

Stretches for Football

Stretching exercises should only be performed after a thorough warm up is conducted. A thorough warm up will prepare your muscles for the following stretching exercises by increasing blood flow, which in-turn increases the delivery of oxygen and nutrients to the working muscles. A thorough warm up should consist of light physical activity for about 10 minutes and result in a light sweat. **Download "Warm-up/Cool-down Routine."**

Perform each stretch gently and slowly and avoid any bouncing or jerky movements. Stretch only to the point where you can feel tension in the muscle group and never stretch to the point of pain or discomfort. Breathe slowly and deeply while performing each stretch.

After reading the description and viewing the accompanying picture move your body into the stretch position and hold each stretch for 20 to 30 seconds. Relax for 10 to 15 seconds between each stretch and perform each stretch 2 to 3 times.

Stretch #1, Standing Leg-up Toe-in Hamstring Stretch is for the muscles of the Hamstrings

Stand upright and raise one leg on to an object. Keep that leg straight and point your toes upwards . Then point the toes of your other foot inward and lean forward while keeping your back straight.



Stretch #2, Standing Leg-up Adductor Stretch is for the muscles of the Adductors

Stand upright and place one leg out to the side and your foot up on a raised object. Keep your toes facing forward and slowly move your other leg away from the object.

Stretch #3, Reaching-up Shoulder Stretch is for the muscles of the Shoulders

Place one hand behind your back and then reach up between your shoulder blades.



Stretch #4, Single Lean-back Quad Stretch
is for the muscles of the Quadriceps

Sit on the ground, bend one knee and place that foot next to your buttocks. Then slowly lean backwards .



Stretch #5, Sitting Knee -up Rotation
Stretch is for the muscles of the Lower Back

Sit with one leg straight and the other leg crossed over your knee. Turn your shoulders and put your arm onto your raised knee to help rotate your shoulders and back.

Stretch #6, Standing Lean-back Side Stomach Stretch
is for the muscles of the Stomach

Stand upright with your feet shoulder width apart and place one hand on your buttocks. Look up and slowly lean backwards at the waist, then reach over with your opposite hand and rotate at the waist.



Stretch #7, Standing Leg-up Adductor
Stretch is for the muscles of the Adductors

Stand upright and place one leg out to the side and your foot up on a raised object. Keep your toes facing forward and slowly move your other leg away from the object.



Stretch #8, Sitting Leg Resting Hamstring
Stretch is for the muscles of the Hamstrings

Sit with one leg straight out in front and keep your toes pointing up. Cross your other leg over and rest your foot on your thigh. Lean forward , keep your back straight and reach for your toes .



Stretch #9, Crouching Heel-back Calf
Stretch is for the muscles of the Upper Calves

Stand upright and place one foot in front of the other . Bend your front leg and keep your back leg straight. Push your heel to the ground and lean forward. Place your hands on the ground in front of you.



Stretch #10, Standing Quad Stretch is for muscles of the Quadriceps

Stand upright while balancing on one leg. Pull your front foot up behind your buttocks and keep your knees together while pushing your hips forward. Lean on to something for balance.

Stretch #11, Rotating Stomach Stretch is for the muscles of the Stomach

Lie face down and bring your hands close to your shoulders. Keep your hips on the ground, look forward and raise up by straightening your arms. Then slowly bend one arm and rotate that shoulder towards the ground.



Stretch #12, Standing Lean-back Side Stomach Stretch is for the muscles of the Stomach

Stand upright with your feet shoulder width apart and place one hand of your buttocks. Look up and slowly lean backwards at the waist, then reach over with your opposite hand and rotate at the waist.

Stretch #13 Sitting Bent-over Back Stretch is for the muscles of the Upper Back

Sit on the ground with your legs straight out in front or at 45 degrees apart. Keep your toes pointing upwards and rest your arms by your side or on your lap. Relax your back and neck and then let your head and chest fall forward.



Stretch #14, Raised Foot Shin Stretch is for the muscles of the Shins

Stand with your back to a chair. Place the top of your toes onto the chair and then push your ankle downwards.



Stretch #15, Above Head Chest Stretch is for the muscles of the Chest

Stand upright and interlock your fingers. Bend your arms and place them above your head while forcing your elbows and hands backwards.

Stretch #16, On Elbows Stomach Stretch is for the muscles of the Stomach

Lie face down and bring your hands close to your shoulders.

Keep your hips on the ground, look forward and rise up onto your elbows.



Stretch #17, Lateral Neck Stretch is for the muscles of the Neck

Look forward while keeping your head up. Slowly move your ear towards your shoulder. Keep your hands behind your back and do not lift your shoulder up to your ear.

Stretch #18, Rotating Neck Stretch is for the muscles of the Neck

Stand upright while keeping your shoulders still and your head up. Slowly rotate your chin towards your shoulder.

