



EUCLID PANTHERS HOCKEY

STRETCHING & DRY LAND MOVEMENTS GUIDE

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STRETCHING & MOBILITY

IMPORTANT POINTS & LOWER BODY



IMPORTANT THINGS TO THINK ABOUT!

Why do we stretch?

- **Stretching helps your body move better on the ice.** It keeps your hips, legs, shoulders, and back flexible so it's easier to skate low, reach for pucks, shoot, and change direction.
- It can also help your body feel less stiff after practices and games.

How do I know the stretch is working?

- You should feel a gentle pull or tension in the muscle you are stretching. Hold a good position, breathe normally, and let the muscle relax.
- **You don't need to stretch as far as possible for it to work.**

How often should I stretch?

- A little bit most days is better than a lot once in a while. Stretch after hockey, workouts, or when your muscles feel tight.
- **Before practices and games, focus more on active movements and dynamic stretches to get your body ready to play.**

Should stretching hurt?

- **No! Stretching should never hurt.** A gentle pull is okay, but sharp pain, pinching, burning, or numbness means you should stop. Back off the stretch until it feels comfortable. **Never force a stretch.**

CALF STRETCH

Stand Facing a Wall

- Place your hands on the wall for support.

Step Back

- Keep one foot forward and one foot back.
- Keep your back heel flat on the ground.

Lean Forward

- Bend your front knee until you feel a stretch in your back calf.

Hold

- Keep your back leg straight and foot as close to the floor as you can.
- Breathe and relax into the stretch.



STRETCHING & MOBILITY



LOWER BODY



QUAD STRETCH

Stand Tall

- Hold onto a wall or object for balance if needed.

Grab Your Foot

- Bend one knee and bring your heel toward your glutes.
- Hold your ankle with the same-side hand.

Stretch

- Keep your knees together.
- Gently pull your heel closer until you feel a stretch in the front of your thigh.

Hold

- Stand tall and breathe.
- Repeat on the other side.

FROG STRETCH

Start on Your Hands and Knees

- Place your knees wider than your hips.
- Turn your feet out to the sides.

Lower Down

- Lower onto your forearms.
- Keep your back flat.

Sit Back

- Slowly push your hips back.
- Stop when you feel a stretch in your inner thighs and groin.

Hold

- Breathe and relax into the stretch.



STRETCHING & MOBILITY

LOWER BODY



PIGEON STRETCH

Get Into Position

- Bring one knee forward and place it in front of your body.
- Extend your other leg straight behind you.

Square Your Hips

- Keep your hips facing forward.
- Sit evenly on both sides.

Lean Forward

- Lower your chest toward your front leg until you feel a stretch.

Hold

- Breathe and relax.
- Repeat on the other side.

Remember

- Keep your back leg straight.

90/90 STRETCH

Sit on the Floor

- Bend both knees to about 90 degrees.
- Place one leg in front and the other out to your side.

Sit Tall

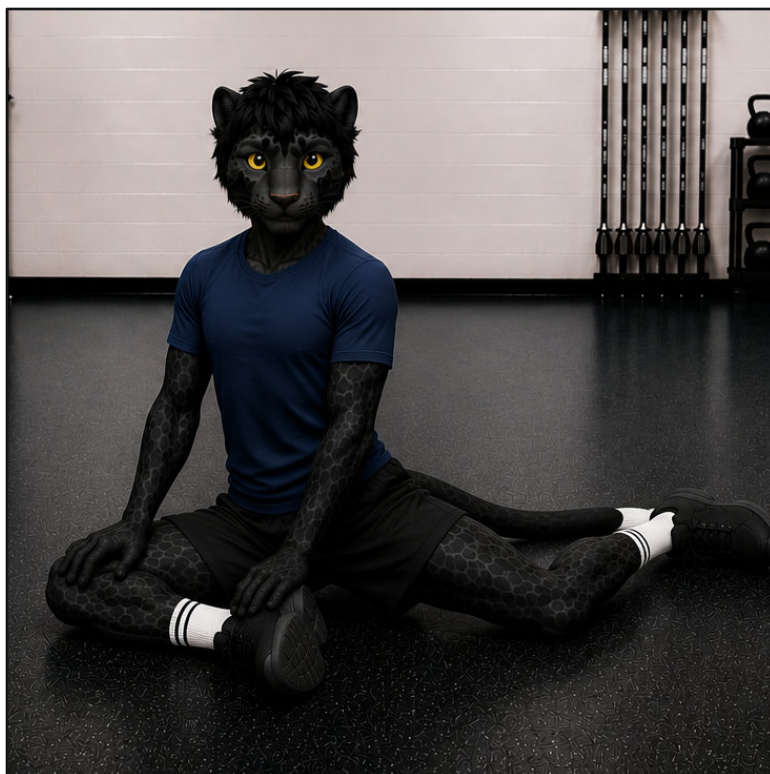
- Keep your chest up.
- Keep both hips as close to the floor as comfortable.

