

WARM - UP

WHY WARM UP?

The objectives of the warm-up are to:

1. Increase the core body temperature so the player is sweating.
2. Actively stretch all muscles necessary for playing lacrosse.
3. Enhance the ability of the muscles to use oxygen (endurance).
4. Activate as many of the muscle fibres as possible (strength).
5. Increase the range of motion about all joints (flexibility).
6. Mentally prepare the players for practices and games.
7. Create a positive team atmosphere.
8. Create a feeling of readiness for every phase of the game or practice.

A warm up includes the following components:

1. Circulation
2. Stretching
3. Body & Mind

Circulation

The goal of this period of the warm up is to increase circulation and to raise the heart rate.

Progression from a slow jog to a slow run for 6-8 minutes. Incorporate as many body parts as possible by including cradling a ball or switching hands while doing laps. Throwing the ball against the boards or playing throw and catch will warm body up for activity, and move joints through range of motion.

Stretching

Stretching is important before activity to increase fluid within the joints, increase range of motion within the joint, prepares body for activity, and reduces chance of injury in a properly warmed up joint.

There are four different types of stretching techniques:

1. **Static Stretching** – holding a stretch position for a period of time with little or no movement. It is the safest form of stretching and is most appropriate to be done at the end of a workout session.
2. **Dynamic Stretching** – involves flexibility during sport-specific movement, the joint is moved through the entire range of motion.
3. **Ballistic Stretching** – involves a bouncing-type stretch. Can lead to injury and muscle soreness if not performed correctly.
4. **Active Stretching** – occurs when the person stretching supplies the force of the stretch.

In the past, static stretching has been performed before activity but recently the popularity of dynamic stretching has increased as a more applicable type of stretching to do before activity. Dynamic stretching moves the joint through its range of motion, which functionally is more appropriate. Additionally, it has been shown that dynamic stretching can actually improve muscle performance and power when used as part of a warm up program.

This sample stretching routine can be done on the floor, but could be adapted to be performed off the floor and needs about 10 yards of space. Having athletes lined up on one side of the boards and moving to the other (~25m), or lining up on the crease line and moving to the centre line (~22m) are both appropriate on-floor distances.

DYNAMIC STRETCHES

Lunges with Twist

Purpose:

- Warms up – hip flexors, quads, low back/ core, general warm up

Technique:

- With stick on shoulders, athletes perform slow lunges and twist upper body towards front leg.

Prescription:

- Perform as many as possible to ½ way distance between the boards, then light jog to the other side boards.



Walking on Heels/Walking on Toes

Purpose:

- Warms up – ankles, calves, shins

Technique:

- Walking with normal stride length but keeping toes off the ground – walking only on heels.
- Then with normal stride length but keeping heels off the ground – walking only on toes.

Prescription:

- Perform heel walk to ½ way distance between the boards, then switch to walking on toes only, until the other side.

High Knees

Purpose:

- Warms up – hip extensors, glutes, hamstrings

Technique:

- With each walking stride lift knee as high as possible towards the chest.

Prescription:

- Perform at slow walking speed to ½ way distance between the boards, then full speed/jog speed to other side.



Butt Kicks

Purpose:

- Warms up – hip flexors, quads

Technique:

- Light jog but bringing heels to butt.

Prescription:

- Perform for the distance of width of floor.



Alternating Side Squats

Purpose:

- Warms up – Groin, inner thigh, hamstrings, glutes

Technique:

- Begin by facing the end of floor (i.e. with right or left side towards side boards). Step out with one foot to a squat position, hold, bring feet back together. Turn 180 degrees to face other end of the floor.

Prescription:

- Perform to ½ way distance between the boards, then jog to the other side.



Sprints

Purpose:

- Prepare the body for high speed running.

Technique:

- Sprint the between boards.

Prescription:

- Repeat 2 times.

