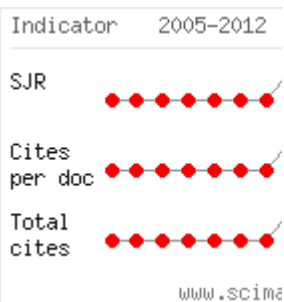


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Effects of Static Stretching Following a Dynamic Warm-up on Speed, Agility and Power

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Abstract

Static Stretching prior to sport has been shown to decrease force production in comparison to the increasing popularity of dynamic warm-up methods. However some athletes continue to use a bout of static stretching following dynamic methods. The purpose of this study was to investigate the effects on speed, agility and power following a period of additional static stretching following a dynamic warm-up routine. Twenty-five male University students who participated in team sports performed two warm-up protocols concentrating

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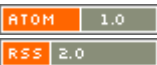
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on the lower body one week apart through a randomised cross over design. The Dynamic Warm-up (DW) protocol used a series of specific progressive exercises lasting 10 minutes over a distance of 20m. The Dynamic Warm-up plus Static Stretching (DWS) protocol used the same DW protocol followed by a 5 minute period during which 7 muscle groups were stretched. Following each warm-up the subjects performed a countermovement vertical jump, 20m sprint and Illinois agility test, 1 minute apart. The results demonstrated no significant differences in speed, agility and jump performance following the two protocols DW and DWS. The study concludes that performing static stretching following a dynamic warm-up prior to performance does not affect speed, agility and vertical jump performance.

Key words: Performance enhancement; warm-up; vertical jump; 20m sprint; Illinois agility

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