

COUNTY COACHING

TIPS

EXERCISES

Stretching & warming up plays a vital role in injury prevention, mental preparedness and skill performance.

At higher body temperatures:

- The range of movement of joints is increased
- The nervous system functions more efficiently
- There is less risk of injury to muscles or joints
- The muscle power output improves (10-15% per 1°C body temp rise)
- There is less tremor in a warm muscle
- Skill improves (providing there is a good skill base to start with)

SHOULDER STRETCH 1

Arms above head with right fingers locked under left fingers; stretch upward & hold for 10secs x 5 repetitions; change hands and repeat.

SHOULDER STRETCH 2

Help left elbow (parallel to the floor) across the chest with right hand (left hand over right shoulder); slowly stretch and hold for 10secs x 5 reps; change elbows and repeat.

SHORT ARCS

Hands on shoulders; rotate arms in forward motion with elbows touching; 10 circles; reverse direction for 10 circles.

BIG ARCS

Individual arm circles for 10 rotations forward, 10 backwards, for each arm.

HAMSTRING

Place right palm on right thigh; bending the trunk sideways slide palm along the side of leg down past the outside of the knee and as far as comfortable; the hamstring on your left leg should begin to tighten. Hold to a count of 5 with 10 repetitions. Repeat with left palm on left thigh.

JOGGING ON THE SPOT (optional)

Arms kept loosely at sides and flicking wrists and fingers, jog on the spot for 30secs. It shouldn't be a vigorous jog, but enough to get your circulation going.

**ALL MOVEMENTS MUST BE SMOOTH
NEVER BOUNCE OR JERK A STRETCHING EXERCISE**