

Hockey Stretches

Stretching exercises should only be performed after a thorough warm up is conducted. A thorough warm up will prepare your muscles for the following stretching exercises by increasing blood flow, which in-turn increases the delivery of oxygen and nutrients to the working muscles. A thorough warm up should consist of light physical activity for about 10 minutes and result in a light sweat.

Perform each stretch gently and slowly and avoid any bouncing or jerky movements. Stretch only to the point where you can feel tension in the muscle group and never stretch to the point of pain or discomfort. Breathe slowly and deeply while performing each stretch.

After reading the description and viewing the accompanying picture on the next page move your body into the stretch position and hold each stretch for 20 to 30 seconds. Relax for 10 to 15 seconds between each stretch and perform each stretch 2 to 3 times.

Stretch #1, Crouching Heel-back Achilles

Stretch is for the muscles of the Lower Calves

Stand upright and place one foot in front of the other . Bend your front leg and your back leg and then push your back heel towards the ground. Lean forward placing your hands on the ground in front of you.



Stretch #2, Single Lean-back Quad Stretch is for the muscles of the Quadriceps

Sit on the ground, bend one knee and place that foot next to your buttocks. Then slowly lean backwards .

Stretch #3, Crouching Heel-back Calf Stretch, is for the muscles of the Upper Calves

Stand upright and place one foot in front of the other . Bend your front leg and keep your back leg straight. Push your heel to the ground and lean forward. Place your hands on the ground in front of you.



**Stretch #4, Lying Partner Assisted
Hamstring Stretch is for the muscles of the
Hamstrings**

Lie on your back and keep both legs straight. Have a partner raise one of your legs off the ground and as far back as is comfortable. Make sure your toes are pointing directly backwards .



**Stretch #5, Sitting Leg Resting Hamstring
Stretch is for the muscles of the Hamstrings**

Sit with one leg straight out in front and keep your toes pointing up. Cross your other leg over and rest your foot on your thigh. Lean forward , keep your back straight and reach for your toes .



**Stretch #6, Sitting Leg Resting Buttocks
Stretch is for the muscles of the Buttocks**

Sit with one leg slightly bent. Raise the other foot up onto your raised leg and rest it on your thigh, then slowly lean forward.



**Stretch #7 Standing Leg-up Toe-in
Hamstring Stretch is for the muscles of the
Hamstrings**

Stand upright and raise one leg on to an object. Keep that leg straight and point your toes upwards . Then point the toes of your other foot inward and lean forward while keeping your back straight.

Stretch #8, Lying Leg Cross-over Stretch is for the muscles of the Lower Back

Lie on your back and cross one leg over the other. Keep your arms out to the side and both legs straight. Let your back and hips rotate with your leg.



Stretch #9, Sitting Wide-leg Adductor Stretch is for the muscles of the Adductors

Sit with your legs straight and wide apart. Keep your back straight and lean forward.

Stretch #10, Crouching Heel-back Achilles Stretch is for the muscles of the Lower Calves

Stand upright and place one foot in front of the other. Bend your front leg and your back leg and then push your back heel towards the ground. Lean forward placing your hands on the ground in front of you.



Stretch #11, Standing Toe-up Calf Stretch is for the muscles of the Upper Calves

Stand with one knee bent and the other leg straight out in front. Point your toes towards your body and lean forward. Keep your back straight and rest your hands on your bent knee.

Stretch #12, Front Cross-over Shin Stretch
is for the muscles of the Shins

Stand upright and place the top of your toes on the ground in front of your other foot. Slowly bend your other leg to force your ankle to the ground.



Stretch #13, Sitting Foot-to-chest Buttocks
Stretch is for the muscles of the Buttocks

Sit with one leg straight and hold onto your other ankle. Pull it directly towards your chest.



Stretch #14, Ankle Rotation Stretch is for
the muscles of the Ankles & Feet

Raise one foot off the ground and slowly rotate your foot and ankle in all directions



Stretch #15, Standing Reach-up Quad
Stretch is for the muscles of the
Quadriceps

Stand upright and take one small step forward. Reach up with both hands, push your hips forward, lean back and then lean away from your back leg.