

CHAPTER 17: COOL DOWN & STATIC STRETCHING

The cool down and static stretching drills included in this chapter are effective for athletes of all ages and skill levels. Each drill should be performed for ten to twenty seconds per rep. A single rep of each drill can be executed, or multiple reps.

Proper cool down and static stretching at the end of a training session holds benefits beyond gains in flexibility; these drills also speed muscle recovery. Flexibility is a key component in athleticism and injury prevention.

#158 Cool Down & Static Stretching Drill 1: Standing Straddle Left, Right & Middle

PURPOSE: The Standing Straddle stretch loosens the hamstrings and glutes.

SET-UP: The athlete will split their legs into a straight legged straddle. In succession, they will bend at the waste and extend their arms to their right foot, left foot and down the middle of their body while reaching as far down as possible.



#159 Cool Down & Static Stretching Drill 2: Single Arm Across Chest

PURPOSE: The Single Arm Across Chest stretch loosens the deltoid and upper back.

SET-UP: While standing, the athlete will pull one arm across their chest using the opposite arm to hold it tight to the body. Raising or lowering the angle of the arm being stretched can slightly change the part of the deltoid being stretched.



#160 Cool Down & Static Stretching Drill 3: Overhead Triceps

PURPOSE: The Overhead Triceps stretch loosens the triceps.

SET-UP: While standing, the athlete will extend one arm above their head then bend their elbow and reach their palm to the center of their back. At the same time the opposite arm will gently push the elbow of the raised arm backward.



#161 Cool Down & Static Stretching Drill 4: Lateral Lunge

PURPOSE: The Lateral Lunge stretch loosens the groin and hip flexors.

SET-UP: While standing in a straddle position, the athlete will lunge laterally to the right and then the left.



#162 Cool Down & Static Stretching Drill 5: Deep Squat

PURPOSE: The Deep Squat stretch loosens multiple lower body muscles and joints.

SET-UP: While standing, the athlete will execute and deep squat and hold the position.



#163 Cool Down & Static Stretching Drill 6: Runners Stretch

PURPOSE: The Runners Stretch loosens multiple lower body muscles and joints.

SET-UP: From a push-up position, the athlete will extend one leg as far forward in front of their body as possible. While doing this, they will push their pelvis toward the floor. The stretch should be performed with both the right and left leg forward.



#164 Cool Down & Static Stretching Drill 7: Butterfly

PURPOSE: The Butterfly stretch loosens the hip flexors.

SET-UP: While seated, the athlete will pull heels to their groin and use their hands to assist in holding the position. At the same time, the athlete will use their elbows to push their knees toward the ground.



#165 Cool Down & Static Stretching Drill 8: Seated Hamstring

PURPOSE: The Seated Hamstring stretch loosens the hamstrings and low back.

SET-UP: While seated, the athlete will extend one leg and pull the heel of the other leg to their groin. Next, the athlete will extend their arms above their head then bend at the waist and reach their extended arms toward their toes. Emphasis should be placed on keeping the extended leg straight and not bending the knee.



#166 Cool Down & Static Stretching Drill 9: Trunk Stretch

PURPOSE: The Trunk Stretch loosens the muscles of the lower back.

SET-UP: While seated, the athlete will extend one leg. At the same time, they will bend the other leg and place the foot of their bent-leg over the top of the extended leg. Next, the athlete will rotate their trunk toward the bent leg and use the trailing arm for leverage by reaching the elbow across the knee. By pushing against their knee the athlete can maximize their rotation and stretch.

