



BEST PRACTICE WARM-UP & COOL DOWN



Warm-up

To guard against injury and prepare the body for activity:

- Heat the body, particularly the deep parts like muscles and around the joints.
- Stretch muscles and tendons.
- Prepares players both mentally & physically for what is about to follow.

When?

Before all forms of sport activity. No matter how brief or gentle the activity as injury can occur.

Guidelines

Basic guidelines for a warm-up:

- Use a whole body warm-up that raises the temperature and stretches all the muscles and connective tissue.
- Work from the ankles up: ankles lower legs, hamstrings, quadriceps, Hips & flexors, gluteus, lower torso, upper back, neck and shoulders.
- This should be activity related so practice is achieved simultaneously.
- Use a suitable combination of intensity and duration but without fatigue.
- Make warm-ups interesting yet safe.
- Avoid a time lag between warm-up and sporting activity.

What exercises to include?

- General stretching and bending before some light jogging, high knees kick ups etc.
- Stretching starting slowly holding for 8seconds and then 15. **No bouncing.**
- Simulation exercises as in practice drills, passing, running with the ball etc)

Remember different age groups will need different durations and combinations depending on pubescent development and growth spurts etc.

Cool downs:

It is equally important to cool down following exertion as to stop suddenly can often cause problems. When the activity period is over, it is important to stretch down and slow down the activity because there will be a build up of lactic acid in the muscles and this can lead to aches etc so a proper cool down can release this by flushing with fresh oxygenated blood. Stretches should be held for 20 seconds.

Finally a shower or bath will facilitate a full recovery unless a soft tissue injury has occurred when the need for further medical advice may be needed. So a cool down should include jogging, stretching, shaking of the limbs and walking.