

## Off Ice Warm Up Plan

### **Dynamic**

- Short jog
- High knees
- Bum kicks
- Skipping H's
- Open the gate
- Close the gate
- Grapevine
- Walking lunges- forwards and backwards
- Sumo squats- push shoulder towards opposite knee
- Inchworms
- Arm circles
- Shoulder rolls

### **Skating Specific**

- Rotation jumping (4 of each)
  - $\frac{1}{4}$ ,  $\frac{1}{2}$ ,  $\frac{3}{4}$ , 1, 2
  - Landing position on last one of each
- Skating jumps (3-5 of each)
  - Waltz, salchow, toe, loop, flip, lutz, axel, doubles
  - Combinations
- Static spin positions
  - One foot, back spin, sit spin, camel spin, variation spins, combo spin
- Spirals
  - Both feet
  - Backwards and forwards
- Program walk through on floor

### **Mental**

- Visualize program on ice
- Listen to music and visualize
- Program run-throughs

*\*\*Individualized warm up activities can be added to this list, it is not all inclusive*