

U-18 JNWT cool down

Carbs in-take after practices and games :

THE BEST WINDOW IS 15 MINUTES AFTER TRAINING

It's 1g to 1,5 g of carbs per kilo and not to much proteins

Walk : 3 minutes with no shoes , tape and ankle brace

Keep socks on (skin infections ...)

Goal : increase proprioception and floor-foot reaction on your feet

Slow walk (half court) :

Forward : Heel (pull your ankle to feel stretch in your calf) and finish on toes (pushing up with calves muscles)

Backward : Toes with extension at your knee and finish on heel (feel stretch in your calf) and practice your balance

Stretching together : Adductors

Quadriceps

Hamstrings

Piriformis

Abductors with dorsal torsion (opposite)

Back extension (attention :with no pain)

2 minutes for own stretching

Ice tub or ice bath after for 10 minutes