

WARM UP

Before athletes can start an activity, they need to efficiently transition their bodies from a resting state to an active state. The most efficient way to do this is through a graded series of warm-up of warm-up exercises; these exercises will involve dynamic movements that eventually replicate both the speed and range of motion of the upcoming activity. The warm-up is an integral part of preparing both the mind and body for upcoming physical activity.

- Warm-up exercises should begin with low-intensity activity such as brisk walking or jogging
- Exercises should gradually build up intensity, be sport specific, and should be within the athletes' capabilities
- The type of activities done in warm-up exercises should involve the major muscle groups that will be used in the upcoming sporting activity
 - o This will increase heat throughout the body and reduce the risk of tearing or straining muscles by increasing suppleness
- Athletes must ensure that heat is not lost after warm-up. This can be achieved by wearing warm clothes or performing gentle movements.

The warm-up should involve the following 4 phases:

1. Mental Preparation Phase
2. Basic Aerobic Phase
3. Dynamic Stretch Phase
4. Game-Specific Activities

COOL DOWN

Why should you cool down?

- To bring heart rate and breathing back down
- Remove waste products that built up during exercise (e.g. Lactic Acid)
- Reduce muscle soreness and possible stiffness
- Prepare body for next sporting game

How to Cool Down

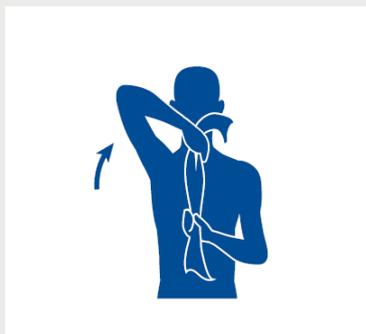
A cool down should occur as soon as possible after the physical activity has occur. It should last around 5-10 minutes and consist of low intensity exercise, focusing on returning the breathing back to pre-game rate. This should be followed up full body static stretching and foam rolling (optional).

Prevention of Injuries

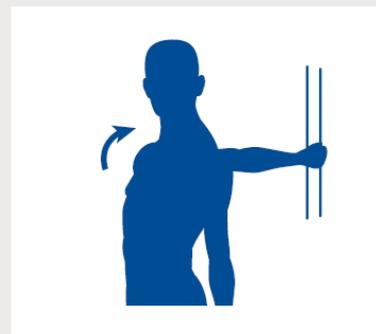
Full Body Stretches – Hold for 10 – 30 seconds



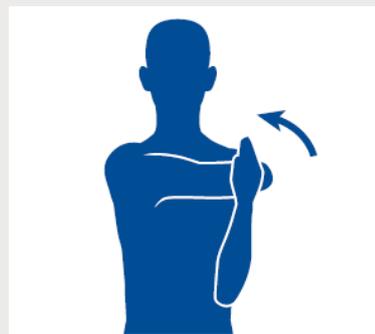
Triceps Stretch



Shoulder Rotation Stretch



Pectoral Stretch



Supraspinatus Stretch



Adductor Stretch



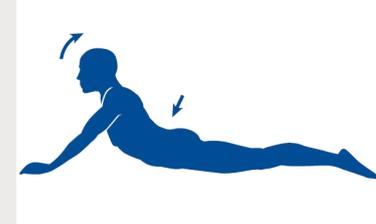
Hamstring Stretch



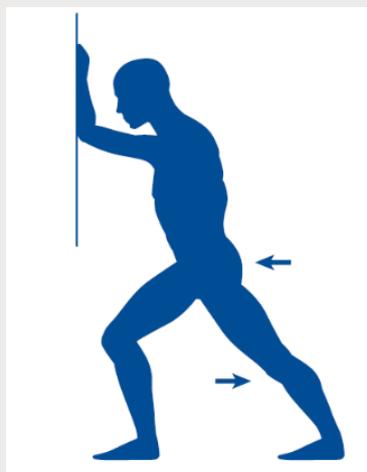
Lumbar Stretch



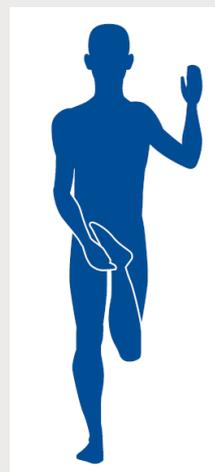
Gluteal and Lumbar Rotation Stretch



Abdominal Stretch



Gastrocnemius Stretch



Quadriceps Stretch