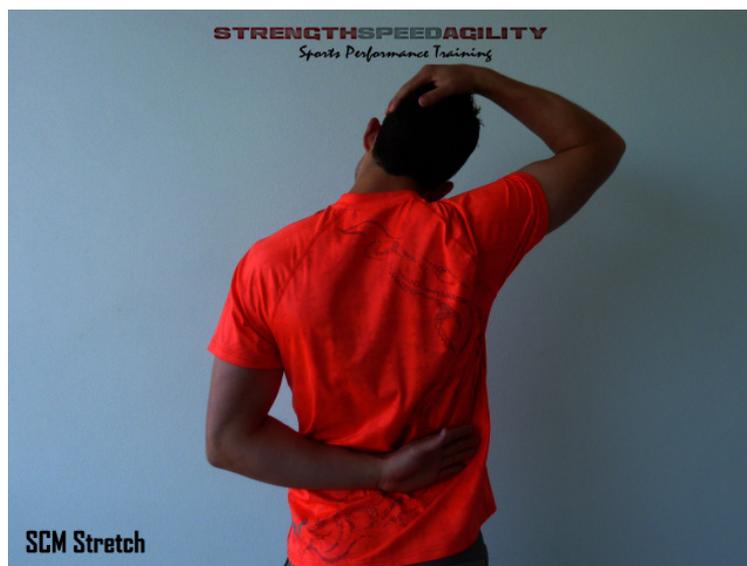


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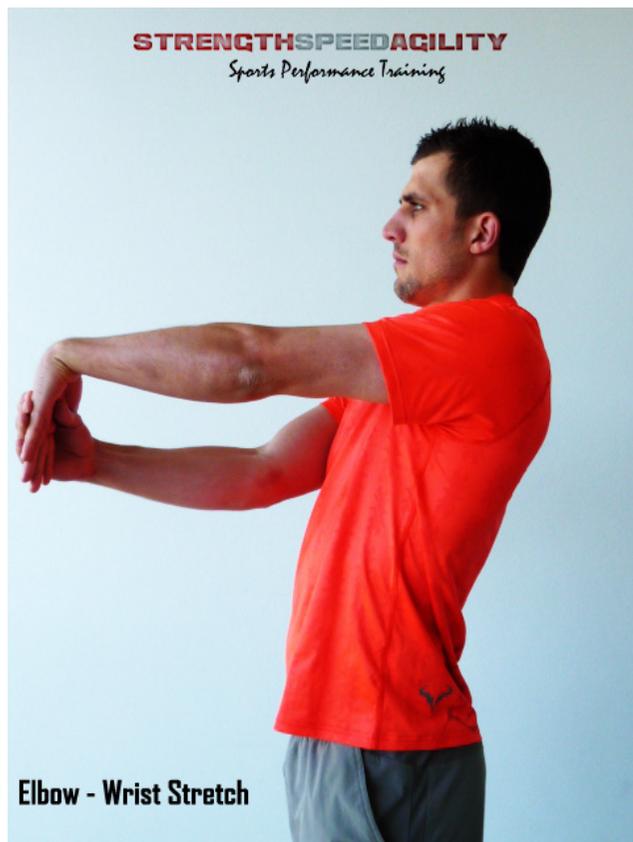
Sports Performance Training

