

Warm Ups, Cool Downs and Recovery

Warm Up

1. The Importance of Warm Up

Injury Prevention

What does your sport demand from the body?

To prepare the body/ athlete for the session or match that is planned

Physical and Mental preparation

2. What Type of Stretching to do in the Warm Up?

Dynamic

Do them early before you start to build up the intensity

3. How it Minimise Injuries esp soft tissue

increased

- blood flow
- muscle activation
- proprioception
- alertness

athlete's body is prepared for the intensity and demands of the session

Cool Down and Recovery

the recovery process and preparation for the next session

4. Active cool down

low intensity aerobic sport specific activity 5 – 10 minutes

5. What are the Stretches for Cool Downs

Static – do all muscle groups for upper body and lower

Start re-hydrating.

6. Benefits Recovery

Injury Prevention

Increased recovery rate by allowing waste products to be flushed out by constricting blood vessels

Muscle Re-activation

Increase blood flow to improve circulation and speed up healing

Improve the soft tissue performance

Reduces fatigue

Can continue to build on previous conditioning and training

7. How to Do a on the Pitch Recovery Session (esp if you do not have access to ice baths etc)

foam rollers, stretchbands, massage balls

light jogging and sport specific movement

Hot/ Cold Showers – contrasts

8. How to Do an Ice Bath

12-15 deg

8min in bath

Ideally immediately after game or conditioning session followed by warm shower

9. Food and Hydration are Equally Important

Sport drinks and Protein shakes/Bars

High GI foods- sandwiches/rolls

Drinks high in Carbohydrates and Protein such Up n Go and Big M's to replenish energy

10. Heat or ice? What do I do?

RICE until they consult a physio

20min evry 2hrs without direct contact to the skin - ice burn