Soccer
Sports Related Warm up and Stretching Activities Prior and After the Event.

Shoulder circles 5x in each direction (Clockwise & Counter-clockwise)
Start with your shoulders at your side. Begin to circle your shoulders clockwise 5 times and counter-clockwise 5 times. Purpose - Warm up shoulders

Reach up 10x
Start with your arms at chest level and raise your arms all the way up and back to the start position. Repeat 10 times. Purpose - Warm up shoulders

Reach across, 10 second stretch
Reach left arm across the chest, and with the right arm, pull the left further across until you feel a stretch in the shoulder, hold 10 seconds. Repeat for the opposite side. Purpose - Stretch lateral shoulder

Reach back, 10 second stretch
Place both hands behind the back and grasp your hands. Begin to lift your hands off of your back until a stretch is felt in the front of your shoulders, hold for 10 seconds. Purpose - Stretch anterior shoulder

Jumping Jacks 10x
Start with feet together and hands at your sides. End with feet apart and hands clapped together. Repeat 10 times. Purpose - To warm up the arms and legs, as well as increase heart rate and warm up the body.

Mountain climbers 10x
Start with your hands on the ground, left leg forward with knee to chest and right leg back. In a quick motion, switch leg positions. The count for each cycle is 1,2,3-1,2,3-2, 1,2,3 - 3 counting up to 10. Purpose - Warm up legs, arms, activate core muscles, & stretch Achilles tendons.
Soccer
Sports Related Warm up and Stretching
Activities Prior and After the Event.

Calf Stretch 30 seconds
On your hands and feet, begin a left calf stretch on
ball of foot bringing the heel to the ground. Place the
right foot over the left ankle; hold the stretch for 30
seconds. Switch sides and repeat. Purpose - Calf
muscle and Achilles stretch, warm up shoulders,
activate core muscles.

Alternate Calf Stretch 30 seconds
Start with right foot approximately 18” from wall or
fence with toes pointing directly forward, bring the
left foot forward and lean into the wall. Keep the
right knee straight and hold the stretch for 30
seconds. Repeat with the left leg. Purpose - Calf
muscle and Achilles stretch.

Toe Touches 10x
Start with feet shoulder width apart, hands on your
hips, reach down towards the toes. If you can reach,
touch the floor in between your feet by the toes, then
touch 1” behind, and again 1” behind that for a count of
3, (1,2,3-1,2,3 -2,1,2,3-3 etc..) Then, back to the
starting position. Repeat this count 10 times
Purpose - stretch the hamstring muscles.

Quad Stretches - 30 seconds
Hold on to a stationary object like the wall or a fence
to maintain balance. Take hold of your right foot and
slowly pull your foot towards the buttocks, keep your
knee down by your opposite leg, not out to the side.
Repeat with the other side. Purpose - Stretch the
quadriceps muscles primarily and the anterior shin
muscles secondarily.