Lean Forward

- Slowly lean over your front leg.
- Stop when you feel a stretch in your hip.

Hold

- Breathe and relax.
- Repeat on the other side.



STRETCHING & MOBILITY

LOWER BODY



WORLD'S GREATEST STRETCH

Start in a Lunge

- Step one foot forward into a deep lunge.
- Keep your back leg as straight as possible.

Lower Your Hand

- Place the hand on the same side as your front foot on the floor.

Rotate

- Reach your other arm toward the ceiling.
- Turn and look up at your hand.

Return

- Bring your hand back to the floor.
- Repeat, then switch sides.

COUCH STRETCH

Get Into Position

- Place one knee on the floor and the other foot against the wall or on a bench or hold with your same-side hand.
- Step your other foot forward into a lunge.

Stand Tall

- Lift your chest.
- Keep your hips facing forward.

Stretch

- Gently squeeze your glutes.
- You should feel a stretch in the front of your hip and thigh.

Hold

- Breathe and relax.
- Repeat on the other side.



STRETCHING & MOBILITY



LOWER BODY

T-SPINE STRETCH

Start on Your Side

- Lie on your side with your legs straight and stacked.
- Reach both arms straight out in front of you.

Open Up

- Lift your top arm and slowly rotate your upper body, moving through your upper back.
- Reach your arm toward the floor behind you.



Hold

- Keep your hips still.
- Breathe and relax into the stretch.

Return

- Bring your arm back to the starting position.
- Repeat, then switch sides.



DOWN DOG STRETCH

Start on Your Hands and Knees

- Place your hands shoulder-width apart.
- Tuck your toes under.

Lift Your Hips

- Push your hips up and back.
- Straighten your arms and legs as much as comfortable.

Stretch

- Press your heels toward the floor.
- Keep your back long and your head relaxed.
- Push your head down between your shoulders.

Hold

- Breathe and relax into the stretch.

STRETCHING & MOBILITY



LOWER BODY

HAMSTRING STRETCH

Sit Tall

- Extend one leg straight in front of you.
- Bend your other leg so your foot rests against your inner thigh.

Reach Forward

- Keep your back flat.
- Reach toward your toes or shin.

Stretch

- Lean forward until you feel a stretch in the back of your leg.
- Reach from your hips, not your shoulders.

Hold

- Breathe and relax.
- Repeat on the other side.



GROIN & ADDUCTOR STRETCH

Start Wide

- Stand with your feet wider than your shoulders.
- Reverse lunge while keeping your toes pointing forward.

Shift to One Side

- Push your hips back.
- Keep the opposite leg straight.

Stretch

- Shift until you feel a stretch along your inner thigh.
- Keep your chest up.

Hold

- Breathe and relax.
- Repeat on the other side.



STRETCHING & MOBILITY



UPPER BODY

LAT STRETCH

Stand Tall

- Place your feet about shoulder-width apart.
- Raise both arms overhead and lock hands.