COOL DOWN

The objectives of the cool down are to:

- Give the body systems time to come back to normal.
- Stretch the main muscle groups to allow for faster recovery.
- Promote slow deep breathing to enhance relaxation and greater range of motion.
- Practice visualisation skills by reviewing the practice or game.
- Prepare the players for the next game or practices, i.e., announcements, practice or game plans.

Mental review

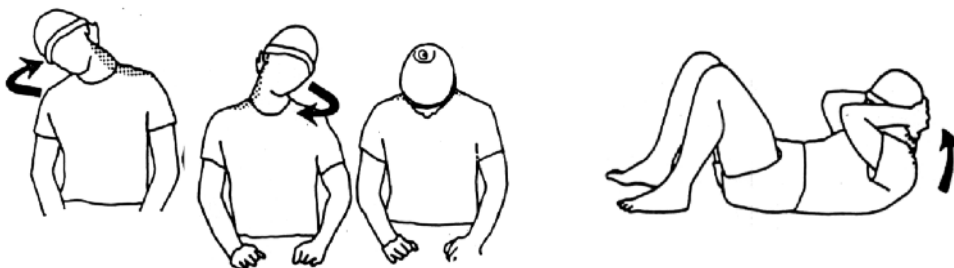
- Players should be prompted to replay the practice or game to celebrate the successes and to plan ways to strengthen the weaknesses.

Stretching

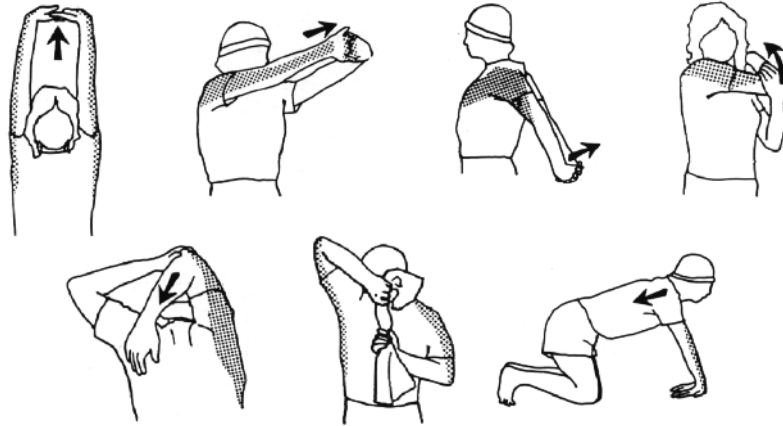
It is important to perform static stretching after activity in order to increase flexibility and range of motion, decrease delayed onset muscle soreness, and to reduce risk of injury.

- Hold stretches for 20 to 30 seconds.
- Take a deep breath and exhale slowly as the muscles are stretched.
- Do all stretches while sitting to allow for total relaxation of the stretched muscle.

