

Post-Game Recovery Session



Objectives:

This is an example of a "Regeneration" Session, the day after a game. Recovery from games is an integral component of an overall training program and is essential for optimal performance and improvement. In this session the players self-massage using a soccer ball and perform a series of dynamic stretches.

Self-Massage using soccer ball Sequence:

- Calf's
- Hamstrings
- Iliotibial (IT) Band
- Quadriceps
- Glutes
- Lats
- Upper Back

Dynamic Stretching Sequence:

- High Kicks
- Squats
- Trunk Twist Kicks
- Balance Steps
- Russian Kicks
- Zig Zag Skips
- Hamstrings