

## 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.**