

Post-Game Cool-Down: Static Stretches and Recovery Tips

Static Stretches

- Hamstring Stretch: Sit with one leg extended and reach toward your toes. Hold for 20 seconds per leg.
- Quad Stretch: Stand and pull one foot toward your glutes, keeping your knees together. Hold for 20 seconds per leg.
- Shoulder Stretch: Bring one arm across your chest and hold with the opposite hand for 20 seconds per side.

Recovery Tips

- Hydrate: Drink water or an electrolyte drink to replenish fluids.
- Relaxation Breathing: Take slow, deep breaths to lower your heart rate.
- Foam Rolling: Use a foam roller to massage tight muscles and improve circulation.