PROTOCOLS FOR RETURN TO PLAY/FITNESS

Key Points
We’re going to start with a dynamic warm up that is designed to get your heart rate up while working on flexibility and keeping the fast twitch muscle fibers ready to fire for practice. Then we’ll dig into some simple strength training drills and finish with some static stretching.

Dynamic Warm Up
- Heel Toe Walks/Heel Toe Knee to Chest
- Mummy Kicks/Mummy Kick Skips
- Airplane/Add Floor Touch
- Groin Pulls/Full Speed Heel Touch
- Reverse Long Lunge/Full Speed
- Ankle Grab Quad Stretch, Touch the Floor
  - High Knees/Butt Kicks
  - Skip for Rhythm & Tempo
  - Skip for Height/Skip Kicks
- Slow Shuffles/Fast Shuffles
- Karaoke with High Knee in Front
- Bounding
- Skate Drill for Width
- Toe Walks Forward/In/Out
- 10x Broad Jumps with Hold
- 10x Broad Jumps with Ball & Hold
- Right/Left Foot Hops with Ball
  - Burpee Broad Jumps

Bands & Upper Body
- Shrugs
- Curls
- Upright row
- Seated row
- Overhead Squats
- Deadlifts
- Hip flexor pulls
- Regular Push Ups
- Pike Push Ups
- Tricep Push Ups
- Staggered Hand Push Ups
- Push Up Jacks
- Moving Push Ups
- Lying Side Tricep Push Ups
- Handstand Push Ups
- Plank Punches
- I’s, Y’s & T’s
- Shoulder Matrix
- Upright row to Shoulder press
- Bent over Row
- Reverse Fly
- Tricep Dips

Fit Ball
- Hamstring curls
- Hip thrusters
- Hamstring march
- Overhead squat
- Back Ext (reverse sit up)
- Knees to chest/Pikes
- Windshield wipers
- Ball exchange
- Steering Wheels
- Russian Twists
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### Cardio
- Board Pushes
- Jump Rope/DU
- Frog Jumps
- Box Jumps for Speed
- Burpee Box Jumps
- Jumping Jacks/Power Jacks
- Power Squats (jump squats)
- Mountain Climbers - Show variations
- Tuck Jumps
- Suicide Runs
- Switch Kicks
- Belt Kicks
- Touch the Floor Cardio
- Globe Jumps/ Front to Back Frog Jumps
- Numbered cones Competition
- Lunge Jumps

### Core
- Xfit Sit Up
- Ski Abs/ In & Out Abs
- Bicycles
- Planks/Plank Punches/Plank Hip Twists
- Feet Over Ball
- Feet Split Over Ball
- Leg Lifts
- Toe Circles
- Scissor Kicks (2 Ways)/V Scissor Kicks
- V Up

### Stretching with a Band
Perform stretching after a workout for improved flexibility and relaxation. Stretch to your comfort level, stretching should not be painful. Hold each stretch for 15 seconds. Stretching is best when your muscles are warm, which is why the end of practice is ideal.
- Hamstring Stretch
- Inner Thigh Stretch
- Lying Hip Stretch
- Lying Quad Stretch
- Upper Back Stretch
- Chest Stretch
- Side Stretch
- Tricep Stretch