

WHY ARE DYNAMIC WARMUPS IMPORTANT BEFORE A HOCKEY GAME OR TRAINING?



What is it?

- It's a warmup that consists of active sport specific joint movements including agility, plyometrics (bounding exercises), functional strengthening, full body muscle activation, as well as exercises that challenge your balance and core stability
- Includes;
- **Cardiovascular component;** e.g. jogging
 - **Dynamic stretching** e.g. arm circles, leg swings and walking lunges to promote flexibility and mobility without static holds that can reduce power.
 - **Strength, plyometrics and balance exercises,** to enhance muscle strength, coordination and balance. E.g. Single leg stance movements, walking lunges and jumps.
 - **Sport specific movements-** movements that are sport specific to mentally and physically prepare for the demands of hockey e.g. running and passing with ball, 2 v 1 drills, shooting drills, defensive 4 stepping out to do passing around the back e.g. slap or hit passes.
 - **Progressive intensity-** Increasing the intensity of the warm up gradually to prepare the body for higher exertion levels and risk of sudden strain injuries. Running exercises with acceleration and deceleration components. E.g. warm up drills before game (mini matches 3 vs 3)

Why is it beneficial?



- Compared to **static stretching**, (where the muscle is held in the same elongated position without movement for an extended period of time). For example, a static hamstring stretch with the leg in an extended position and toes pointed upwards and held for a length of time (20+ seconds) . Compared to a **dynamic version**, the hamstring stretch in a synchronised walking movement of stretching the leg out straight, toes pointed upwards and swapping to the left and right with light jog in between and brushing down the sides of your lower front leg for a more dynamic movement.
- **Dynamic warm ups** have the potential to increase athletic performance and reduce injury risk as they improve your muscle, bone and joint function , enhance your nervous system and improve the function of the heart and lungs. Overall; physical and psychological sport performance is enhanced before training or a match.
- **Muscles, Bones and joint benefits**- Increase in joint range of motion, muscle flexibility and how much force your muscles can produce. Your muscles also increase in temperature (warm up) and tissue extensibility increases, thus allowing more muscle power and explosiveness to meet the demands of hockey e.g. sprinting
- **Nervous system benefits**- You move better, react quicker, and your muscles work more effectively together, e.g. the ability of your brain to react to the demands of which it is being asked to do e.g. sprint, change direction, coordinate passing at speed in the warmup to reach the target.
- **Cardiovascular (Heart, lungs and blood circulation) benefits**- > in body temperature and heart rate, circulation and enhanced muscle

oxygen saturation (blood flow around the body) in preparation for activity

→ **Sports Performance benefits-** Enhanced readiness to perform, increased enjoyment of activity, reduced perception of effort required to reach the demands of training/match

*By incorporating **dynamic warm ups** into your training/matches, your **risk of muscle strains, sprains and overuse injuries are less than those who do static stretches alone or no warm up at all***

****Go to next page for an example warmup***



An example hockey warm up (10-15 minutes duration)

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Hockey Warm up (10-15 minutes)

- Use the pictures as a guide and adapt as appropriate
- Add in personal stretches
- If have injuries, strains or sprains do not push through pain and stop when necessary

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