

# STRETCHING

“Flexibility” refers to the range of motion of a joint or series of joints. Improved flexibility not only can increase speed and reduce the chances and incidents of injury, but the better a goaltender can contort, the better he can “close holes,” get his “pads down,” or “scramble” when necessary, to make that big unbelievable save.

In other words, flexibility is not only good for your body, it’s good for your game. While there are a multitude of reasons why a goaltender has success, very few can excel without quality lower-body flexibility.

With work, anyone’s flexibility can be improved. Below are some examples of flexibility exercises that can be done alone, with a partner, or with a “flexibility band.”



Flexibility of the hips, groin and back are developed in individual exercises.



Here, pressure is applied to help stretch the hamstrings, quads, and lower back.



Elevate the legs to improve hamstring and groin flexibility.



These photos show how a “band” is used to improve flexibility in various exercises.



In this exercise, the hip is “pulled and rotated” to improve hip flexibility.



The two-person exercise allows the goalie to stretch “beyond his means.” Here, the helper applies slight pressure to assist with the flexibility of the goalies hips and groin.