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**PRE-GAME ROUTINE**

**-All Players are to be in the dressing room 1 hour prior to warmup.**

**60-50 MinsBefore Warm Up**

Enter the rink and start thinking about the game. Leave all outside distractions at the door. This is the time where you can put on shorts, running shoes, etc. Tape your sticks and organize your equipment.

**50-40 MinsBefore Warm up**

Coaches will meet with individual players and lines to discuss game plans and prepare for the game. All players should be focusing on what they are going to do to help the team win.

**40-20 MinsBefore Warm Up**

ALL players will take part in pre-game run and stretch. Players should be working on keeping a light sweat and getting their heart rate up. Proper stretching is a must. Players can work with soccer ball, tennis balls, etc. Your mind is only focused on the game at this point.

**20-5 MinsBefore Warm Up**

Players will return to the dressing room and get dressed for the game. Your mind is 100% focused on the task at hand. What do you have to do in order to be successful as an individual and as a team

**5 MinsBefore Warm Up**

Music is shut off. Coaches will have the floor. Players will have a minute or two to completely focus and visualize before the team gets together and raises the intensity level before hitting the ice hard for warm up.