



Floor Exercises

Good skating skills are NECESSARY for all hockey players. Certain neuromuscular connections are NECESSARY for proper skating development. The ability to turn your toes in and out is a CORE NECESSITY for true skating development. This information must be well imbedded in the sub-conscious memory much like the alphabet song, mathematics tables, etc. This list of exercises will help young players set a NECESSARY range of motion, and develop those NECESSARY connections.

All exercises are done without skates walking approximately 20 feet each time. **Five minutes EVERY DAY for FOUR WEEKS, is necessary for permanent results . Make a one-month calendar, place it on fridge, complete and have your son or daughter check off each day in the morning before breakfast.** Extend time frames on those exercises that require more effort.

1. Turn toes IN equally, knees straight, walk BACKWARD across the room 2 times.
2. Turn toes IN equally, knees straight, walk FORWARD across the room 2 times.
3. Turn toes OUT equally, knees straight, walk BACKWARD across the room 2 times.
4. Turn toes OUT equally, knees straight, walk FORWARD across the room 2 times.
5. Repeat #2 & 4 with knees well bent.
6. Turn toes OUT, slightly bend knees, walk sideways, first go left, then go right.
7. Turn toes OUT, slightly bend knees, walk sideways in a 7-8 foot circle. Three circles each way.
8. Hold arms straight out in front, lift knees and touch arms alternating left then right 20 times. Add 10 more each week, age 7 or above.
9. Questions? Call Coach David Randall at the number below.