

STRETCHES

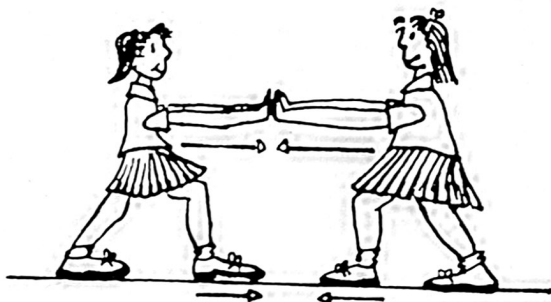
Stretching is an important part of a training session. Children should be taught the correct stretching techniques from an early age, as stretching helps to prevent injury and increase flexibility.

RULES FOR STRETCHING

- * Warm up before stretching
- * Keep breathing
- * Hold the stretch for 15-20 seconds
- * Don't overstretch a muscle, hold in a 'comfy' position
- * Don't bounce
- * Make the stretches enjoyable (for example when stretching the ankle tell the Children to write their names with their toes)
- * Stretch before and after a training session

ANKLES:

With players sitting down with legs crossed and knee supported, they are to write their name with their foot making sure that their knee remains stationary.



CALVES:

With a partner, push against each others palms with one leg behind the other and both knees bent. Toes should be facing forward.

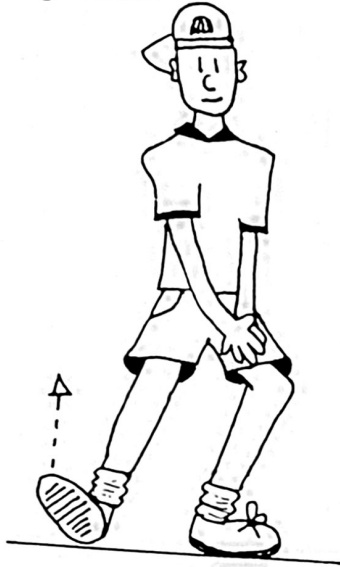
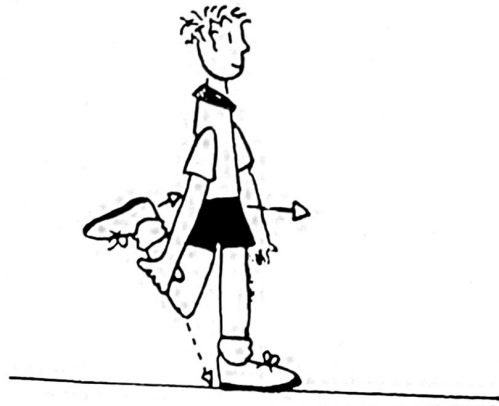
INNER THIGH:

With feet together try to push knees down toward the ground using elbows for pressure. Imagine a piece of string has been attached to the top of your head and is pulling you up to the sky - so back should be straight.



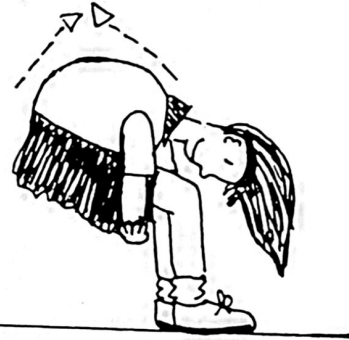
THIGH:

Player is to stand on one leg and try to pull the other foot up so it touches the back of their leg. Pelvis should be pushed forward – back straight and knee pointed towards the ground.



HAMSTRING:

With one knee bent and pressure put onto it – the other leg is out to the side straight and foot is pointed towards the sky. Weight should be forward on bent knee.



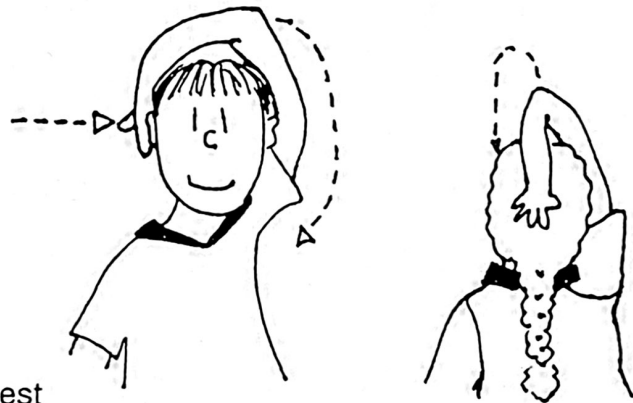
LOWER BACK:

With arms crossed underneath bent legs, pretend you are an angry cat and arch your back.



SHOULDERS:

Put one hand on shoulder and grab that elbow with the other hand and push the elbow down



NECK:

Holding on to the opposite ear (or side of the head) "gently" pull it the other way. This should be done on both sides and also the hand placed on the back of the head and pulling the head down so the chin goes towards the chest