








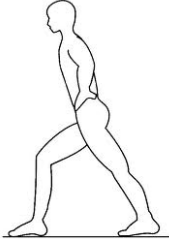

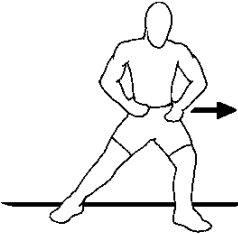


The Football Coaches Library's



Cool Down/Individual Stretching Programme

All stretches to be performed over 30 seconds and pushed further every 10 seconds. All of these stretches together will take no longer than 10 minutes. These should be performed after training and games as part of the cool down. Also these stretches should be done as part of your individual stretching programme at least once a day.

| <u>Quads</u> | |
|---|---|
|  | Hold above the ankle and pull your leg back behind you. Make sure to lean back. This can also be done when lying down on your side. |
|  | Lunge forward and place the back knee on the floor. Keep your back up straight and slowly bend your front knee more. You should feel the stretch in your back quadriceps. |
| <u>Hamstrings</u> | |
|  | Lunge forward and place the back knee on the floor. Slowly move backwards so that your front leg is extended in front. Lean forward to push the stretch more. |
|  | Sit down and put the sole of one foot on the other knee. Lean forward (like you are trying to touch your toes). The stretch should be felt in |
| <u>Calves</u> | |
|  | One leg is placed slightly in front of the other and is kept straight. The leg that is now behind is bent so that the stretch can be felt in the calves. To push the stretch further, point the foot on the front leg up. |

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|  | <p>With both feet facing forward, take one step forward and keep the back leg straight while bending the front leg. Keep the heel of the back foot on the floor to push the stretch further.</p> |
| <p style="text-align: center;"><u>Groin</u></p> | |
|  | <p>While sitting on the floor, bring both feet together so the soles are touching. Place your elbows on the inside of your knees and lean forward.</p> |
|  | <p>Step to the side and place that foot at a 45 degree angle to your body. Bend that knee and slowly bend down in that direction. The stretch should be felt in the groin of the other leg.</p> |
| <p style="text-align: center;"><u>Glutes</u></p> | |
|  | <p>Lay on the floor with one foot on the floor and the other in the air. Pull the leg that is in the air towards your chest.</p> |
|  | <p>While sitting on the floor, pull one leg across your body and pull it into your chest. The stretch should be felt in that leg</p> |