

Pardaan

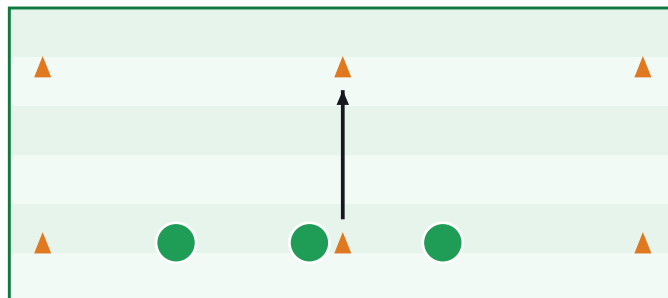
Warm-Up and Cool-Down Guide

A simple structure for safe, effective sessions.

A proper warm-up prepares the body and mind for training or a match and helps reduce the risk of injury; a cool-down helps players recover and finish calm and focused. This guide gives you a simple, repeatable structure for both that works for any age group and needs no special kit.

Warm-up (10-15 minutes)

1. Pulse-raiser (3-4 min): easy jogging, skipping and side-steps to raise the heart rate and body temperature.
2. Dynamic stretches (3-4 min): leg swings, walking lunges, open-and-close-the-gate, high knees and heel flicks - movement, not holding.
3. Movement prep (3-4 min): change of direction, short accelerations and decelerations.
4. Ball activation (3-4 min): passing in pairs, dribbling or a small rondo to sharpen the touch and focus.



Work down a 20 m channel, jog back - build the intensity each length.

Cool-down (5-10 minutes)

1. Easy jog or walk (2-3 min): gradually bring the heart rate down.
2. Static stretches (3-5 min): gently hold the main muscle groups - calves, hamstrings, quads, hips and groin - for 15-20 seconds each.
3. Reflect (1-2 min): a quick word on how it went and one thing to take into the next session.

Why it matters

A gradual warm-up primes muscles and joints and gets players switched on; a calm cool-down starts recovery and ends the session on a positive, focused note. Make both a non-negotiable habit.