

# CONDITIONING TO PREVENT INJURIES

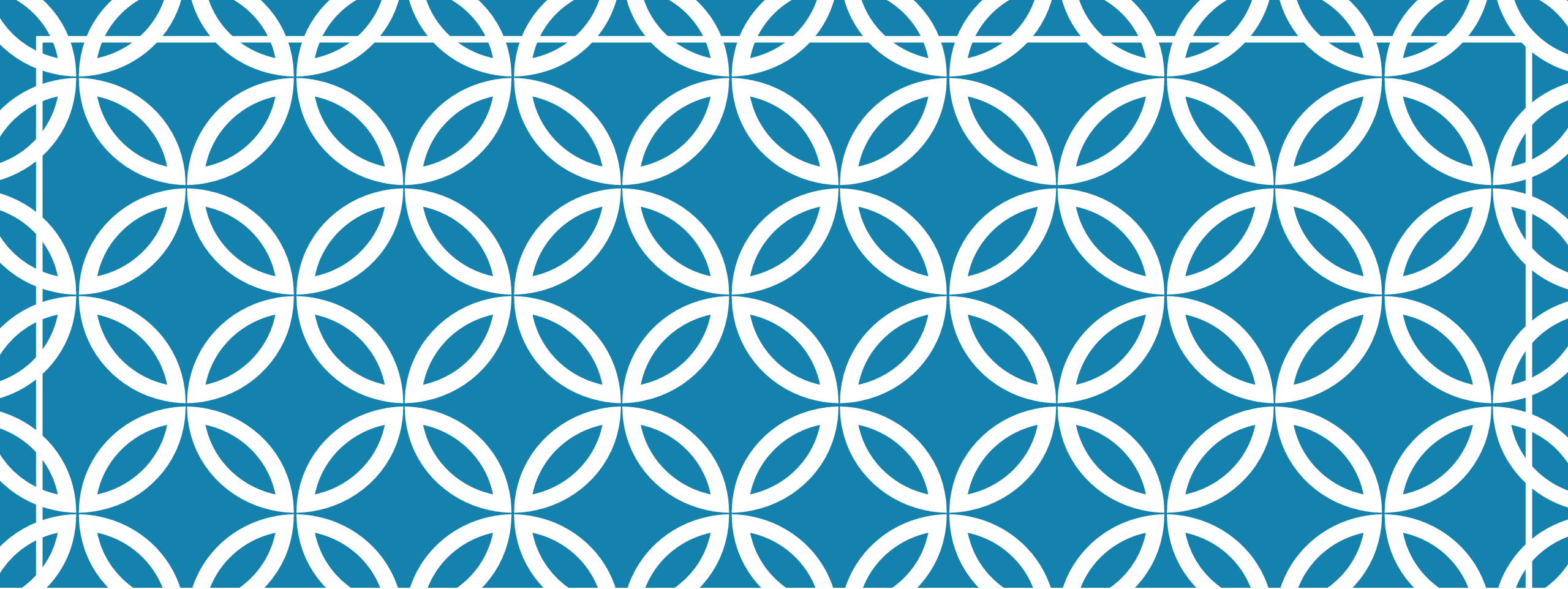
# HAVE A SET WARM UP

- ❑ Everyone should know it after a month
- ❑ Prepares everyone physically and mentally
- ❑ Should have cardio and active stretching
  - Light cardio – get warm
  - Active stretching – examples
  - Static stretching
- ❑ Should be something you can do anywhere



# STRETCHING

- A) NOT JUST FOR FLYERS
- B) FLEXIBILITY- JUMPS, KICKS
- C) INJURY PREVENTION – ROLLED ANKLES, KNEES, WRISTS
- D) PREVENT BACK ISSUES



# CONDITIONING

It is not punishment

# CONDITIONING

- Prepares you for anything
  - Not just needed for competition
  - Games going into overtime
  - Cold weather
- Make you feel confident
  - In your skills
  - How you look
- Handstands – not just good for tumbling
- Squats & jump conditioning
  - Tuck jumps, frog jumps
  - Helpful when stunting
- Abs
  - Posture and control
  - Prevent back injuries



# PLAY GAMES FOR CONDITIONING

Have contests – stunt, jump etc

Relay races – wheel barrow

If you loose you have some kind  
of conditioning – 10 frog jumps

Team Building



# DEAD PERIOD WORK OUT PLAN

- ❑ Print it out and Hand it out!
  - on paper its more tangible
- ❑ Have check in days - like each Tuesday send out a text
- ❑ Make it easy enough they can do anywhere
- ❑ When come back have challenges to see who really did stuff
  - Most sit ups in a minute, push ups etc.





# BE CONSISTENT

Continue doing conditioning plan even during season when you get busy etc.