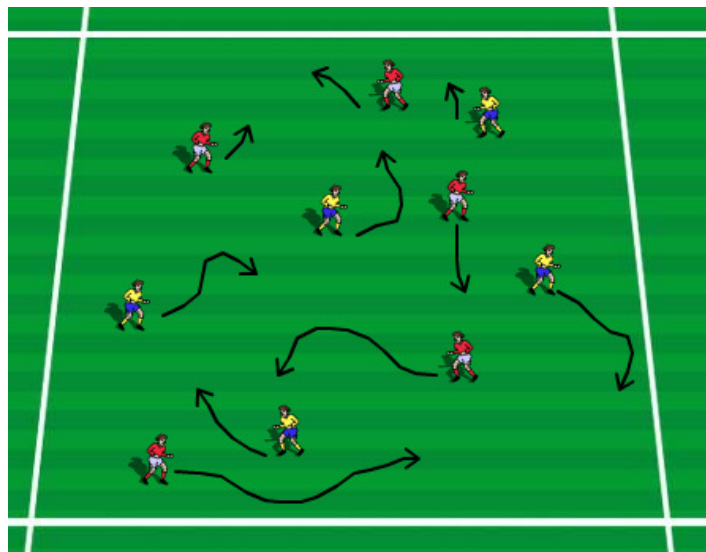


### Theme: Cool Down 1 - 3

#### Cool Down 1

**Set Up:** Players gently move freely within a set area and respond to calls from the Coach e.g. up, down, stop, go, turn - opposites etc. Conclude with static stretches and fun activity of "Do This Do That."

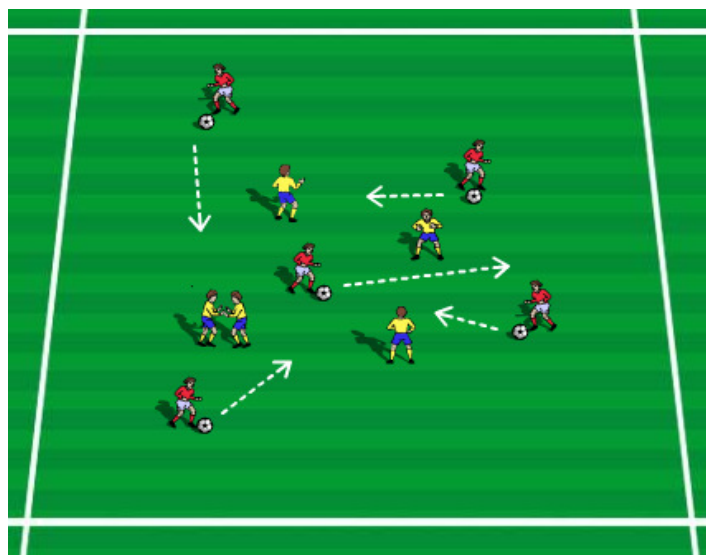
**Objective:** To gradually reduce heart rate and lower body temperature to resting state, encourage good habits i.e. stretching.



#### Cool Down 2

Half the group dribble freely in a defined area, whilst the other half carry out static stretching activity. Switch group every 45 – 60secs. Players in possession can use the stretching players to perform gentle moves.

**Objective:** To gradually reduce heart rate and lower body temperature to resting state, encourage good habits i.e. stretching.



#### Cool Down 3

Each Player has a ball and dribbles gently around the area. On the Coaches command the Players perform the following: carve a V / heel to toe / inside, inside / inside, outside / sole of foot right, sole of foot left.

**Objective:** To gradually reduce heart rate and lower body temperature to resting state, encourage good habits i.e. stretching.

