SOCCER COOL DOWN

5 stretches to help your body recover

1 SEATED HAMSTRING STRETCH



2 × 30 SECONDS

Sit with your legs straight. Reach toward your toes and hold.

2 STANDING QUADRICEPS STRETCH

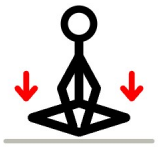


2 × 30 SECONDS

Pull one heel toward your bottom and hold. Switch legs.

Use a wall or teammate for balance if needed.

3 BUTTERFLY STRETCH



2 × 30 SECONDS

Sit with the soles of your feet together. Let your knees drop toward the ground.

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 LYING KNEE-TO-CHEST STRETCH



2 × 30 SECONDS

Lie on your back. Hug one knee to your chest and hold. Switch legs.

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!