Reach Up

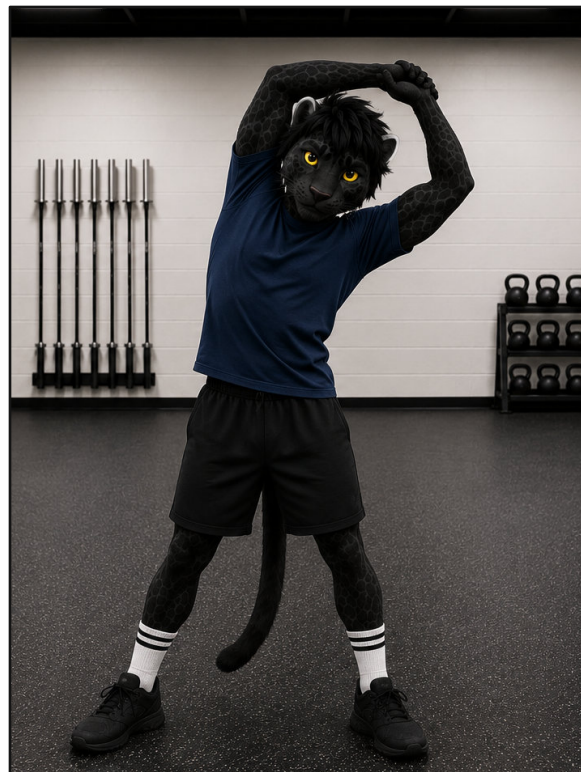
- Keep your arms straight.
- Reach tall through your fingertips.

Lean to One Side

- Slowly lean your upper body to one side.
- Feel the stretch along the opposite side of your body.

Switch Sides

- Return to the center.
- Repeat on the other side.



DOORWAY STRETCH

Get Into Position

- Stand in a doorway.
- Place your forearms on the door frame with your elbows bent at 90°.

Step Forward

- Take a small step through the doorway.
- Keep your chest up.

Stretch

- Gently lean forward.
- Feel the stretch across your chest and shoulders.

Hold

- Breathe and relax into the stretch.

STRETCHING & MOBILITY

UPPER BODY



CROSSBODY STRETCH

Stand Tall

- Bring one arm straight across your chest.

Hold Your Arm

- Use your opposite arm to gently pull it closer to your chest.

Stretch

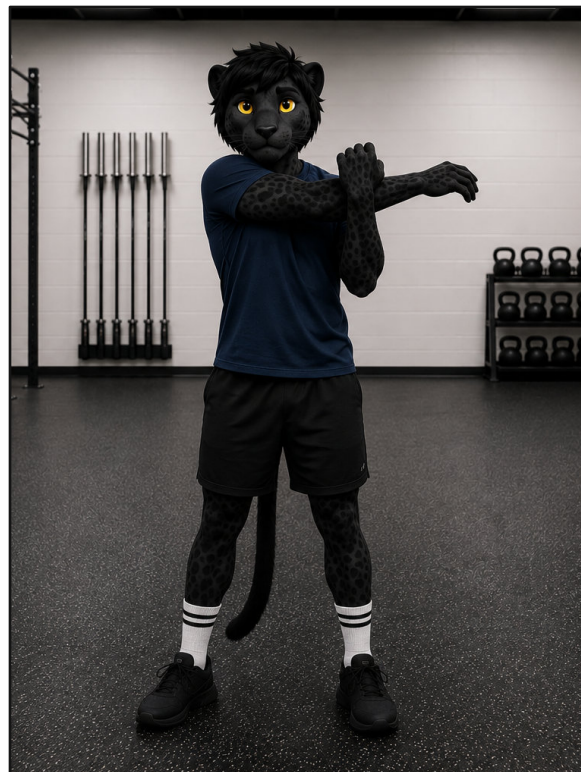
- Keep your shoulder relaxed.
- Feel the stretch across the back of your shoulder.

Hold

- Breathe and relax.
- Repeat on the other side.

Reminder

- This stretch needs to be held for longer than others - at least a minute per side!



SHOULDER DISLOCATES

Grab the Stick (or PVC Pipe)

- Hold a PVC pipe or hockey stick with a wide grip.
- Keep your arms straight.

