

Stretches For Soccer

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, Lying Leg Cross-over Stretch is for the muscles of the Lower Back

Lie on your back and cross one leg over the other. Keep your arms out to the side and both legs straight. Let your back and hips rotate with your leg.



Stretch #2, Kneeling Back Rotation Stretch is for the muscles of the Lower Back

Kneel on the ground and raise one arm. Then rotate your shoulders and middle back while looking upwards.

Stretch #3, Sitting Wide-leg Adductor Stretch is for the muscles of the Adductors

Sit with your legs straight and wide apart. Keep your back straight and lean forward.



Stretch #4, Sitting Leg Resting Buttocks
Stretch is for the muscles of the Buttocks

Sit with one leg slightly bent. Raise the other foot up onto your raised leg and rest it on your thigh, then slowly lean forward.



Stretch #5, 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 #6, Sitting Rotational Hip Stretch is
for the muscles of the Hips

Sit with one leg crossed and your other leg behind your buttocks. Lean your whole body towards the leg that is behind your buttocks.



Stretch #7, Kneeling Back Rotation Stretch
is for the muscles of the Lower Back

Kneel on the ground and raise one arm. Then rotate your shoulders and middle back while looking upwards.

Stretch #8, Lying Straight Knee Hamstring
Stretch is for the muscles of the
Hamstrings

Lie on your back and bend one leg. Raise your straight leg and pull it towards your chest.



**Stretch #10, Lying Partner Assisted
Hamstring Stretch is for the muscles of the
Hamstrings**

Lie on your back and keep both legs straight. Have a partner raise one of your legs off the ground and as far back as is comfortable. Make sure your toes are pointing directly backwards .



**Stretch #11, 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 #13, Standing Reach-up Quad
Stretch is for the muscles of the
Quadriceps**

Stand upright and take one small step forward. Reach up with both hands, push your hips forward, lean back and then lean



**Stretch #14 Standing Toe-up Achilles
Stretch is for the muscles of the Lower
Calves**

Stand upright and place your toes against a step or raised object. Bend your leg and lean towards your toes.

Stretch #15, 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 #16, 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 #17, Kneeling Reach-around Stretch is for the muscles of the Sides

Kneel on your hands and knees and then take one hand and reach around towards your ankle. Keep your back parallel to the ground.



Stretch #18, Standing Hip-out Abductor Stretch is for the muscles of the Abductors

Stand upright beside a chair or table with both feet together. Lean your upper body towards the chair while pushing your hips away from the chair. Keep your outside leg straight and your inside leg slightly bent.