

# Stretching before a game



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**It would be necessary to bear in mind a series of basic indications at the time of realizing any table of stretching:**

- The work of the stretching must be realized of continued form, if possible every day (Grosser, Strichka y Zimmermann, 1988) .
- It is necessary to look for a maximum elongation in the stretching of the musculature but never exceed this limit. (Lorenzo and Mundina, 2000).
- The exercises must be realized bisideways (Navarro, 1992).
- Is necessary to learn how to control the sensation of appropriate stretching (Anderson, 1984).
- A work of stretching must not be carried out in a situation of strong weariness (Grosser, Strichka and Zimmermann, 1988).
- The work of flexibility must always try to do after a certain physical activity, activity that helps to strengthen the muscle. (Calleja, 1998).



The preparation before a game starts when the referees get to the locker room. The purpose of this presentation is to give you an example of how to do a good stretching before a game in 8 minutes.

The methodology will be realizing 2 times every stretching drill of an individual way and to support this stretching during 8-12 seconds.

Remember that it is helpful if you run before your stretching.







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