

## Warming Up

Hockey is a game of speed and quick reactions. How many times have you gone out and had a bad first period? It may be because you didn't warm up properly.

To properly warm up, here are a few simple ballistic stretching drills to get the heart pumping and your muscles limber:

- Start by elevating your body temperature with a slow jog
- Step — grab knee — pull to chest, then switch legs
- Kick up heels, almost touching your butt
- High knee run (knees to chest)
- Straight leg skip — hold hands out in front, kick up legs to hands
- Heel to heel shuffle — slide sideways
- Sideways shuffle — crossover front, crossover back
- Five or six short, quick sprints (10 yards)

In addition to warming up, you need to get your body ready for physical contact. These one-on-one drills are fun, but they also get your muscles ready to compete:

- Pair up with a teammate and play the palms up, palms down game. Try to slap your partner's hands
- Arms across shoulder — try to step on your partner's feet (but don't try to squash his feet)