


RECOVER · PILLAR SERIES

# STRETCHING, MOBILITY & SOFT TISSUE WORK

If your warm-up sounds like a bowl of Rice Krispies, it might be time for some mobility work.

Athletes chase strength, speed, and conditioning – but movement quality is the most overlooked piece of development. It doesn't matter how strong you are if you can't move efficiently enough to express that strength on the ice.

## 01 MOBILITY ≠ FLEXIBILITY

Flexibility is your ability to passively move through a range of motion. Mobility is moving through that range with strength, control, and coordination. Hockey players don't need the splits – they need enough movement in the right places to skate efficiently, produce power, and stay injury-resistant. Get the mobility you need, then maintain it.

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## 02 DYNAMIC VS. STATIC STRETCHING

**Dynamic stretching** – controlled, movement-based drills that raise body temperature, activate the nervous system, and increase range of motion. The gold standard before practices, workouts, and games.

**Static stretching** – holding a stretch. It builds flexibility long term, but can temporarily reduce strength, power, and explosiveness. Save it for after training, after games, or recovery days.

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## 03 THE HOCKEY PRIORITY LIST

More mobility isn't always better – you need enough to perform, not gymnast-level flexibility. Limited on time? Focus where it matters most:

- **Ankles** – better skating position and stride mechanics
- **Hips** – more power and deeper skating posture
- **Groins (adductors)** – injury prevention and lateral movement
- **Thoracic spine** – posture, shooting, and shoulder health

Just 5–10 minutes of focused work a few times per week makes a real difference in how you move and feel on the ice.

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## 04 THE "BIG 8" ROUTINE (5–10 MIN)

1. Knee-to-wall ankle rocks × 10/side
2. 90/90 hip rotations × 8/side
3. Adductor rockbacks × 10/side
4. World's greatest stretch × 5/side
5. Open books × 8/side
6. Foam roller t-spine extensions × 10
7. Cossack squats × 8/side
8. Deep squat hold × 60 seconds

> **Why these 8** They target the four areas that get stiffest in hockey players – so you skate more efficiently, recover better, and stay healthy all season.

TESTIFY TAKEAWAY

## MOVE WELL ENOUGH TO FULLY EXPRESS YOUR STRENGTH, SPEED, AND ATHLETICISM.

Mobility isn't magic, but the athletes who move well skate better, train harder, recover faster, and stay healthier long term. In hockey, movement quality may be the foundation everything else is built on.