This is a sample document and is for guideline purposes only. Individual coaches will need to customize for their individual teams, age levels etc.

Stretching Drills

Rotator Cuff, Back, Hamstrings, Quads (5-10 min. all players)

Rotator Cuff

- Circles, forward, small, medium, large, 5 each arm
- Circles, backward, small, medium, large, 5 each arm
- Swings, forward, hand at arm pit, swing arm, 5 each arm
- Swings, backward, hand at arm pit, swing arm, 5 each arm

Lower/Upper Back

- Scorpion – lay on stomach, arms extended, shoulder height, slowly bring 1 leg over top of back toward opposite hand, slowly return, alternate each side, 5 each leg
- Bear Hugs – interlock arms so hands grasp back of opposite shoulder, hold for 5 sec, 5 times
- Side Bends – bend to 1 side, bring arm over top of head, hold for 5 sec, 5 each arm
- Lightning Bolt – lay on side, left arm out, right arm swings across body to left hand, reveres for right arm

Hamstrings

- Feet shoulder width apart, bend at waist so fingertips touch ground at toes, middle foot, heel, 5 times
- Frankenstein – standing take 1 step, kick leg straight up to opposite hand which is at shoulder height, 5 each leg
- Lunges – forward with 1 leg, keep body straight, return to starting position, 5 each leg, with twist
- Butt kicks – jog up and down with heels hitting butt

Quads/Hips

- Take 1 step, grab right foot, pull towards bum, hold 3 sec, release and switch legs, 5 each leg
- High knees – walk, alternate legs with knee lifting straight up to chest, 5 each leg
- On 1 knee and lunge over opposite knee
- Shuffles like taking a lead
- Hurdle walk – each leg out as if clearing a hurdle

Warm Up Drill (10 min. all players)

Cones at 5 yards, corner and 3 yards in front of back right wall; 2 lines

- 1st 5 alternating high kneel pulls each leg
- To corner alternating quad pulls, opposite hand reaches high
- Around corner and jog to wall
- 4th 5 alternating lunges each leg with a twist
- To corner butt kicks on both legs
- Around corner and jog to wall
- 7th 5 alternating high knee pulls each leg
- To corner butt kicks on both legs
- Around corner and jog to wall
- 3 reps each group