

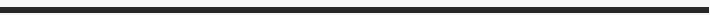
FLEXIBILITY, BALANCE AND COORDINATION

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Flexibility

- Flexibility is the range of motion in a joint or group of joints, or the ability to move joints effectively




Why is Flexibility Important?


- Decreased risk of injury
- It allows for better posture
- Less muscle soreness after workout
- Improved range of motion
- Improved performance



Balance

- An even distribution of weight enabling someone to remain upright and steady
 - In other words, it's the ability to maintain controlled body positions with control while performing tasks (static or dynamic)
 - A static movement could be "standing on one foot"
 - A dynamic movement could be "standing on one foot and hopping"
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The Importance of Good Balance


- Allows control of your body position, whether you are moving or remaining still
 - Improves your sport performance
 - Improves your posture
 - Increases agility
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Coordination


- The ability to use different parts of your body together smoothly and efficiently
- Simply, being able to activate the right muscles in the right amounts to move or not move in exactly the way you want or need to



How To Develop Coordination

- Body Awareness: understanding your body's movements
 - Eye-Hand Coordination
 - Muscular Strength: the ability to exert force against resistance
 - Muscular Endurance: ability of muscles to exert force repeatedly against resistance
 - Isolated Movement: ability to move an arm or leg while keeping the remainder of the body still
 - Attention and concentration: The ability to maintain attention to a specific task for an extended period of time
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Why Are These Skills Important For Our Athletes?

- Helps Improve Abilities in Sports
 - Decreases Injury
 - Improves Self Regulation for Daily Tasks
 - Improved Posture
 - Spatial Awareness Is Enhanced
 - Stronger Trunk Control
 - Improved Motor Planning
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*What Can we
do to help our
Athletes
improve
Flexibility,
Coordination
& Balance*

- Add a couple of simple stretches to each workout
 - A Hamstring Stretch (straight legs reaching for toes)
 - A Groin Stretch (butterfly stretch)
 - A Hip Stretch
 - Have Your Athlete Walk on Unstable Surfaces
 - Incorporate Simple Lateral Movements
 - Core and Trunk Conditioning
 - Eye-Hand Coordination Drills
 - Midline Drills That Cross The Body
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