

# COOL-DOWN GUIDE



## NETBALL

***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
- Cross Arm Shoulder Stretch
- Knee to Chest
- Quadriceps Stretch
- Side Stretch
- Triceps Stretch
- Wrist Flexion and Extension



# 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.

# Cross Arm Shoulder Stretch

## DIRECTIONS

- Cross your left arm across your chest with your elbow slightly bent. Make sure to keep your left shoulder down away from your ear.
- Place your right hand on the back of your left arm just above the elbow. Pull your left arm in toward your chest until you feel a stretch. Repeat with your right arm.



# Knee to Chest

## DIRECTIONS

- Lie on your back with your legs straight.
- Bring your right knee toward your chest.
- Wrap your hands underneath your knee. Pull your leg closer to your body until you feel a stretch in the back of your right thigh.
- Repeat the stretch on your left leg.



# 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.





# Side Stretch



## DIRECTIONS

- Stand tall with your feet a little wider than your hips.
- Bring your left arm up so that it is close to your ear.
- Bend sideways at your waist toward your right side. Keep your arm next to your ear the whole time. You should feel a stretch in the left side of your torso.
- Repeat with your right arm up and your left side bent.



# Triceps Stretch

## DIRECTIONS

- Stand or sit tall with your left arm by your ear. Bend your elbow so that your hand touches your back.
- Reach over your head with your right arm. Grab your left elbow with your right hand. Pull your left arm even closer to your ear. You should feel a stretch in your upper left arm.
- Repeat the stretch with your right arm by your ear and your left arm grabbing your right elbow.



# Wrist Flexion & Extension



FLEXION

## DIRECTIONS

- Sit or stand with your head up and looking forward.
- **Extension:** Turn your palm towards the ground. Use the other hand to pull your hand down toward the ground.
- **Flexion:** Turn your palm face up toward the ceiling. Use the other hand to pull your fingers back toward the ground.
- Switch arms and repeat both stretches.



EXTENSION

# 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