



High Performance - Dynamic Dry Land Warm Up

Dynamic stretching is a form of stretching beneficial in sports utilizing momentum from form, and the momentum from static-active stretching strength, in an effort to propel the muscle into an extended range of motion not exceeding one's static-passive stretching ability.

This form of stretching prepares the body for physical exertion and sports performance. In the past it was the practice to undertake static stretching before exercise. Dynamic stretching increases range of movement, blood and oxygen flow to soft tissues prior to exertion. Increasingly coaches and sports trainers are aware of the role in dynamic stretching in improving performance and reducing the risk of injury.

Bringing the team together for a team dynamic warm up allows for practice or game focus to begin. The team stretch is designed to get the body in activity ready mode. A quality dynamic warm up impacts the players' cardiovascular, musculoskeletal, neurological, balance, coordination visual and auditory systems.

The players can stay loose at the beginning of the dynamic stretch with a 5 to 10 minute game of sewer/soccer ball knock out. The game brings in competition, team building as well as balance, flexibility and gets the heart rate up. This early activity should also get players talking. The objective of sewer/soccer ball is to keep the ball in the air with each player allowed two touches — but not with their hands — before sending it toward a teammate. If the ball hits the ground, the offending player is out and the game continues until one remains. The game of sewer/soccer can often take on a life of its own. It is important that team leaders keep the players focused and be mindful of the time. Another popular pre-warm up activity is a game of “hacky sack”.

Team leaders should make sure that the dynamic stretch:

- Keeps moving
- Players use correct form
- Complete the stretch allowing players enough time to return to the locker room to finish dressing. Ideally the players warm up 30 to 40 minutes prior to going on the ice.
- Be mindful of fatigue
- Make sure all players are participating

Example of Pre-practice/game Dryland stretch: (10 to 15 Minutes)

3 minutes of cardiovascular activity

Some exercises to consider

- *Forward and backward runs* – emphasis good athletic posture
- *Butt Kickers* – emphasis on hamstrings
- *Carioca* – emphasis on trunk rotation
- *Oil Driller* – walking forward, reach with hands to forward leg, rear leg extends behind and up. Alternate. Activity stretches hamstrings and opposite hip flexor; develops balance and core strength.
- *1 knee to chest stretch / 1 heel to gut* (alternate) – 1 length hold for 2 seconds alternate leg as walk forward. For knee to chest – pull knee to chest with good posture and balance. For heel to gut – pull heel to gut with care for knee.
- *1 Heel to Butt/Superman* – Lean forward to emphasis stretch of weight bearing leg. Works on hamstring of non weight bearing leg; enhance balance.
- *Lunges with Twist* – Hands behind head, lunge forward, twist trunk; opposite elbow toward forward leg; alternate
- *Sumos* – rotate to right with base squat, place elbows into knees and push out. Stretch right and left groin. Rotate 180 degrees facing opposite direction and repeat.
- *Soldiers (toe to hand kicks)* – Both hands extended to front shoulder height. Kick hands with toe of right foot, alternate with left foot.
- *Sprints around Stationary Player* – Place player feet in front of line. Players sprint to right of player always facing forward, circles the stationary player and then sprints forward to line. Once have done this to the right repeat going to the left side of the stationary player. Exercise promotes core, mobility, balance and cardio.
- *Team Pushups* – count in unison
- *Team Crunches* – count in unison

Example of Post-practice/game Dryland stretch: (10 to 15 Minutes)

- *Five minute cool down*
- *Kneeling Hip Flexor Stretch* – 1 leg forward
- *Leg spread* – lean forward to knee – right, left, center
- *Supine with arms out 90 degrees* – laying on your back touch right hand with left toe, left hand with right toe
- *Abs/Hamstring Stretch* – Laying on your back with hands over head, bring right toe straight up, reach left with left hand to touch right toe. Then alternate. Keep leg as straight as possible.

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