

Post-Game Recovery for NCAA Officials:

14) Dorsiflexion Stretch – Sit tall with a stretch rope around the ball of your foot and pull your foot towards your body

Sets/Repetitions – Perform 3 sets of 30 second holds per foot



15) Hamstring Stretch – Keep both legs straight while you lie on your back. Put the stretch rope around the ball of one foot and pull your leg towards your head.

Sets/Repetitions – Perform 3 sets of 30 second holds per leg



16) Adductor Stretch – Take your leg away from your midline and hold (you can use a stretch rope to assist with the stretch)

Sets/Repetitions – Perform 3 sets of 30 second holds per leg



17) Abductor Stretch – Take your leg across your midline and hold (you can use a stretch rope to assist with the stretch)

Sets/Repetitions – Perform 3 sets of 30 second holds per leg

