 30 sec hold

FREQUENCY:



TIBIALIS POSTERIOR ACTIVATION

With your knees slightly bent (1), rise up on to your toes as far as you can (2). Slowly straighten your knees (3) and then lower your heels back to the floor. Ensure your heels do not roll in towards each other during the exercise.

SETS & REPS: 1-2x 10-12

FREQUENCY:



LUNGE WALKING WITH TRUNK ROTATIONS

Keep your hands together out in front of you. Lunge forward, bending your front knee to 80-90°. Simultaneously, rotate your trunk and arms over your front leg. Drive forward off your front foot and repeat this lunging movement with your other leg, rotating to the opposite side. Repeat.

SETS & REPS: 3 x 10-12

FREQUENCY: 3-4 x week

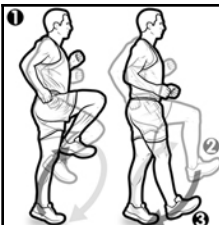


WIDE STANCE SQUAT

With your feet a shoulder-width apart and turned out to a 45° angle, squat down ensuring your knees stay in-line with your 2nd toes. Repeat.

SETS & REPS: 1-2 x 10-12

FREQUENCY:

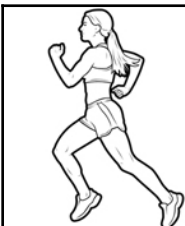


RUNNING DRILLS: A-SKIP

At a slow marching pace, drive your thigh up into a high-knee-drill position, keeping your foot pulled upward (1). From this position, drive your leg back down, using your gluteals & hamstrings to extend your hip & knee, snapping your foot backwards in a forceful clawing motion (2 & 3). Step no more than 20cm forward. Alternate legs. Progress to a moderate skip.

SETS & REPS: 3 x 30-50m

FREQUENCY: 2-3 x week

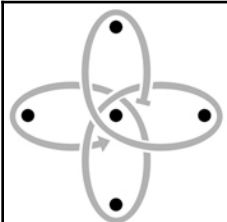


RUNNING DRILLS

Slide outs to sprints
Butt kicks
Grapevine
Running backwards and side shuffles

SETS & REPS: 20-30 mins

FREQUENCY: 2-3 x week



CONE DRILL: PROPELLER

Set up 4 cones in a cross around a central cone. Run around the cones in a propeller pattern, pivoting around each outer cone then cutting back past the central cone. Increase your speed or move the cones closer as you become more confident.

SETS & REPS: 3 x sets each

FREQUENCY: