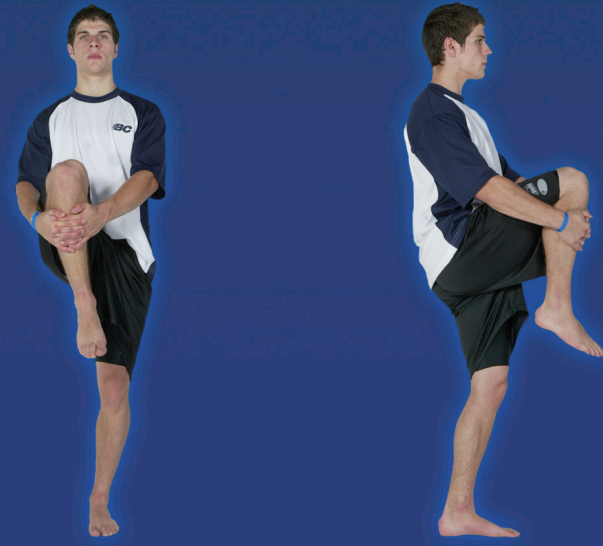


PRE/POST PERFORMANCE PREPARATION

THIS IS A PROVEN APPROACH TO PRE ICE PREPARATION THAT USES "BRAIN ACTIVATION TECHNIQUES" TO DRAMATICALLY IMPROVE ON-ICE BALANCE, PUCK HANDLING SKILLS AND OVERALL PERFORMANCE. IN ALL THE EXERCISES BELOW FOLLOW THESE GENERAL GUIDELINES: START EACH EXERCISE BY STEPPING FORWARD WITH THE LEFT FOOT PLACING IT GENTLY ONTO THE FLOOR. STABILIZE YOUR BODY. PERFORM THE SPECIFIC EXERCISE. NOW CONTINUE BY STEPPING FORWARD WITH THE RIGHT FOOT AND REPEAT THE EXERCISE. REPEAT THE SAME EXERCISES STEPPING BACKWARDS, THIS COMPLETES ONE SET. PERFORM 3 FULL SETS FOR EACH EXERCISE. THE WEIGHT TRANSFER MUST OCCUR WITHOUT COLLAPSE OR SHIFT IN THE PELVIS. KEEP YOUR HEAD UP AND LOOK STRAIGHT AHEAD. HOLD EACH EXERCISE IN THE POSITION FOR 3 BREATHS. FEEL STRONG AND BALANCED WITHOUT TENSION OR PAIN. DEEP AND CONTROLLED BREATHING CREATES HARMONY AND CONFIDENCE: INHALING BUILDS ENERGY WHILE EXHALING DIRECTS THAT ENERGY THROUGHOUT THE BODY. ONCE YOU HAVE MASTERED THE EXERCISES WITH YOUR EYES OPEN EXECUTE THEM WITH EYES CLOSED.

HIGH KNEE



Start lifting your knee towards your chest and assist the knee lift with your hands. Continue the movements until you feel the hamstring and gluts stretch. Foot is relaxed and in neutral position. Leg is straight but not locked.

LATERAL ROTATORS



Start lifting your right ankle while rotating the right knee outwards. Hold the ankle with your left hand and place the right hand on top of the lifted knee; gently press down. Hold the ankle 2 inches/5 cm away from the body. Make sure you position lifted leg on both sides equally.

ARROW STRETCH



Reach for the right foot and bring that foot in a straight line until you feel the hip flexors stretching. Reach slowly forward with your left arm, lean forward with your trunk until you feel hamstring resistance on the standing leg. Contract your abdominals to prevent arching of your back.

LUNGE



Start with shorter steps at first. Ensure weight transfer is equally distributed on both feet. Keep the knee in straight line with your ankle (90 degrees). Feel the hip flexors stretch while lowering the centre of gravity. Hands are beside the neck, elbows pushing slightly backwards opening communication highway (cervical spine) to the brain. Pelvis is traveling in parallel line with shoulders and floor (avoid horizontal deviations).

LATERAL LUNGE (SKATING STRIDE)



Step at a 45 degrees angle, sideways into the lateral lunge. Feel the groin muscles stretching as you lower the centre of gravity. Keep your hands beside your neck, elbows pushing slightly backwards opening the communication highway to the brain. Keep your head up, look forward and maintain balance on one foot as you fully release power through the ball of the striding foot.

BALANCE IS KEY! Surface of the skate blade  is 100 times smaller than that of the foot! 

CARDIOVASCULAR WARM UP

OBJECTIVE OF WARM UP IS TO INCREASE BODY TEMPERATURE AND INDIVIDUAL/TEAM READINESS. CHOSE ANY COMBINATION OF EXERCISES BELOW TILL YOU START SWEATING. BUILDING COMMUNICATION AND TEAM SYNERGY WILL GET YOUR TEAM PERFORMING RIGHT FROM THE START OF A GAME OR PRACTICE.

JOGGING



5-10 MIN

SKIPPING



5-10 MIN

SOCCER



5-10 MIN

QUICK FEET



FEET SIDE-SIDE:
5 REPS



FOOT SIDE-SIDE:
10 REPS EACH FOOT



FRONT-BACK:
10 REPS EACH FOOT






DIAGONAL:
5 REPS 2 FEET



DIAGONAL:
10 REPS SINGLE LEG

Sponsors:



For details describing these exercises log onto www.HockeyPerformanceCentre.com | This poster was created as a component of the BC Hockey Long Term Athlete Development model in cooperation with Hockey Performance Centre. Content provided by **Dusan Benicky** | Special Thanks: **Melissa Anderson** and **Gilbert Brule** (on photos)    | Photos by **Chris Relke** | Graphical design by **Inferno**

Disclaimer: Information presented on this poster is based on the research and experience of HPC. HPC or BC Hockey are not responsible for any mishap occurring as a result of the improper use.