



When you re into hockey goalkeeping — the last thing you want is to be on the sideline with an injury. These tips will help you avoid injury and lift your performance.

KEY: Movement to get stretch
 Area being stretched

PROTECT

For your safety, confidence, and agility as a goalkeeper you need well fitting equipment.

The basic safety equipment is:

- › Pads
- › Kickers
- › Helmet
- › Gloves
- › Chest and throat protector
- › Groin or pelvic protector
- › Padded pants.

SAFETY CHECKS

- Helmet screws are in place and tightened
- Helmet fits properly
- If the helmet or grill is hit give it a thorough check
- Pads-check clips regularly
- To protect the toes always undo front straps and place foot into the kicker then tighten the straps

WARM-UP

Without padding up start with about five minutes of light aerobic activity to raise your heart rate and get more blood flowing through your muscles. Jogging is a good way of doing this. Follow up with 10-15 repetitions of dynamic stretching (see below), gradually increasing the speed and range of movement. Then Pad-up and compete some sport specific exercises.



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SMART TIPS FOR PREVENTING HOCKEY GOALKEEPER INJURIES

FOR MORE INFORMATION ON STAYING INJURY FREE VISIT:
www.acc.co.nz/sportsmart



1 **LEGG SWINGS**
Holding on to something, swing outside leg forwards and backwards to a comfortable height. Keep trunk and lower back rigid. Alternate legs.



2 **LEGG SWINGS**
Holding on to something, swing one leg outwards, then across the body, pointing toes in the direction you re swinging. Minimise lower back movement. Alternate legs.



3 **CALF RAISES**
From a push-up position, push one heel towards the ground then put weight on ball of foot and repeat. Alternate legs.



4 **ARM CIRCLES**
Stand with your back straight and knees slightly bent. Swing both arms around in circles, keeping your back still. If you feel tight in an area, spend more time there to loosen it up. Change direction and repeat.



5 **STRETCH UP**
Reach up high, keeping one knee bent. Keep back straight and pull in abdominals. Do five each side.



6 **HURDLE STEP OVERS**
Stand supported, one leg slightly back. Lift rear knee high, rotate leg outwards and step down. Reverse: rotate leg outwards, take knee to front, step down. Minimise trunk movement. Alternate legs.

COOL-DOWN & STRETCH

After play, some easy jogging and static stretches (see right) will help your body to recover and can improve flexibility. Apply each stretch slowly — don't bounce. Take it to the point of tension but not pain and hold for at least 30 seconds. Repeat twice on each side of the body.



1 **LONG CALF MUSCLE**
Place hands on wall with one leg to rear. Keep the rear leg locked straight and foot flat. Turn rear foot slightly inwards. Bend front leg taking calf stretch through rear calf.



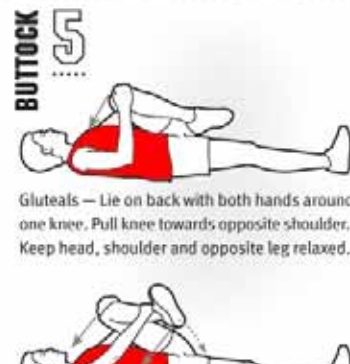
2 **FRONT THIGH**
Pull heel towards buttock. Keep back straight and knees together in line with hip and ankle.



3 **HIP FLEXORS**
Kneel on ground with front knee at 90°. With the back straight, tilt the pelvis back by tucking the abdomen up and in and squeezing buttocks. Keep head up.



4 **HAMSTRING**
Kneel on one leg with other leg out in front with the foot flexed. Keep back straight and bend forward at the hips to feel the stretch down the back of the legs.



5 **BUTTOCK**
Gluteals — Lie on back with both hands around one knee. Pull knee towards opposite shoulder. Keep head, shoulder and opposite leg relaxed.
Piriformis — Lie on back and hold knee to chest. Pull knee and ankle towards opposite shoulder.