



NEUROMUSCULAR TRAINING WARM-UP PROGRAM

Aerobic

Agility

Strength

Balance

Neck control

m = meters

OFF ICE | Perform all exercises

Forward/backward jog



10-15 m each

Open/close gate



10-15 m each

High knees



10-15 m

Butt kicks



10-15 m

Side shuffles



10-15 m/direction

Single-leg hops



10-15 m/leg

Lunges with rotation



10-15 m

Skate jumps



6-10 reps/leg

Static neck contractions



- Chin to chest
- Ear to shoulder
- Eyes to sky
- Shoulder check

10 sec/direction

● Aerobic

◆ Agility

■ Strength

☺ Balance

○ Neck control

m = meters

OFF ICE | Choose between level 1 or level 2 for each exercise

Level 1: W-stretch



6-8 reps

Level 2: IYTWs



3-6 reps/letter

Level 1: Side lunges



6-8 reps/leg

Level 2: 4-D lunges



3-6 reps/leg

Level 1: Airplane balance



3-6 reps/leg

Level 2: Airplane balance, rotation



3-6 reps/leg

Level 1: Front plank



15-30 sec hold

Level 2: Front plank, arm lifts



x4-8 reps/side

Level 1: Side plank with eye tracking and rotation (knee supported)



x6-8 reps/side

Level 2: Side plank with eye tracking and rotation (foot supported)



x6-8 reps/side

Level 1: Incline push-ups



x6-8 reps

Level 2: Partner-supported standing push-ups



x6-8 reps

● Aerobic

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OFF ICE | Choose between level 1 or level 2 for each exercise

Level 1: Nordic hamstring curl



x3-5 reps

Level 2: Nordic hamstring curl



x6-8 reps

Level 1: Copenhagen adduction (knee supported)



x4-8 reps/side

Level 2: Copenhagen adduction (foot supported)



x4-8 reps/side

Level 1: Partner stick wrestle -2 legs



15-30 sec

Level 2: Partner stick wrestle -1 leg



15-30 sec/leg

Level 1: Jumps—2 foot take-off to 1-foot land



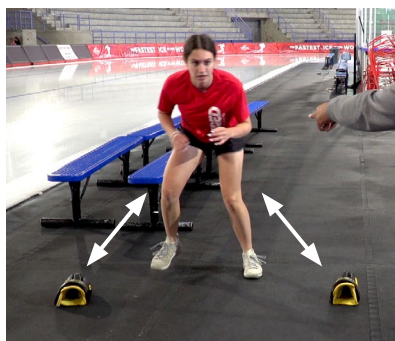
x4-6 reps/leg

Level 2: Jumps—partner push



x6-10 reps

Level 1: Quick feet with reaction



15-30 sec

Level 2: Partner mirroring



15-30 sec/partner

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ON ICE | Choose between level 1 or level 2 for each exercise

Level 1: Partner bobbleheads in ringette stance



15-30 sec/partner

Level 2: Partner bobbleheads while stick handling



15-30 sec/partner

Level 1: VOR in ringette stance



15-30 sec

Level 2: VOR while skating



x4-8 reps/side

Level 1: Partner shoulder skate



1-2 widths/shoulder

Level 2: Partner shoulder skate with passing



1-2 widths/shoulder

Level 1: Lunges



1-2 widths

Level 2: Lunges with rotation



1-2 widths

Level 1: Single-leg glides



1-2 widths/leg

Level 2: Single-leg glides with passing



1-2 widths/leg

● Aerobic

◆ Agility

■ Strength

☺ Balance

○ Neck control

m = meters

ON ICE | Choose between level 1 or level 2 for each exercise

◆ **Level 1: Reactive change of direction** (same direction)



2-4 reps/direction

◆ **Level 2: Reactive change of direction** (opposite direction)



2-4 reps/direction

◆ **Level 1: Figure 8 with pass**



30 sec/player

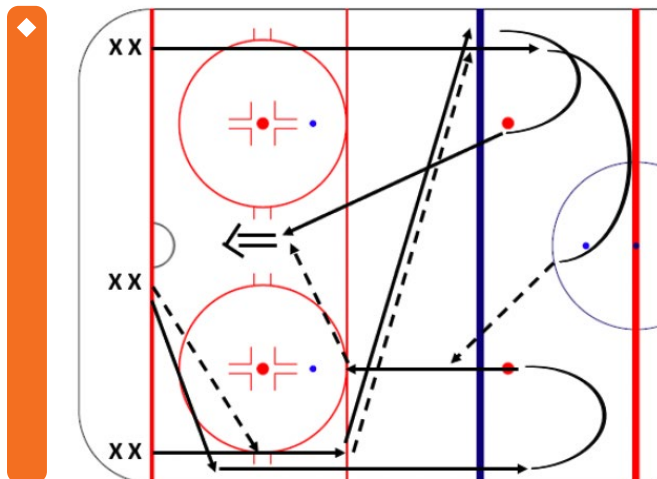
○ **Level 2: Figure 8 with pass and shoulder check**



30 sec/player

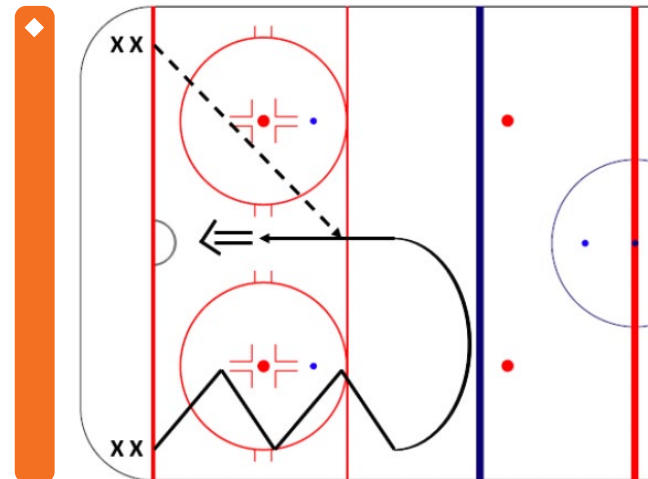
■ Perform each of the following drills (or other similar drills)

3-player weave with shooting



1-2 min

Zig-zag horseshoe with shooting



1-2 min

