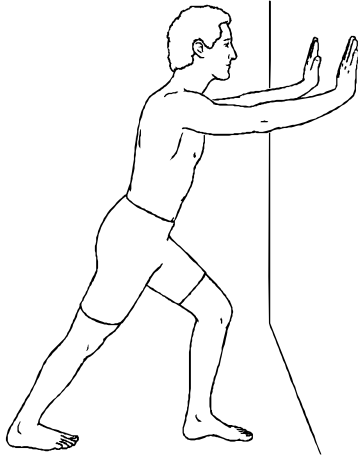


HIP / KNEE - 41 Stretching: Gastroc

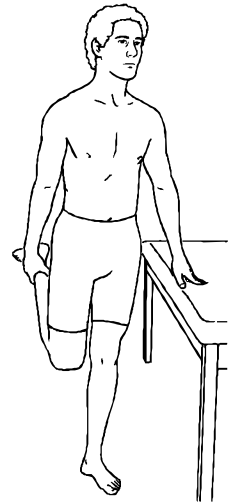
Stand with right foot back, leg straight, forward leg bent. Keeping heel on floor, turned slightly out, lean into wall until stretch is felt in calf. Hold 10 seconds.



Repeat 2 times per set.
Do _____ sets per session.
Do _____ sessions per day.

HIP / KNEE - 37 Stretching: Quadriceps (Standing)

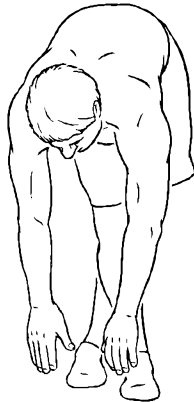
Pull right heel toward buttock until stretch is felt in front of thigh. Hold 10 seconds.



Repeat 2 times per set.
Do _____ sets per session.
Do _____ sessions per day.

HIP / KNEE - 67 Stretching: Iliotibial Band

Cross right leg behind other leg. Bend at waist, reaching toward floor. Hold 10 seconds. Relax.



Repeat 1 times per set.
Do _____ sets per session.
Do _____ sessions per day.

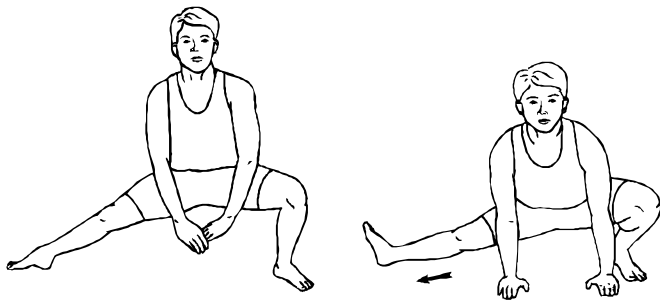
GROIN - 4 Thigh Adductors

With elbows inside knees and thumbs inside feet, gently push knees outward until stretch is felt. Hold 10 seconds.



Repeat 1 times.
Do _____ sessions per day.

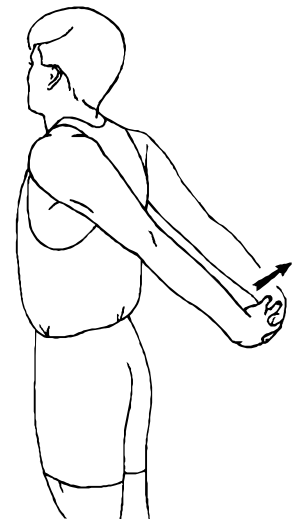
GROIN - 5 Thigh Adductors



From beginning position, slide foot further to side until stretch is felt. Hold _____ seconds. Repeat to other side. Repeat 2 times. Do _____ sessions per day.

ARMS - 1 Biceps

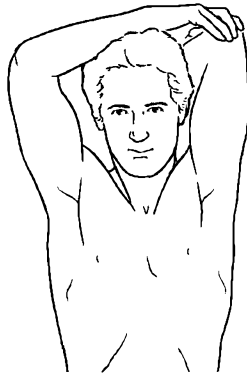
With arms straight and fingers interlaced, raise arms until stretch is felt. Hold 10 seconds.



Repeat 2 times.
Do _____ sessions per day.

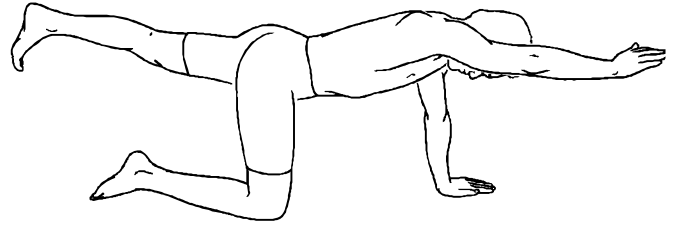
SHOULDER - 71 ROM: Inferior Capsule Stretch

Gently pull on right raised elbow with other hand until stretch is felt in shoulder.
Hold 5 seconds.



Repeat 2 times per set.
Do _____ sets per session.
Do _____ sessions per day.

BACK - 10 Arm / Leg Extension: Alternate (All-Fours)



Raise right arm and opposite leg. Do not arch neck.
Repeat 2 times per set. Do _____ sets per session.
Do _____ sessions per day.

Have the kids run (not full speed) across the field width and back sideways (facing the same direction each way).

Have the kids jog forward one way and then return backward jogging.

Have them jump up and down 10 times.