



HOCKEY CANADA WARM UP MATRIX



RAMP	ACTIVATE	MOBILIZE		POTENTIATE
General	Glute Activation	Ground Based	MOVEMENT PREP	Speed / COD
Jog Bike Skipping Rope Jumping Jacks	Glute Bridge SL Glute Bridge SL Glute Bridge w ABDuction Cook Hip Lift Glute Bridge March Fire Hydrant	ANKLE MOBILITY: Wall 3 Way Ankle Mobility HK Ankle Circles Calf/Soleus PNF Stretches	Walking Quad 1/4 Squat Knee Hug 1/4 Squat Leg Cradle Sumo Squat to OH Reach Knee Hug + FW Lunge Quad Stretch + BW Lunge	Rapid Response Rapid Response with Base Rotns 2" Run 2" Run with FW Travel 2" Run to 5m Accel FW/BW/Lat Pogo Hops
Multidirectional	Quadruped Hip Ext	T-SPINE MOBILITY: Cat Camel Quadruped T-Spine Crunch Side Lying Windmills Side Lying 45deg Reach Lying Knee Rotations	Leg Cradle + Lat Lunge X Under Lunge Low Lateral Shifts Duck Unders Inchworm + Push Up Lunge Matrix (FW/BW/Lat) Spidermans + T-Spine Alternating Pigeon Upward / Downward Dog 747's	Power Skips for Height / Distance Bounds (Linear / Lat / 45 Deg) Build Ups (Gear 1, 2, 3) Lean, Fall, Run Tuck Jumps Tuck Jump to Accel Lat Base Shift (Single/ Dbl/Multi) X Over (Single / Double /Multi) SSH to Base SSH to Accel FW Sprint to Base Back Pedal to Base Back Pedal to Accel 5-10-5 drill Cone Drills
FW / BW Low Skips FW / BW High Skips Lateral Low Skips FW / BW Hip Rolls Low / High Side Shuffle Low Carioca Carioca w High Knee Carioca Skip High Knees Butt Kicks Low X Over Walk Low Back Pedal Linear March / Skip Lateral March / Skip Agility Ladder Drills Bear Crawls (FW / BW / Lat)	Mini Band Clams Mini Band Lat Walks Mini Band FW / BW Walks Mini Band Squat Hold TORSO STABILITY: Front Plank Variations Side Plank Variations Short Lever Side Plank Bird Dogs Dead Bugs Bear Crawls (FW / BW / Lat)	TORSO STABILITY: Front Plank Front Plank March Side Plank Short Lever Side Plank Bird Dogs Dead Bugs Bear Crawls (FW / BW / Lat)	World's Greatest + T-Spine Hamstring Scoops Low Squat Walks 3 Way RDL HK ADDuctor Rocks Piriformis Sit Quad RDL	SSH to Base SSH to Accel FW Sprint to Base Back Pedal to Base Back Pedal to Accel 5-10-5 drill Cone Drills Snap Downs (Double / SL / Split) Snap Down to Vert / Broad Jump Hurdle Hops (FW / Lat / Multi) SL Hurdle Hops (FW / Lat / Multi) Dot / Line Drills
Low Organization Games	Band Pull Aparts Wall / Floor Slides Shoulder Taps Prone W, Y, T, I's Dynamic Handcuffs	BALANCE: SL Stance (Eyes Open/Closed) SL Airex Stance SL Ball Catch & Toss SL Hops SL Hops w Rotation SL Partner Perturbs	MOVEMENT SKILLS	
Sewer Ball Spike Ball Tag Games Soccer Handball Garbage Ball Wall Ball (Feet or Hands) Knee Slaps Rugby Volleyball	SL Stance (Eyes Open/Closed) SL Airex Stance SL Ball Catch & Toss SL Hops SL Hops w Rotation SL Partner Perturbs		Linear March Linear Skip Lateral March Lateral Skip	Reactive
				Any above w RXN added Shadow / Mirror Drills 3 Cone Drill (ABCD/1234) Group Wave Drills Tennis Ball Drops
Pick 1-2	Pick 1-2	Pick 1-2	Pick 3-4	Pick 1-2