CRICKET STRETCH SERIES

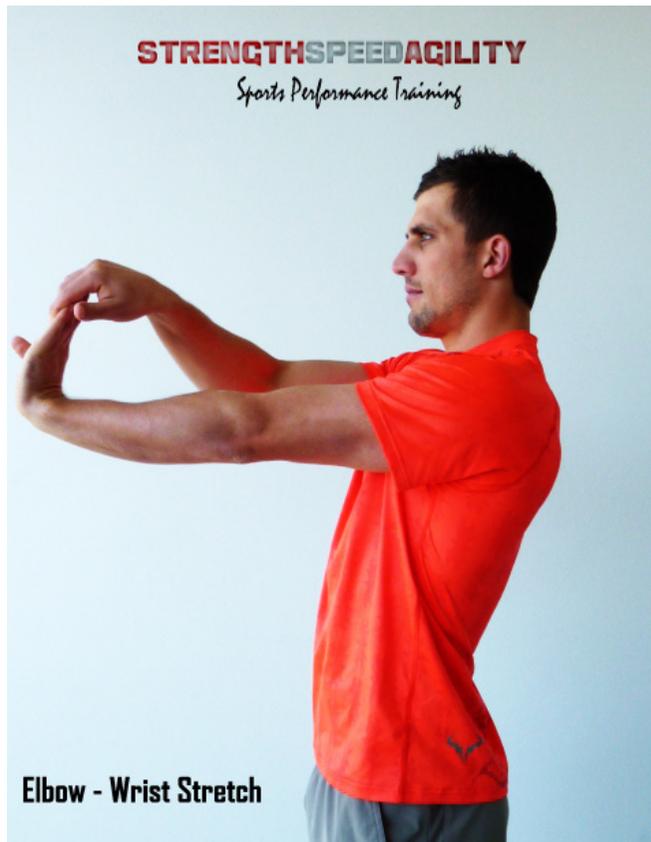
Stretch 20 sec per side



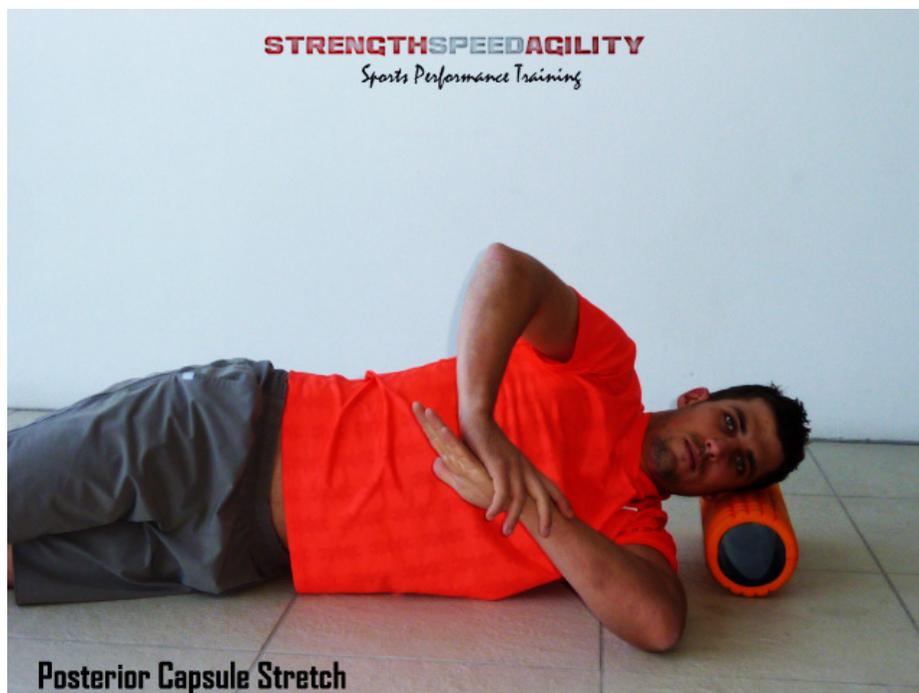
Elbow extended, wrist flexed with pronation (turned in)