Raise Overhead

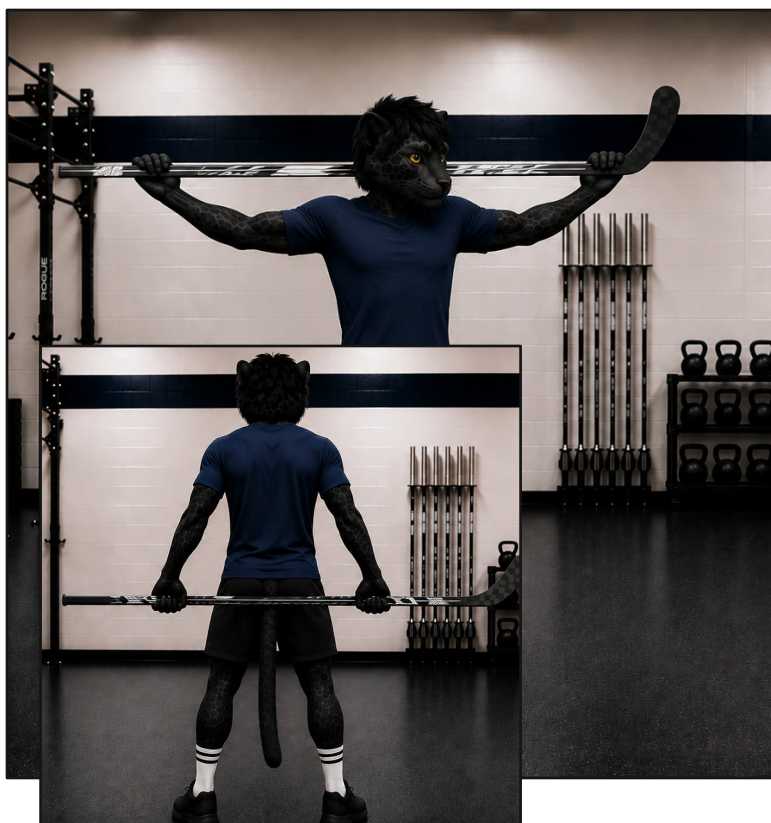
- Slowly lift the stick up and over your head.
- Keep your elbows straight.

Move Behind

- Continue moving the stick behind your body.
- Stop where comfortable.

Return

- Bring the stick back overhead to the starting position.
- Repeat slowly.



BODYWEIGHT & CONDITIONING



PUSH UP

Start in a Plank

- Hands just outside your shoulders.
- Keep your body in a straight line.
- Tighten your core.

Lower Down

- Bend your elbows.
- **Lower until your chest touches the floor.**
- Keep your body straight.

Push Up

- Push the floor away.
- Straighten your arms.
- Return to your starting position.



BURPEE

Stand Tall

- Feet about shoulder-width apart.

Go to the Floor

- Place your hands on the ground.
- Jump or step your feet back into a plank/push up position.

Chest to the Ground

- Lower until your chest touches the floor just like a push up.

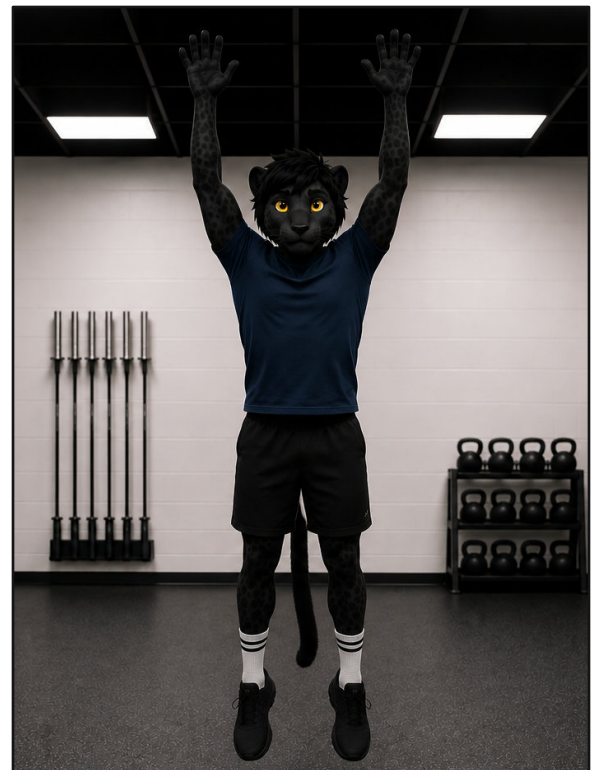
Return to Your Feet

- Push up.
- Jump or step your feet back under your hips.

Jump

- Stand up and make a small jump.
- Reach your hands overhead.

Variations can include jumping over a dumbbell, barbell, touching a target, or jumping onto a box.



