

**Soccer Stretching Routine**

**Rules for stretching:**

1. NEVER static stretch before you exercise, this increases your risk of injury
2. Hold each stretch for 45-60 seconds, especially after a hard game or practice
3. Slowly enter the stretch and come out of the stretch
4. NEVER stretch until it hurts, you should just feel a comfortable muscle pull

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| UFT stretch | Levator Scapulae Stretch |
| Pectorals Stretch  OR | Rhomboid Stretch |
| Child’s Pose | Cactus Pose |
| Hip Flexor Stretch | Piriformis Stretch |
| Glute Stretch | Adductor stretches  AND |
| Quad Stretch | Hamstring stretch  AND |
| ITB Partner ball rolling   * Roll your partners ITB out with a soccer ball | Glute Med stretch |
| Plantar Fascia Stretch | Gastroc & Soleus Stretch |

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