

Green Exercise Program

Warm Up

Perform a 2-3 minute brisk walk or light jog around the soccer field to warm-up the muscles before stretching

Stretching Exercises

- Don't bounce or jerk when you stretch
- Gently stretch to a point of tension and hold
- Hold the stretch for 30 seconds
- Concentrate on lengthening the muscles when you're stretching.
- Breathe normally. Don't hold your breath.



Hamstrings Stretch



Calf Stretch



Inner Hip Stretch



Hip Flexor/Quadriceps
Stretch

Good technique and form is most important



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Strengthening Exercises

Forward Lunges

10 repetitions on each leg



Single Leg Deadlift

10 on each leg



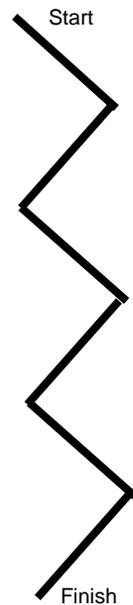
Plyometric/Agility Exercises

Progressive Line Jumps- Front/Back & Side/Side 20 repetitions in each direction

Start with double legged jumps, progress to single legged jumps when ready



Z Cuts- Diagonal Run



Perform 5 cuts at about 90°
Repeat this 2 times (down and back)

Squat Jumps

10 repetitions

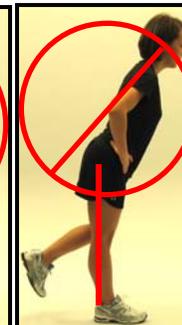


Single Leg Bounding

10 bounds on each leg



Always use good technique



Stress soft landings, knee over foot, & toes ahead