

Effective use of warm up and cool down



UNTAMED
EDUCATION

1.3.6 Physical training

Warm Up

Compression Garments

Stretching

Eat

Skill

Effective use of warm up and cool down

Mental Rehearsal

Water

Rest

Cool Down

Plunge Pools



Effective use of warm up and cool down

1. Warm up

1. **Pulse raising** exercise - increase the heart rate and oxygen supply gradually.
2. **Stretching**.
3. **Skill** based practices/familiarisation - Practise the skills you will use in the activity.
4. **Mental rehearsal** - visualisation of performance and desired outcome.



2. Benefits of warming up

There are a number of benefits to warming up:

- ▶ Increases **blood** and **oxygen** flow to the muscles.
- ▶ Body temperature increased.
- ▶ **Prevention** of injury.
- ▶ **Psychological** preparation for activities.
- ▶ Increases muscle **flexibility** and warms the muscles.
- ▶ Range of **movement** increases.
- ▶ **Rehearsal** of the skills through full range of movement.
- ▶ Helps improve performance.



3. Cool down

- ▶ Cool Down - Maintain elevated breathing with **light exercise** and **stretch thoroughly** to aid recovery by:
- ▶ Preventing soreness/delayed onset of muscle fatigue (DOMS).
- ▶ Clearing lactic acid and other waste products.

Players can also do a number of other activities to aid recovery.

- ▶ **Eat** - This replaces energy used in exercise.





Effective use of warm up and cool down

- ▶ **Drink water** - Rehydrates the body after losing fluids through sweating.
- ▶ **Rest** - Allows the muscles to repair themselves.
- ▶ **Plunge pools of ice-cold water** - Reduce muscle swelling and tears.
- ▶ **Compression garments** - Reduce swelling.