

MAHA Pre Practice & Pre-game Warm Up Routine

Mobility/Hockey Specific Warmup Progressions (Approx. 10 minutes)

Players should be wearing appropriate tennis shoes when warming up!

1. Light Jog (Should be about 50% pace, 1-2 minutes just to get moving)

2. High Knees (10 yards)

- Stand tall with your feet about hip-to-shoulder-width apart and your arms at your sides.
- Looking straight ahead, open your chest, and engage your core muscles.
- Begin by bringing your right knee toward your chest, slightly above waist level. Simultaneously, move your left hand up in a pumping motion.
- Quickly lower your right leg and left hand.
- Repeat with your left leg and right hand.
- Alternate your right and left leg for the desired time.



3. Butt Kickers (10 yards)

- Begin by standing with your feet about hip-distance apart, with your arms at your side.
- Slowly bring your right heel to your buttocks by contracting your hamstring muscle.
- Place the ball of your right foot back on the ground, and slowly bring your left heel to your buttocks.
- Perform this motion a few more times — alternating heels and gradually building speed.
- When you're ready, continue alternating your right and left heels, picking up your pace until it feels like you're jogging in place.
- To work your upper body at the same time, pump your arms while performing this motion. If your left heel is kicking your buttocks, pump your right arm forward at a 90-degree angle. If your right heel is kicking, pump your left arm forward.



4. **Hamstring Stretch (5 yards)**

- Stand shoulder width apart
- Take one step forward with left foot, keep right foot flat on the ground.
- Raise left toe, keeping left leg straight and toe raised reach down towards left toe with both arms.
- Keep back flat
- Hold 2-3 seconds, switch.



5. Quad Stretch (5 yards)

- From both feet, bend one knee and grab that heel with the opposite hand.
- Draw the heel toward your glutes.
- With your free hand, reach straight overhead. Hold for two or three seconds, then let go.
- Take a step forward, and switch sides.



6. Cradle Stretch (5 yards)

- In a standing position, quarter squat and position one leg in a figure four position.
- Reach down and grab the ankle and knee of the non plant leg using a pronated grip.
- Pull the leg upwards while keeping the chest tall and extending the planted leg.
- Release the leg and slowly lower back to the starting position.
- Repeat the process on the opposite leg for the desired number of repetitions.



7. Forward Lunge (5 yards)

- Stand erect with your feet hip-width apart, chest out, and shoulders back, maintaining the natural curvature of your spine. Your knees should be unlocked and your hand on your hips. This is your starting position.
- Take a moderate-length step forward with one foot, descending to a point in which your rear knee approaches the floor without touching, maintaining your body's upright posture. Your front knee should bend about 90 degrees, but for knee health it should not be forward of the vertical plane that extends straight up from your toes. If so, take a slightly longer step.
- From the bottom position, push back up from your forward foot, bringing it back beside the other.
- Repeat on the opposite side for the required number of repetitions.



8. Backward Lunge (5 yards)

- Stand tall with your arms hanging at both sides.
- Step one foot backward while lowering your hips so the front knee bends to 90 degrees and the back knee grazes the floor.
- At the same time, extend your hands to the ceiling and reach back over your shoulders.
- Pause, then return to the starting position.



9. Alternating Lateral Lunge (10 yards)

- Stand in an upright position with your feet together and arms at your sides.
- Step laterally and sit back into your hip while you extend your opposite leg.
- Once at the bottom of the lateral lunge, keep your arms straight and raise them into shoulder flexion.
- After you reach overhead, lower the arms and push back to your starting position.
- Repeat for the desired number of repetitions on both sides.



Finish with some pace!

- 75% Sprint (10-15 yards)
- 100% Sprint (10-15 yards)