

# DYNAMIC FLEXIBILITY WARM-UP 2011

## OFF SKATES

These warm-up exercises can be used for those skaters who take more time than the 2-5 minutes allowed for the typical warm-up. You should always wear well-fitted shoes that are tied and offer support.

The time that you spend on each exercise, the distance traveled, and which exercises you do, will depend on how much additional warm-up is needed. Each individual is different. Typically it can range from 10 minutes to 30 minutes prior to competition or practice.

1. Walk on heels only (this stretches the calf muscles).
2. Walk on toes only (this stretches the shin muscles).
3. A-March—Over exaggerated high knees and high arms/elbows. Opposite elbow touches opposite knee, while pulling the toe up and pushing the heel down (continues to stretch calves and shins, starts using hamstrings and upper body – mild twist at waist).
4. Butt-kicks: movement at knee, with the heel touching the butt (stretches quad muscles).
5. Carioca High Hip: turn sideways – stay in lower position – start by going to the left, low on the left leg, lift right leg up and over – step out with the left leg and return to the lower position, repeat. Return by stepping out onto the right leg in the lower position and lifting the left leg up and over. Continue until you are covering the same distance on the right and the left.
6. Run backwards: push off toes while reaching back and pointing toes upward.
7. Low walk: knee to heel of front foot – do not raise up to switch feet.
8. A-Skip: skip while exaggerating coming off the toe, drive the knees up and forward.
9. Skip Kicks: at the end of each skip, bring the toe up approximately shoulder height, and touch the opposite hand.

## ON SKATES

1. High hips on wall: face wall, lift leg up with knee close to the wall, then turn the left leg open (stretching the groin and working the hip flexors) bring back and set down. Repeat several times before switching to other leg. Eventually this should become a fluid movement. Repeat movement 10 times on each leg.
2. Opposite high hips: same drill as above except you will lift the leg up in the “open” position first, turn knee towards wall and set down. Repeat 10 times on each leg, once again becoming fluid.

3. **Side to side leg swings:** face wall and swing leg from side to side, pendulum style, trying to allow the hip to open as much as possible, causing the leg to swing high. Usually repeat 10-20 times on each leg.
4. **Front to back leg swings:** same as side to side except turn sideways to the wall, and swing outside leg forward as high as possible.
5. **Wall kicks:** face wall and simulate starts, feet in "V" position with body out away from wall and at an angle, head up, drive knee up and forward to the wall, switching back and forth. First a slow count and then a fast count, causing the skater to hop or switch feet quickly.
6. **Core:** face wall, lean onto wall with forearms and hands gripping if possible, let both feet roll back on toes, using stomach muscles to roll skates back and butt/stomach muscles to roll feet back in. Do not bend at waist – good for upper body as well.
7. **Balance Hawk Change:** beginner skaters hang on to wall – stand on toe wheel on back foot and heel wheel on the front foot – switch feet, try to switch faster and allow your feet separate a little further each time.
8. **Bear in the Woods:** separate feet underneath shoulders, into a "V" position – squat down and put each hand behind each skate – you should be in a squat position, stretching groin area.
9. **Side-to-Side with Arms Up:** start in skating position, step to the side with feet pointing forward – as the skater steps out, both arms raise up, lifting from the shoulders, into a bird like position – continue in one direction, return back to your starting place by starting with the other foot.
10. **Moving Crosses**
11. **Feet on Floor:** shuffle, short and fast with arms.
12. **Swing arms in a circle at the shoulder and across the body.**
13. **Duck walk into trots.**
14. **Stretch groin side-to-side.**
15. **Roll – Run approximately 20 meters, fast short feet.**