



Breathing

These exercises will help you control your physical levels of readiness.

Deep Breathing

Good for warming up

Adopt a comfortable position and become conscious of your normal pattern of breathing. When you breathe in slowly make sure your diaphragm (the muscle that separates the lungs and abs) moves up and down and pushes your stomach outward. Fill your lungs to their fullest capacity with air and slowly exhale to empty the lung chambers completely. Repeat this in a controlled way until you experience a calming effect and feel that you have eliminated any unwanted tension.

Rhythmic Breathing

Great for during competition or after bad plays

Get comfortable and breath with a measured count. For instance: Count to four while inhaling, then hold the breath for a count of four and finally exhale for a count of four. Repeat this exercise several times. You can vary your count from four, or five, etc.

Ratio Breathing

Great for concentration and focusing requirements

You breath in ratios for this type of breathing (i.e. 1:2) Breath in for a count of 2 (1) and when your breathe out count to four(2). To energize the ratio should be 2:1; to relax the ratio should be 1:2. Eventually with practice these breathing exercises will become second nature.