BODYWEIGHT & CONDITIONING



ROWING

Start at the Catch

- Sit tall with your arms straight.
- Bend your knees and keep your heels down.
- Lean slightly forward.

Drive

- Push with your legs first.
- Lean back slightly.
- Finish by pulling the handle to your lower chest.

Return

- Extend your arms first.
- Lean your body forward.
- Bend your knees and slide back to the start.



Remember

- Legs → Body → Arms on the way back.
- Arms → Body → Legs on the way forward.
- Keep your back flat.
- Use smooth, consistent strokes.
- **This is a leg drive movement!**



BODYWEIGHT & CONDITIONING



SKI ERG

Start Tall

- Stand with feet shoulder-width apart.
- Reach up and grab the handles.
- Keep a slight bend in your knees.

Pull Down

- Drive the handles down using your core and arms.
- **Hinge at your hips as you pull.**
- Finish with the handles near your hips.

Return

- Stand back up.
- Let your arms return overhead with control.
- Reset for the next pull.

Remember

- Drive with your core and hips.
- Keep your back flat.
- Pull smoothly, not just with your arms.
- Stay tall between each stroke.
- Use smooth, consistent strokes.



BODYWEIGHT & CONDITIONING



ASSAULT BIKE

Get Set

- Adjust the seat so your knee is slightly bent at the bottom of the pedal stroke.
- Place your hands on the handles.

Start Pedaling

- Push and pull the handles.
- Pedal with smooth, steady strokes.

Keep Moving

- Use your arms and legs together.
- Maintain a consistent pace.

Remember

- Keep your chest up.
- Push and pull the handles like a piston.
- Use your whole body.
- Stay smooth and consistent.

CONCEPT2 BIKE

Get Set

- Adjust the seat so your knee is slightly bent at the bottom of the pedal.
- Place your hands comfortably on the handlebars.

Start Pedaling

- Push the pedals smoothly.
- Keep your knees moving straight forward.

Find Your Pace

- Keep a steady rhythm.
- Stay relaxed through your shoulders and upper body.

Reminders

- The Concept2 Bike rides like a bike at home – you just don't go anywhere!



BODYWEIGHT & CONDITIONING



JUMP ROPE

Get Ready

- Hold the handles at your sides.
- Stand tall with your elbows close to your body.

Start Jumping

- Spin the rope with your wrists.
- Jump just high enough for the rope to pass under your feet.

Find a Rhythm

- Land softly on the balls of your feet.
- Keep your jumps small and steady.

Remember

- Turn the rope with your wrists, not your arms.
- Stay relaxed.
- Jump only as high as needed.
- Keep a smooth, consistent rhythm.



LUNGES

Start Tall

- Stand with your feet about hip-width apart.
- Keep your chest up.

Step Forward

- Take a controlled step forward.
- Keep your front foot flat.
- Lower Down
- Bend both knees.
- Lower your back knee toward the floor.

Stand Up

- Push through your front foot.
- Return to standing and switch legs.

Remember

- Keep your chest up.
- Keep your front knee in line with your toes.
- Stay balanced and controlled.

BODYWEIGHT & CONDITIONING



WALL WALKS

Start on the Floor

- Lie on your stomach with your feet against the wall.
- Place your hands near your shoulders (like a push up position).

Walk Up

- Push into a plank.
- Walk your feet up the wall as your hands move toward the wall.

Reach the Top

- Keep your arms straight and core tight.
- Get as close to the wall as you can with good control.

Walk Back Down

- Walk your hands away as your feet move down the wall.
- Return to the starting position.



Remember

- Keep your core tight.
- Keep your arms straight.

BODYWEIGHT & CONDITIONING



BOX JUMP

Set Up

- Stand facing the box with your feet about shoulder-width apart.
- Keep your eyes on the top of the box.

Jump

- Swing your arms and bend your knees.
- Jump onto the box, landing with both feet at the same time.

Stand Tall

- Fully extend your hips and knees on top of the box.

Step Down

- Step down one foot at a time.
- Reset before your next jump.

BOX GET OVERS

Start Facing the Box

- Stand close to the box with your feet about shoulder-width apart.
- Grab the box with both hands at opposite corners.

