



Dynamic Dryland Warmup

Dryland Warmup and Stretch

Pregame/Practice

Phase 1 Dynamic Warmup (30-40 minutes before going on the ice)

- 2-5 minute Cardiovascular Activity (run, bike, stairs/stairmaster and/or sewer ball/knockout)

Team forms four lines; Leader walks off the 10-20 meters for the following activities.

Forward and Backward Run (down and back)

Emphasize athletic ready posture. First line completes down and back prior to next line going.

Butt-Kickers (1 length)

Emphasize hamstrings. First line goes 5 meters before next line.

Shuffle (facing left) (down and back)

Emphasize good athletic ready posture. First line completes down and back prior to next line going.

Carioca (facing left) (down and back)

Emphasize trunk rotation. First line completes down and back prior to next line going.

Oil Driller (1 Length) (walking forward, reach with hands to forward leg, rear leg extends behind and up) (alternate with one step forward to opposite leg)

Stretches hamstrings and opposite hip flexor. Develops Balance and Core Strength. First line goes 5 meters before next line.

1 Knee-to-Chest Stretch/1 Heel-to-Gut (Alternating) (1 length) (hold 2 seconds, alternate leg as you walk forward for the 10-20 meters).

For Knee-to-Chest: Pull knee up to chest with good posture and balance.

For Heel-to-Gut: Pull heel into gut with care taken with the knee (focus on hip and piriformis).

First line goes 5 meters before next line.

1 Heel-to-Butt/Superman (1 length)(Lean forward with this stretch to emphasize stretch of the weight-bearing leg (hamstring) and non-weight bearing leg (quad/hip flexor and enhance balance). Alternate leg as you walk forward 10-20 meters. First line goes 5 meters before next line.

Lunges With Twist (1 length) (Hands behind head) Lunge forward, twist trunk. Opposite elbow toward forward leg. Alternate lunge and walk forward 10-20 meters.

Sumo (1 length) Rotate to right, wide base squat; place elbows into knees and push out, then stretch right groin/left groin. Then perform a 180-degree turn (wide base squat...now facing opposite direction) repeat as you move down the 10-20 meters. First line goes 5 meters before next line.

Soldiers (Toe-to-Hand Kicks) (1 length) (Both hands out in front at shoulder height) Kick hands with toe of right foot. Alternate with left foot for the entire length of 10-20 meters. First line goes 5 meters before next line.

Sprints Around Right of Stationary Player (1 length) With a player 5 feet in front of the line, player sprints to the right of the player (stay facing forward) circles around that player and then sprints forward the remaining 10-20 meters. Each player in line follows. Promotes core, mobility/cardio and balance. First line goes around player before next line.

Sprints Around Left of Stationary Player (1 length) With a player 5 feet in front of the line, player sprints to the Left of the player (stay facing forward) circles around that player and then sprints forward the remaining 10-20 meters. Each player in line follows. Promotes core, mobility/cardio and balance. First line goes around player before next line.



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Phase 1 Pregame/Practice Continued

Pushups as a Team (10-20) counted in unison
Crunches as a Team (10-20) counted in unison
Team then breaks and commences action.

Postgame/Practice:

5-minute cooldown
Phase 2 Static (see following list)

Phase 2 Static

Kneeling (1 leg forward) **Hip Flexor Stretch** (Hold 15 seconds) alternate legs, 2 reps each

Long Sitting Hamstring Stretch (Hold 15 seconds) 2 reps

Legs Spread (Right, Left, Center) Lean forward (Hold 15 seconds) 2 reps each

Sitting Piriformis Stretch (Left leg straight, right over left) Hold 15 seconds 2 reps each

Supine, Arms out 90 degrees (Bring right toe up and over to left hand. Hold 15 seconds. Alternate 2 reps each.

Abs/Hamstring Stretch (Supine Hands over head) Bring right toe straight up, reach with left hand to touch right toe. Slow. Repeat 15 reps, switch to left. Keep leg as straight as possible, emphasize reaching with opposite hand to work the core.

Abs Crunches 15-30 Reps

Phase 1 (Pregame/Practice): should take 10-15 minutes, max.

Players may include kicking soccer ball to each other and/or against a wall.
This allows 15-20 minutes for getting on the ice.

Phase 2 (Postgame/Practice): should take 5-15 minutes as well, yet may include parts of Phase 1, depending upon playing time.



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Purpose of Dryland Warmup/Dynamic Warmup

Bringing the team together for a dynamic dryland warmup allows the game focus to begin. It prepares the mind and body for the activity ahead. Proper mental preparation for any sport is crucial and the dynamic warmup forces athletes to focus on the present activity and what's ahead while having also having fun. It's a time for each player to focus, concentrate, mentally prepare and leave all outside distractions at the door.

This team stretch is designed to get the systems of the body to game-ready mode. Cardiovascular, musculoskeletal, neurological, balance, coordination, visual, auditory, etc., are all being challenged dynamically.

The team can stay loose at the beginning of the team stretch with a game of sewer/soccer ball knockout for 5-10 minutes. This game brings in competition, team building, balance, flexibility and elevates the heart rate. It also gets the players talking. If the team does not do a game of sewer, a brief job of 3-5 minutes is performed. This is then followed by a structured/purposeful dynamic warmup.

Time of the dynamic warmup is often 30-40 minutes prior to the players being on the ice. Some coaches like to conduct a brief team meeting before the team stretch/dynamic warmup; some like to do the brief meeting afterward.

Comments for the leader of the team stretch:

The game of sewer can often take on a life of its own, so it's important to bring the players back to the focus of the team stretch and to be mindful of the time.

Team stretch leader should make sure that the stretch:

- Keeps moving.
- Maintains correct form.
- Is completed with enough time for the team to get back to the locker room and get dressed and on the ice (and/or back for the team meeting with the coaches).
- Be mindful of the fatigue factor of the team. If there are many games/practices in a short period of time, modify the length (and/or quantity) of the team stretch. But keep all aspects of the team stretch involved as they are designed to warmup the systems of the entire body. For example, you may decrease the length of each activity to 10 meters vs. 20 meters and decrease the number of pushups and crunches to 5 or 10 reps vs. 20 reps instead of eliminating an activity. If time (or fatigue) is a specific concern, use your best judgment.