



# COOL DOWN PROTOCOL



## Light Jog

Assist the players transition to a state of recovery by allowing them to lightly jog for 5 minutes at the end of the game or session



## Stretch

Ensure the glutes, hamstrings, adductors, hip flexors, quadriceps & calves are stretched for 20 – 30 seconds



## Debrief

End the game or session with a short debrief with important points. Emphasize nutrition, hydration and additional recovery tips

