

Sport Specific Stretching

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Why stretch?? Sport specific stretching is crucial to enhancing overall student-athlete performance and minimizing injuries. Implementing proper stretching technique during practice and before events will

- Increase flexibility/range of motion
- Increase balance/coordination relative to specific sports
- Lower risk of injury
- Reduce/relieve soreness

When should you stretch?

- Dynamic stretches are most effective at the beginning of practice
- Static stretches are utilized to fullest effect when the body is already warm as a cooldown at the end of practice or at the end of a light aerobic warmup

Tips

- Stretching shouldn't hurt! If you feel actual pain vs mild discomfort, stop the stretch
- Breathing into a stretch is a key component to enhancing and increasing flexibility- always remind student athletes not to hold their breath
- Ideally stretches would be held for 8-10 seconds
- Both sides of the body should be stretched equally regardless of which side is dominant
- The idea behind implementing a stretch sequence is to enhance each student athlete's performance, conditioning, and flexibility - every athlete is built differently and will have different range of motion.

Types of Stretches

Groin



Hamstring



Hip flexors



Quads



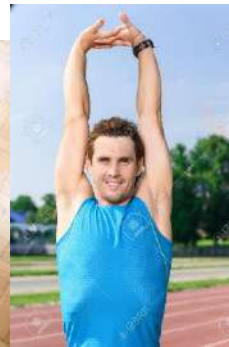
Calves



Glutes



Shoulder/chest openers



Lower back



Side stretches/obliques

