

# COOL-DOWN GUIDE



## FLOORBALL

***Special  
Olympics***





# Special Olympics **Health**

MADE  
POSSIBLE BY **Golisano** FOUNDATION

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# Cool-Down Directions

When your training, practice or sport session is complete, you should always cool-down. A good cool-down allows your body to gradually return to a state of rest.

A typical cool-down includes:

1. Light aerobic activity
2. Static stretching

The aerobic activity in a cool-down should decrease in intensity. It could be a light jog, moving into a brisk walk and finally ending to a slow walk.

After you complete the light aerobic activity, you will want to stretch. Stretching for flexibility is very effective in the cool-down.

## HOW TO USE THIS GUIDE

- Hold each stretch for **at least 30 seconds**.
- **Stretch both sides** – if you stretch your right shoulder muscle, stretch the left!
- Stretches should be performed to **mild discomfort**, but should not be painful.

# Sample Cool-Down

## LIGHT AEROBIC ACTIVITY

The light aerobic activity in a cool-down should decrease in intensity. It could be a light jog, moving into a brisk walk and finally ending to a slow walk.

## STATIC STRETCHES

Unlike dynamic stretches, static stretches consist of one position that is held in place. If you don't have enough time, select a few that focus on the different muscles used in your sport:

- Butterfly Stretch
- Calf Stretch
- Hamstring Stretch
- Kneeling Hip Stretch
- Modified Hurdler's Stretch
- Quadriceps Stretch
- Seated Rotation Stretch
- Shoulder Rotation Stretch





# Butterfly Stretch

## DIRECTIONS

- Sit on the ground with the bottoms of your feet touching each other.
- Let your knees fall toward the floor. Your feet should be close to your body.
- Sit tall and lean forward over your feet.
- You should feel a stretch in your groin.



# Calf Stretch



## DIRECTIONS

- Stand facing a wall. Put your hands against the wall at shoulder height.
- Put one foot in front of the other.
- Bend your elbows and lean in toward the wall. You will feel a stretch in your calves.
- Keep your knee straight and your hips forward. Make sure your heel stays on the ground.
- Switch your feet and repeat the stretch.

# Hamstring Stretch

## DIRECTIONS

- Stand tall with your left foot a few inches in front of your right foot. Lift your left toes.
- Bend your right knee slightly and lean your body forward.
- Reach for your left toes with your left hand. Keep your right hand on top of your right thigh for balance and support.
- You should feel a stretch in the back of your left leg.
- Repeat the stretch with your right leg forward.

