

## **Off – Ice Warm Up**

Jogging  
High knees  
Butt kicks  
Karaoke  
Side shuffle (with arms)  
h – skips  
Lunges  
Jumping Jacks  
Backward jogging  
Front kicks  
Spirals  
Skipping  
Arm circles  
Ankle bounces  
Ankle clicks  
Half turns each direction  
Full turns each direction  
Hop, hop, landing position  
Balance in h-position  
Balance in landing position  
Practice jumps in solo  
Walk through solo  
Looking at the ice, map out solo