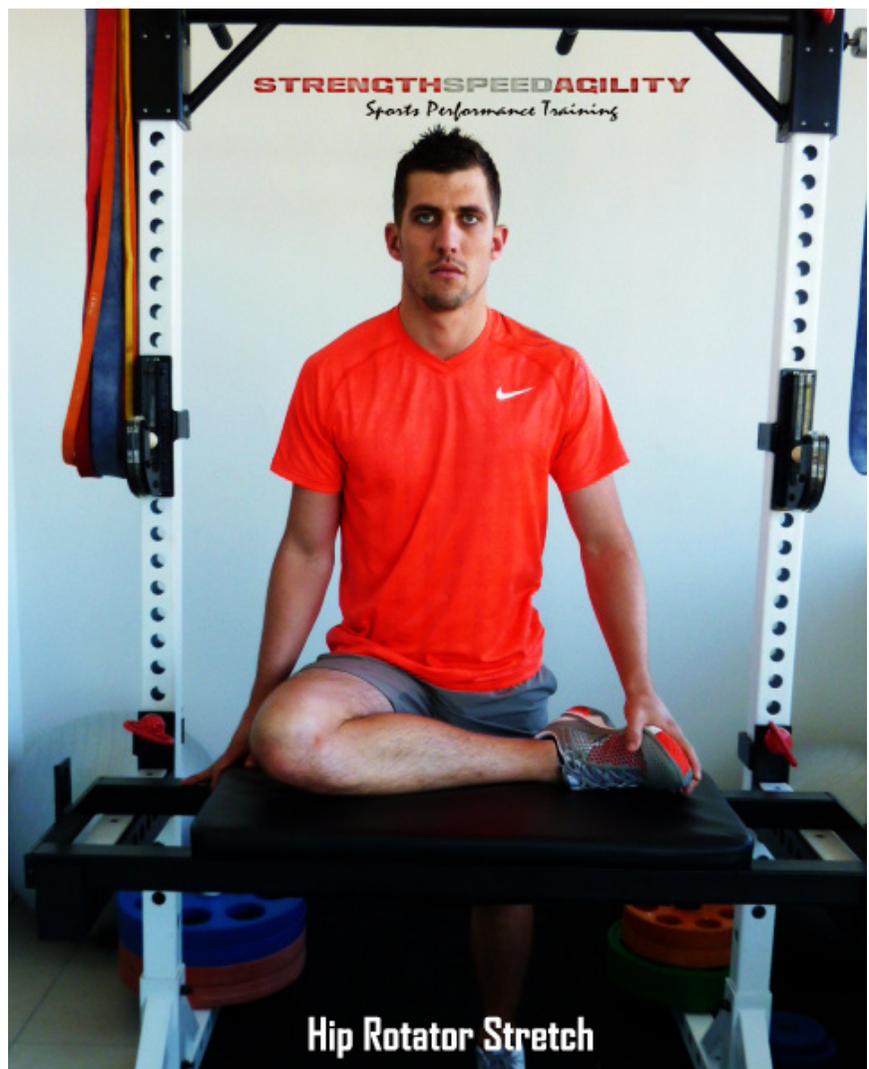
Elbow extended, wrist extended with supination (out)



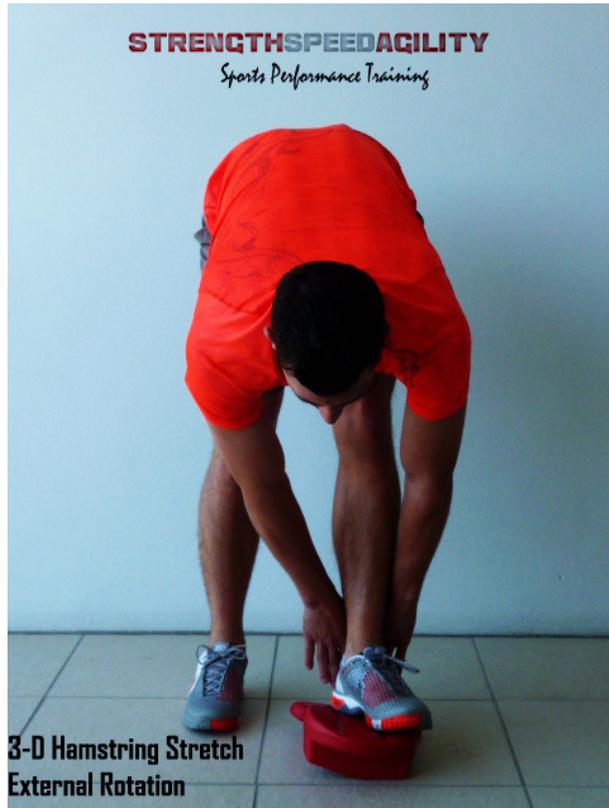
Stretch 30sec on throwing/bowling side only



Stretch 20 sec per side







There are several studies indicating that static stretching may cause a subsequent drop in performance as it reduces the amount of power that you can produce. However, there are also studies indicating the effectiveness of static stretching for creating tissue length. I think both studies are both very relevant to overall sports performance and injury reduction.

I believe the key is to understand the effects that these stretches have on the body and to know when to use them. Picking the right tool for the right job is essential! What we do prior to training is not necessarily what we do before game time. I always have my athletes do soft tissue, a mix of different stretches (both static and Active Isolated Stretching), and activation and mobility drills prior to training, because I hope to actually create lasting changes in their tissue. Prior to competing, I would recommend a dynamic warm up for the dual benefit of mobility and neural activation.

For More Information Please Visit

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