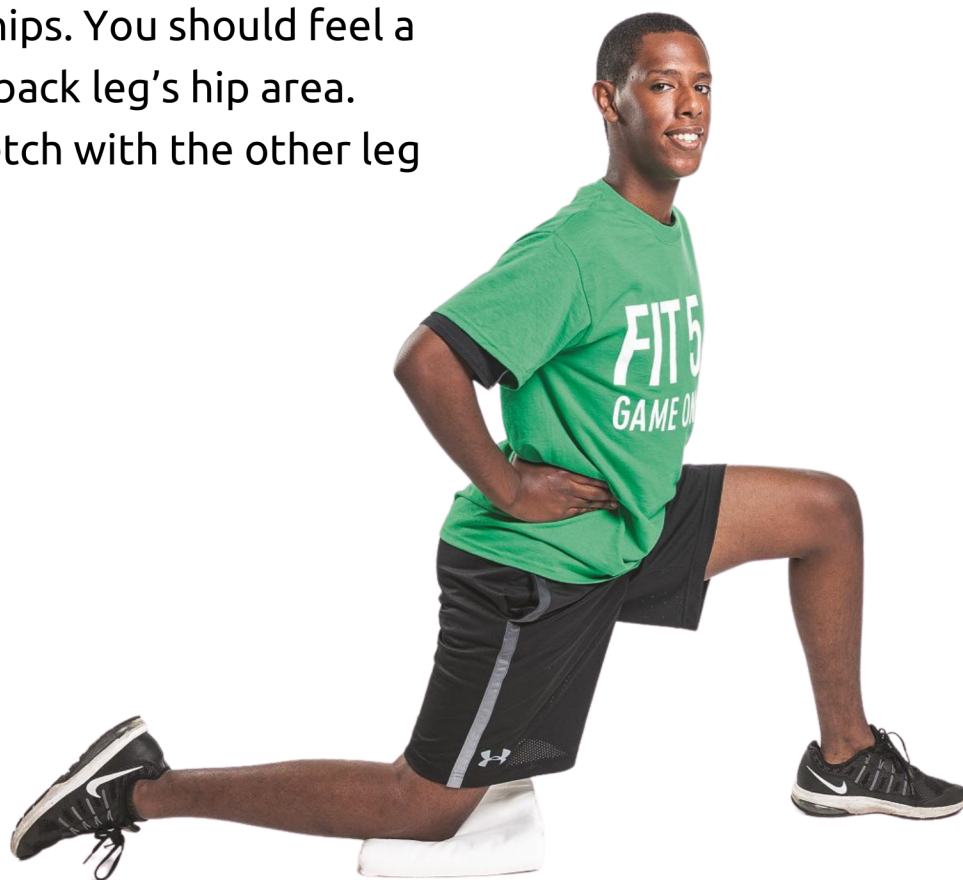
**NOTE:** You can also do this stretch kneeling on the ground.



# Kneeling Hip Stretch

## DIRECTIONS

- Kneel on the ground.
- Take one big step forward. Bend your front leg.
- Push your hips forward and put your hands on your hips. You should feel a stretch in your back leg's hip area.
- Repeat the stretch with the other leg in front.





# Modified Hurdler's Stretch

## DIRECTIONS

- Sit on the floor with your left leg straight out in front of you.
- Bend your right leg. Place the bottom of your right foot on the inside of your left knee. Let your right knee fall towards the floor.
- Keep your back straight. Bend your hips toward your left knee and reach toward your left foot. You should feel a stretch in the back of your left leg and the inside of your right hip.
- Repeat this stretch with your right leg straight and your left leg bent.



# Quadriceps Stretch

## DIRECTIONS

- Stand up tall and shift your weight to your right leg.
- Lift your left foot and hold it with your left hand. You may put your right hand on a stable surface, like the back of a chair or wall, to help you balance.
- Pull your left foot toward your body until you feel a stretch in the front of your left leg.
- Switch legs and repeat the stretch on your right leg.

**NOTE:** You can also do this stretch laying down.



# Seated Rotation Stretch

## DIRECTIONS

- Sit tall on the floor with your legs straight out in front of you.
- Cross your right leg over your left leg. Put your right foot on the floor close to your left knee.
- Turn your upper body towards your right side. Use your right arm to help you sit tall. Use your left arm against your right leg to help you twist. You should feel a stretch in your hip and the side of your back.
- Switch sides and repeat the stretch.



# Shoulder Rotation Stretch



## DIRECTIONS

- Stand or sit tall.
- Put your right arm next to your ear. Bend your elbow and reach your hand down as far as you can on your back.
- Now reach your left arm behind your back. Bend your elbow and reach your left hand as high up on your back as you can.
- You should feel a stretch in both shoulders.
- Repeat the stretch with your left arm next to you.





# Benefits of a Cool-Down

It is just as important to have a good cool-down as it is to have a good warm-up. A good cool-down **allows the body to gradually return to a state of rest.**

## Physical and Mental Benefits

- Decrease heart rate
- Decrease breathing rate
- Decrease body and muscle temperature
- Returns rate of blood flow from the active muscles to resting level
- Decrease muscle soreness
- Improve flexibility
- Increases the rate of recovery from exercise
- Promote relaxation

