



When you re into hockey as a player, coach, or umpire – 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

Even the most skilled hockey players cannot afford being struck by the ball or stick.

Therefore it is essential that you take measures to protect yourself from injury:

- › Players should always wear shin guards
- › Players should always wear mouth guards
- › Players should wear footwear designed for the demands of hockey.

FAIRPLAY

Fair play and good technique help to prevent injury. Make sure you know the rules and play by them. Respect the opposition and the umpires, and take responsibility. If someone in your team is behaving badly or playing violently, have a word with them or get your captain to cool things down.



HOCKEY SPECIFIC

After warming up using the dynamic stretches below, the next activities should include sport specific skills that replicate the skill component and intensity of the game. Use pushing, hitting, tackling and team based passing drills. Playing small games like 3v3 or 4v2 are also effective ways to warm up.



SMART TIPS FOR PREVENTING HOCKEY INJURIES

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

WARM-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 stretches (see right), gradually increasing the speed and range of movement.

Then finish with some sports specific exercises.

LEGG SWINGS 1



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

LEGG SWINGS 2



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.

BENT OVER UPPER BODY ROTATION 3



Keep your back straight. Bend the knees as you transfer weight. Reach with your arm to the opposite foot. Do five each side.

CALF RAISES 4



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

STRETCH UP 5



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

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.

LONG CALF MUSCLE 1



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.

FRONT THIGH 2



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

HIP FLEXORS 3



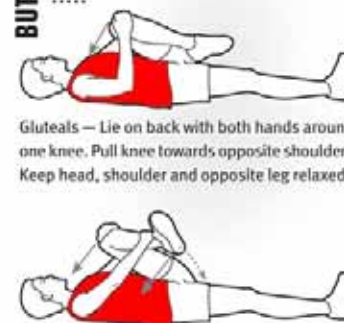
Kneel on ground with front knee at 90°. With the back straight, tilt the pelvis back by tucking the abdomen up and in and squeezing buttocks. Keep head up.

HAMSTRING 4



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.

BUTTOCK 5



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.