



Horsham Hockey Club

The Pavilion, Cricketfield Road, Horsham, West Sussex RH12 1TE

Warm Up (and Cool down) Using Dynamic Flexibility

The dynamic approach will do a better, more sport specific job of preparing an athlete's mind and body for the task ahead and play an important role in boosting athletic performance. From these you should select 8-10 each day to perform over a distance of 15-20 yards (half a basketball court), going forwards and backwards. Hockey is a multidirectional sport hence you need to do these forwards and backwards to improve core stability. You need to remember that core stability is crucial in both improving flexibility and injury prevention. If you feel you are cooling down add in a short jog forwards and backwards to maintain heart rate.

Ankle pops

Lightly bounce off both toes while keeping the knees very slightly bent. This is very similar to a skipping motion, except that it is performed while moving forward. The idea is to introduce progressively more range of motion as you move through the prescribed distance.

High knees

This is basic running form while bringing the knees up higher than normal – ideally beyond your waistline. Aim to keep your feet moving as fast as possible and your ankles, knees, hips and shoulders facing forwards.

Butt kicks

Similar to high knees except you keep your thighs perpendicular to the ground while kicking your heels up towards your backside. Again, move fast and keep ankles, knees, hips and shoulders in alignment.

Carioca

Moving laterally to your left, cross your right foot in front of your left, then step with your left, then cross your right foot behind the left and repeat. Aim for as much hip rotation as possible and keep those feet moving fast! If performed correctly, this looks like a new dance move!

Step slide

Assume a low athletic position with your feet slightly wider than shoulder-width apart, your ankles, knees, hips and shoulders facing forwards and your knees slightly bent. Pushing off your right leg, slowly step laterally to the left with your left leg, then slide your right leg back to its original position, making sure your feet don't touch or cross. This is similar to a 'defensive slide' in basketball and the coaching cue when performing it is 'step – slide'.



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Glute walk

In the process of your walk, put your left hand on your left knee and right hand on your left ankle, then pull both in towards your chest. Take a step and repeat on the other leg.

Back pedal

Run backwards maintaining a little bit of a forward lean (shoulders over your toes) to prevent falling. Really 'reach back' as far as you can with each step to help stretch the hip flexor muscles.

Frankenstein march

Keeping your left leg straight, kick it up in front of you as high as you can, trying to touch the fingertips of the opposite arm – basically a straight leg march – then repeat with the right leg. This is an excellent way to increase hamstring flexibility.

Knee hug

While walking forward, hug your left knee into your chest, then step and repeat on the right leg, continuing with alternate legs. This is an excellent way to loosen up the glutes and hips.

Pointers

Keeping your left leg straight (and right leg bent) and left foot pointed upwards, reach down with your right hand to try to touch your left toe. Then take a step and repeat on the other side. This is another excellent movement for enhancing hamstring and low back flexibility.

Quad walk

While walking forwards, pull your left heel in to your buttocks, then step and repeat with the right leg, continuing with alternate legs. This is ideal for loosening up the quadriceps and hip flexors.

Low lunge

Step forward with your left leg into a lunge position (ankles, knees, hips and shoulders facing forward, torso upright) trying to place your left elbow on the ground as close to your left heel as possible.

Over the fence

Facing in the opposite direction to the way you want to travel, raise your left knee as high as possible and rotate it behind you as if you were trying to walk backwards and step over an imaginary fence. Repeat on the right leg and continue with alternate legs.



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Inchworm

Assume a push-up position on the ground, and walk your feet close to your hands while keeping the legs as straight as possible. Then return to the start position. Repeat over the prescribed distance, making sure your hands and feet never leave the ground.

Scorpion

Lie face down on the ground with arms extended out to the sides, palms facing down, so your body forms a "T" shape. Maintaining this facedown position and keeping your shoulders flat on the ground, bring your left heel and swing it back towards your right hand in a reverse twisting motion. Repeat on the other leg.