

Haringey Junior Ice Hockey Club

# Goaltender Warm-Up & Cool-Down Plan (30-45mins each)

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## Introduction & Aims

The following is a goaltender specific, multi-age, multi-discipline warm-up & cool-down plan including agility, balance & coordination (ABC). Pre-game/pre-practice dynamic movement/stretching & goaltender relevant movement patterns alongside eye-hand coordination & power/speed development. Post-game/post-practice movement patterns & static stretching.

The aim is to ensure a safe, fun & effective warm-up & cool-down for our young athletes.

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## Dynamic Movements Before Exercise, Static Stretching After

Dynamic movements/stretchers are aimed at taking joints & muscles through a range of movement, to the stretch stage of that muscle & then to contract that muscle again ready for work. **Dynamic stretching is needed before exercise** to help prepare the body for work on the ice.

Static stretching is performed by holding a muscle in a stretched position to increase the range of motion around a joint, until it relaxes one or more times. **This type of stretching should mostly be avoided before games/practice** & be used after exercise to relax mind & body.

It is very important to remember which type of stretching to use in order to avoid injury, to perform at the best of your ability on the ice & to be stretched & relaxed after hockey also.

## Light Aerobic Warm-Up

It is important to warm-up aerobically (heart & lungs) before dynamic movement/stretching so a **8-12min power walk or jog** is our first exercise. This can be replaced by a faster jog at older age groups.

## Pre-Practice/Pre-Game Dynamic Movements/Stretchers

**Dynamic movements/stretchers before games/practice** should consist of the following:

Upper body movements can be combined with the power walk warm-up.

- Head rotations, alternate looking left & right x50.
- Head up & down (nodding) x50.
- Ear to shoulder movement x50.
- Shoulder shrugs with arm raises (hands move in an arc over the head & back down) x50.
- Shoulder pull & release (arm across chest, pull & release, alternate shoulders) x50.
- Walking hamstring stretch, alternate legs x50.

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- Walking quad/thigh stretch, alternate legs x50.
  - Walking forward & backward hip rotations x25 each leg.
  - Forward skating walk with upper body rotation to the inside (stride right, rotate left, stride left, rotate right) x50.
  - Lateral shuffle step (long stride so stretch is felt at the groin) can be combined with tennis ball throw at a more advanced stage x25 each direction.

### **Pre-Practice/Pre-Game Power & Speed Development**

After a successfully completed dynamic, movement based stretching component, we move to goaltender specific power & speed movements.

- High knees into heel flicks x50.
- Powerful skating jumps, lateral & forwards x30-50 (advance to stairs when ready).
- As above but backwards lateral jumps x30-50.
- Lateral shuffles (hands in ready position, stay level) x25 each direction
- V, inverted V, W, X & Y & inverted Y movement patterns (single step & double step) x2-5 times each movement pattern. (These movements should be repeated post-game/practice before the static stretching component as a re-warm)

### **Eye-Hand Coordination/Tennis Ball Work**

Tennis ball work as individuals & in pairs is the final stage of practice/game preparation before getting kitted for the ice. The key is to focus fully on each catch & to connect the eyes with the hand & the ball each & every time while moving the feet & body also.

- Tennis ball against the wall, alternate hands to throw & catch.
- As above but bouncing the ball floor to wall into the catch to change the angle.
- Hand squash against the wall. Flat hands.
- Hand squash/tennis with partner.
- Partner stands behind & bounces ball from floor to wall, into the catch.

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## Post-Practice/Post-Game Static Stretching

**Static stretches after games/practice** should consist of the following:

Upper body movements can be combined with the lower ones to shorten time frame.

**All stretches should be held until the stretch feeling disappears completely & relaxation is felt. This is not time specific, everyone is different.**

- Head rotations, look left & hold chin & back of head with hands until fully stretched. Look right & do the same.
- Look down, chin to chest & stretch the back of the neck until relaxed.
- Ear to shoulder. Both sides.
- Shoulder pull. Hold arm behind the elbow & pull across the chest.
- Tricep stretch. Palm of one hand down the back, elbow pointing upwards, pull elbow with the other hand. Both sides.
- Upper back stretch. Standing or seated. Push hands forward together as far as possible until stretch is felt between the shoulder blades.
- Lower back stretch options.
  - ◆ Kneel with hands on floor, arch the back upwards so it is rounded. Hold position. Think of an angry cat.
  - ◆ Lie on the floor & pull both knees to the chest, pull chin up between the knees.
- Back/hip twist/glute stretch options.
  - ◆ Sit on floor. Place right foot over left knee. Hook left elbow over right knee & twist to the right. Repeat the other direction.
  - ◆ Lie on floor. One leg bent at 90 degrees, foot flat on the floor. Lift the other leg all the way over the bent knee so the legs are crossed. Pull both legs back to the chest & pull the chin to the knees.
- Hamstring stretch options.
  - ◆ Standing with the stretching leg straight & the weight bearing leg bent. Heel of straight leg in line with the toe of the bent leg. Hands on bent leg above the knee & pivot forward from the waist. Stick backside out to stretch further.

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- ◆ Seated. Legs straight & together, roll forward & walk the hands down the legs until stretch is felt in the hamstrings (also stretches lower back).
  - Quad & Hip Flexor stretch options.
    - ◆ Stand on one leg (balance or hold a wall). Pull other heel up to the backside. Stretch the thigh area (Quad) keeping the knees close together (to stretch into the hip flexor, push the knee of the bent leg backwards also).
    - ◆ As above but performed laying on one side or face down.
    - ◆ Kneeling with the opposite leg forwards. Move the front foot forward until stretch is felt at the quad area of the kneeling leg. Continue forward until stretch is felt in the hip flexor area also & then hold (arm can be raised also with fingers pointing upwards to stretch the sides of the body also).
  - Groin stretch options.
    - ◆ Seated, legs wide, toes pointing upwards & walk hands forward down the middle, along the floor (also stretches hamstrings & lower back).
    - ◆ Seated, feet together & pull feet in tight towards groin. Push knees down with elbows.
    - ◆ Kneeling with knees wide. Allow body weight to push down through the groins. Use hands on the floor for stability & control.
  - Calf stretch options.
    - ◆ Stand with both feet pointing forwards. Bend the front leg & take a large step backwards with the stretch leg. Keep the toes pointing forwards, straighten the back leg & push the heel of the back foot flat to the floor. Move the foot further back if no stretch is felt & if the heel does not touch the floor, move the foot forward until it does.
    - ◆ Standing on a low kerb or bottom step. One leg supports weight fully on the path or step. Place the ball of the foot on the stretch leg at the angle of the kerb or step & allow the heel of the foot to drop slightly until stretch is felt. Hold position.

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## **When Time is Tight**

Time can be short for parents to get goaltenders to practice so above all else, if goaltenders are late, you must ensure the dynamic movement component is completed & move straight to the tennis ball work to accelerate this program.

In cases where time is not an issue then our goaltenders should complete all 5 components of Pre & Post Game/Practice training to ensure they are prepared mentally & physically to play hockey & to recover afterwards.

## **Off-Ice Training Plan**

This 5 component plan can also be used daily as an off-ice fitness training plan that is specific to many areas of goaltending.