

Cool Down Stretches to Comfort Level – 5 Minutes

The purpose of a Static cool down stretch is to lengthen muscles that have shortened due to exercise, decrease delayed on-set muscle soreness (DOMS), return muscles back to a relaxed state and increase mobility.

HOLD ON THE FENCE AS NEEDED FOR BALANCE* Only do what can safely be completed- NO INJURIES!!

1. Achilles stretch – Lean forward with one foot forward with knee bent over ankle and other foot back with straight leg. Press straight leg heel to toward the ground. Hold for 30 seconds. Then . . .
2. Hamstring stretch – Switch weight back, straightening front leg, bringing toes up and bending at hips with flat back and reach for front toe. Hold for 30 seconds. *Switch to opposite legs; repeating 1. and 2.
3. Back stretch – a. Hands to the small of the back. Fingers pointing down. Press hips forward as you lean back. Keep your eyes on a focal point for balance. Hold for 15 seconds, 2 times.
b. Hands on thighs. Slide hands down thighs as you bend forward with a flat back. Tighten belly as you inhale up to standing posture. Repeat 3 times.
4. Arms and Shoulders - Lift right arm across body, hold with left hand above elbow for 30 seconds; and switch arms. Clasp hands behind your back and gently lift. Hold for 30 seconds.

5. Shoulders – Wing and a Prayer – start with hands together at sternum and open to winged posture as shoulder blades are retracted. Hold 15 seconds and repeat.

6. Neck – Ear to shoulder neck stretches with assist from hand. 10-30 seconds on each side. Chin to shoulder, 10-30 seconds each side. Neck retraction Pull chin back. Hold 5 seconds and relax. Do 6x. Stay relaxed and gentle with all neck stretches.

Encourage students to listen to their own bodies for other areas needing stretch and drink water after play.