

FITNESS AT PRACTICE

WE HIGHLY RECOMMEND THESE COMPONENTS IN EVERY SPORTS PRACTICE.

1

WARM-UP

**5-10 MINUTES OF DYNAMIC STRETCHES
DYNAMIC STRETCHES ARE MOVEMENTS THAT GO
THROUGH A FULL RANGE OF MOTION**

2

COOL-DOWN

**5-10 MINUTES WITH STATIC STRETCHES AT THE
END OF PRACTICE
STATIC STRETCHES ARE HELD IN A STILL POSITION**

3

WATER BREAKS

EVERY 15-20 MINUTES

4

ACTIVE PRACTICE

**INCLUDE DRILLS AND GAMES THAT KEEP
ATHLETES CONSISTENTLY ENGAGED AND
MOVING**

5

HEALTHY FOODS

**ENCOURAGED AT TEAM FUNCTIONS, INCLUDING
FIELD OF PLAY**

NEED MORE INFO?

VISIT THE FITNESS FOR COACHES RESOURCE PAGE

**[HTTPS://RESOURCES.SPECIALOLYMPICS.ORG/HEALTH/FITNESS/
FITNESS-FOR-SPORTS-COACHES](https://resources.specialolympics.org/health/fitness/fitness-for-sports-coaches)**



Have questions or want additional information?

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