Get Onto the Box

- Step or jump onto the box with control.
- Use your hands to control your upper body

Cross the Box

- Move across the top without stopping.
- Both hands and feet must touch the top of the box at the same time.
- Stay balanced and keep moving forward.

Get Off the Box

- Step down one foot at a time.
- Turn and repeat.



BODYWEIGHT & CONDITIONING



PULL UP

Grab the Bar

- Hands just outside shoulder width.
- Hang with your arms fully straight.

Pull Up

- Pull yourself toward the bar.
- Keep your core tight.

Finish

- Get your chin over the bar.

Lower Down

- Lower with control until your arms are fully straight.
- Repeat.

Remember

- Use a full range of motion.
- Lower with control.

CHEST TO BAR PULL UP

Grab the Bar

- Hands just outside shoulder width.
- Hang with your arms straight.

Pull Up

- Pull your body toward the bar.
- Drive your elbows down and back.

Touch the Bar

- Bring your chest to the bar.
- Keep your body tight.

Lower Down

- Return until your arms are fully straight.
- Repeat.

Remember

- Keep your core tight.
- Pull your chest to the bar.
- Use a full range of motion.



OLYMPIC LIFTING



BACK SQUAT

Get Set

- Place the bar across your upper back.
- Stand with your feet about shoulder-width apart.

Squat Down

- Push your hips back and bend your knees.
- Keep your chest up and knees over your toes.

Reach the Bottom

- Lower until your hips are level with your knees.
- Keep your feet flat on the floor.

Stand Up

- Push through your feet.
- Stand tall and fully straighten your hips and knees.



FRONT SQUAT

Get Set

- Rest the bar across the front of your shoulders.
- Keep your elbows high.
- Stand with your feet about shoulder-width apart.

Squat Down

- Bend your knees and hips.
- Keep your chest tall and elbows up.

Reach the Bottom

- Lower until your hips are level with your knees.
- Keep your feet flat on the floor.

Stand Up

- Push through your feet.
- Stand tall and fully straighten your hips and knees.



OLYMPIC LIFTING



DEADLIFT

Get Set

- Stand with your feet about hip-width apart.
- Keep the bar close to your legs.
- Grab the bar just outside your knees.

Get Ready

- Keep your back flat and chest up.
- Tighten your core.

Stand Up

- Push through your feet.
- Stand tall while keeping the bar close to your body.

Lower the Bar

- Push your hips back and bend your knees.
- Lower the bar to the floor with control.



Remember

- Keep your back flat.
- Keep the bar close.
- Keep your core tight.
- **Do not over-complicate the lift - you lift things every day!**

OLYMPIC LIFTING



CLEAN

Get Set

- Stand with your feet about hip-width apart.
- Grab the bar just outside your legs.
- Keep your back flat and chest up.

Lift the Bar

- Push through your feet and stand up.
- Keep the bar close to your body.

Drive Up

- Quickly extend your hips and legs.
- Shrug and pull yourself under the bar.

Catch

- Catch the bar on the front of your shoulders.
- Keep your elbows high.

Stand Tall

- Stand all the way up.
- Finish with the bar in the front rack position.

Remember

- Keep the bar close.
- Drive with your legs and hips.
- Keep your elbows high in the catch.
- Focus on good technique before adding weight.

Alternative

Power Clean

- Start with the bar on the floor.

Hang Clean

- Start with the bar above the knees.

Muscle Clean

- Turn your elbows through to the front rack without dropping into a squat.



OLYMPIC LIFTING



BENCH PRESS

Get Set

- Lie flat on the bench.
- Place your feet firmly on the floor.
- Grab the bar just outside shoulder width.

Lower the Bar

- Bring the bar slowly toward your chest.
- Keep your elbows slightly tucked.

Press Up

- Push the bar away from your chest.
- Straighten your arms at the top.

Reset

- Keep the bar steady and controlled.
- Repeat.

Remember

- Keep your feet on the floor.
- Use a spotter when needed.

PUSH PRESS

Get Set

- Hold the bar on the front of your shoulders.
- Keep your feet about shoulder-width apart.

Dip

- Bend your knees slightly.
- Keep your chest tall.

Drive

- Push through your legs and stand quickly.
- Use the momentum to drive the bar overhead.

Finish

- Straighten your arms fully overhead.
- Finish with your legs straight and body tall.

