

PRINCIPLES OF STRETCHING

- Dynamic stretches are best before training/games and involve moving the area to be stretched into, and out of, a position of comfortable tension 10-15 times for each stretch.
- Following training/games, static stretches, in which the muscle stretch can be held for up to 1 minute at a time, aid in recovery.
- Never bounce your stretches or push into pain
- The best results are achieved by doing a little bit often

While guiding with the outside of your elbows, roll both your knees outwards while maintaining a straight back



CALF

With your back foot pointing directly forwards and the arch in that foot up, bend your knee forward over your back foot.



QUADRICEPS

Use your other hand to flex your knee and while keeping your back still, pull your hip backwards until you feel a pull on the front of your thigh muscle



CALF

With your back knee straight and the back foot pointing directly forwards while maintaining the arch in this foot, lunge forward towards your front foot



GROIN



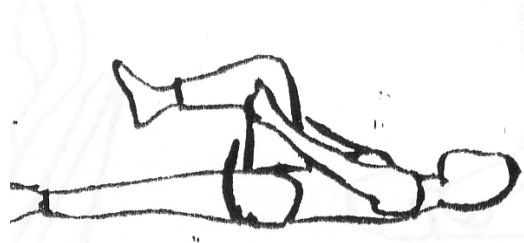
HIP FLEXOR

While lunge kneeling and maintaining a straight back, transfer your weight forwards



HAMSTRINGS

With your bent leg resting on a chair, slowly straighten your knee while maintaining your back in a straight position



BUTTOCKS

Clasp the back of your thigh with your hands and pull your thigh up towards your chest



HAMSTRINGS

Clasp the back of your thigh, knee bent and other leg straight. Slowly straighten your knee and pull your toes towards you slowly



BUTTOCKS

Rest the foot of one leg on the thigh of the other and interlock your fingers around your knee or thigh. Gently pull that knee towards your chest



BUTTOCKS

While lying on your back pull your opposite thigh up and across