

Cool-down #3

Gross motor movements:

- Court sprints at 75% of MHR, 1 minute.
- Jogging, 1 lap of court.
- Lunges while walking, 2 laps of court.

Stretches:

- Proprioceptive neuromuscular facilitation

- *Hamstrings.*
 - Person 'A' raises leg to maximum height. Person 'B' holds leg, resists pressure applied by person 'A'.
- *Quadriceps.*
 - Person 'A' lies prone on floor. Person 'B' straddles person 'A', facing towards the feet. Person 'A' bends nearest knee upwards, person 'B' pushes foot downwards, person 'A' resists.
- *Lats, deltoids, pecs.*
 - Person 'A' places arms back, behind shoulders. Person 'B' applies pressure, resisting person 'A'.

- Ballistic stretching

- *Hamstrings.*
 - Swing leg backwards & forwards through full range of movement.
- *Lower back, hamstrings.*
 - Alternating toe touches, rising after each touch.

- Static stretching

- Ankles.
- Achilles tendon.
- Soleus.
- Gastrocnemius.
- Quadriceps.
- Hamstrings.
- Abductors.
- Hip flexors.
- Lower back.
- Pecs.
- Lats.
- Obliques.
- Deltoids.
- Biceps.
- Triceps.
- Trapezius.

All stretches should be held for 20 seconds & repeated twice. Bouncing should be avoided, as it can lead to injury. Stretches should not cause pain. Left & right sides should be stretched evenly.