Injury Prevention Tips

1. Stretching:
   a. Always warm up for about 3-5 minutes prior to stretching (jog/play tag, etc..)
   b. Dynamic stretching first:
      i. Inch worm
      ii. Spiderman
      iii. Frankenstein’s
      iv. Butt kicks
      v. TAPS (30 sec x 2)
   c. Static stretching at the end of practice for problem areas: (always hold for 30 sec.)
      i. Hamstrings – figure 4– keep back of knee on the ground – switch legs
      ii. Hip flexors – forward lunge and hold – switch legs
      iii. Quadriceps – grab laces and pull leg back – switch legs
      iv. Sleeper

2. Core strengthening: Core is the entire torso and hips – it connects the arms and the legs and
   coordination involves activating the core. “You can’t fire a cannon from a canoe”– this gives
   your stable base of support.
   a. Prone planks – 15-30 sec (add reach and kicks for increased intensity)
   b. Side plank – 15-20 sec (side lifts for the elem school aged)
   c. Bridging – with kicks (alternating Straight leg raises)
   d. Dead bugs
   e. Prone rows – 1x20

The one thing you can control in sports is your ATTITUDE – preparing your body for sport
takes focus and determination.