

Active and Dynamic Stretches 6-10 Reps. Hold for 2 Secs. Slow movement.

This document is not designed as an instructional guide but as an aid for squad members and players to remember all the movements shown and instructed in squad. If you are not sure of any of the movements, wait, ask and you will be shown at the next squad.



1. Down dog to lunge.



2. Stand to hamstring stretch.



Walk hands out to press up position.



To cobra. Return to press up. Walk hands back to hamstring stretch. Return to standing.



3. Lunge position. Rotate and reach up right. Then left.



4. Childs pose. Reach to the left.Return to middle. Reach to Right. Return.



5. Wide stance. Side lunge. Rotate and touch lunge foot with opposite hand.



6. Hurdles. Raise knee. Rotate knee outwards.Place foot on floor. Raise and return.



7. IT band. Cross legs. Hamstring stretch touch back foot. Return to stand.



8. Quad stretch. Step forward. Stretch other quad. Step forward.