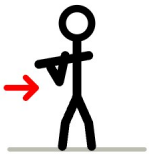
BOCCE COOL DOWN

5 stretches to help your body recover

1 CROSS-BODY SHOULDER STRETCH



2 × 30 SECONDS

Bring one arm across your chest. Use your other arm to hold it close. Switch sides.

2 STANDING FOREARM STRETCH



2 × 30 SECONDS

Hold one arm straight out, palm up. Use your other hand to gently pull your fingers back. Switch arms.

3 STANDING HAMSTRING STRETCH



2 × 30 SECONDS

Put one heel forward with toes up. Keep that leg straight, bend at your hips and reach toward your toes. Switch legs.

4 STANDING CALF STRETCH



2 × 30 SECONDS

Hands on a wall. Step one foot back and keep that heel down. Lean in.

Use a teammate for balance if needed.

5 STANDING LOWER BACK STRETCH



2 × 30 SECONDS

Place your hands on your lower back. Gently lean back and breathe. Only go as far as feels good.

COOL DOWN TIPS

- ✓ Breathe slowly and relax
- ✓ Stretch to a gentle pull, not pain
- ✓ Drink water after you play

Special Olympics Virginia

GREAT JOB TODAY!