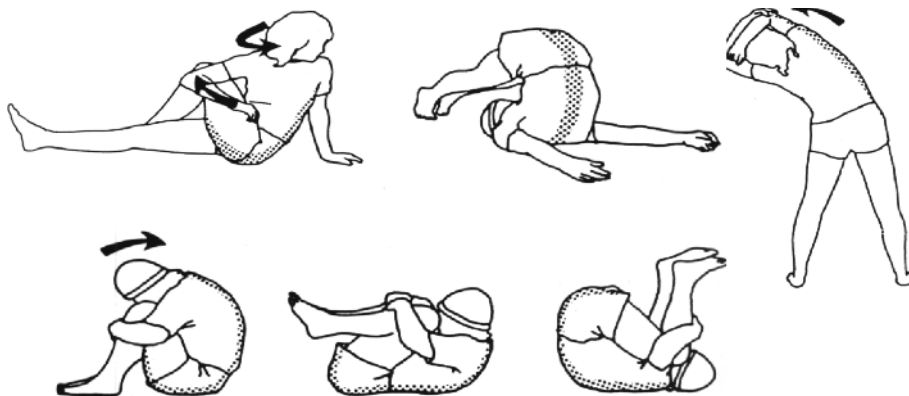
Stretching: Neck



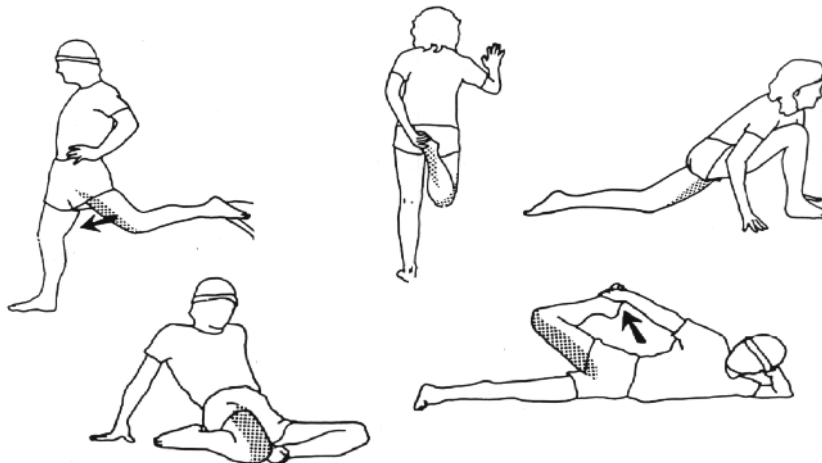
Stretching: Shoulders – Arms - Wrists



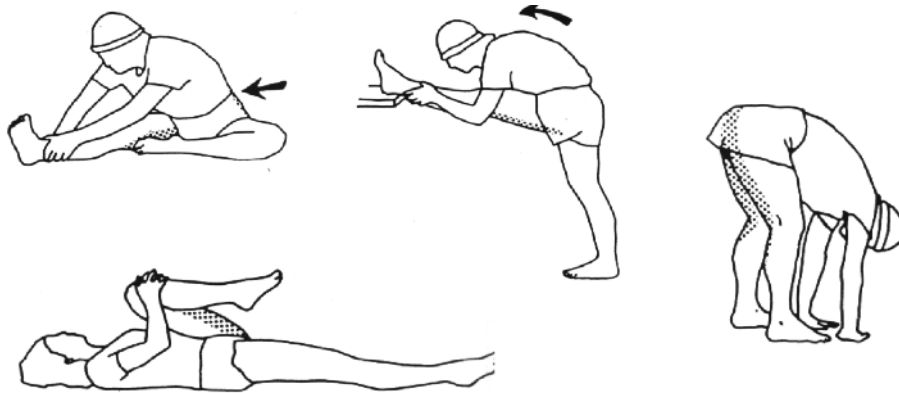
Stretching: Back & Trunk



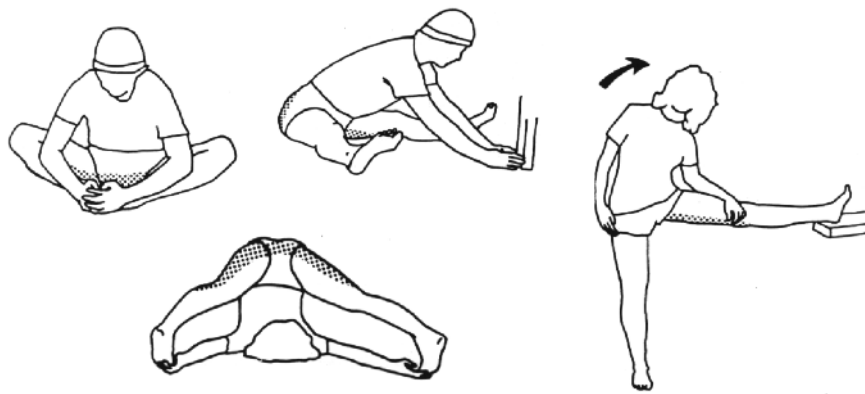
Stretching: Quadriceps And Hip Flexors



Stretching: Hamstrings



Stretching: Groin



Stretching: Calves, Achilles Tendon, Ankle

