

Claremont Development – Pre & Post Game Recovery



Pre Game Preparation:

Getting you prepared for the game/training session ahead.

Do's:

- Dynamic Stretching
- Foam Roller Work
- Balance Exercises
- Static stretching (complete this at least more than 1 hour out from a game/training)
- Ball Skills/Hand-eye work

Don't:

- Static stretch less 30 minutes out from a game
- Hide injuries/niggles
- Become stationary

Dynamic Stretches:

Leg Swings Backwards, Forwards, and Side-to-Side

Standing Leg Cycling

High Knees with Heels up

'Opening & Closing the Gate'

Lunge & Rotate

Caterpillar Walks

Straight Leg Drives

Grape Vine

Single Leg (Romanian) Deadlifts

Squat & Shuffle

Balance Exercises:

Single Legged Handballing

Single Leg Hops

Single Leg Kicking

Lateral Bounding

Post Game (Immediately)

- Static stretching
- Cold Water Immersion (Ice Baths) 8 - 12 degrees for 3-5 minutes, then out for 3-5 minutes. Repeat.

Post Game (24-48 hours)

- Pool/Beach the morning after a game. Immerse yourself up to chest height. Spend 10 minutes total submerged. Wade through the water, get some movement.
- Active recovery. Very light (50% intensity) running/walking.
- **SLEEP**
- **Nutrition**
- Avoid alcohol.