



MOBILITY & STRETCHING PROGRAMS:

Note: Coaches choose one of the stretch-down segments and pair it with a yoga or mobilisation segment to make up 15 min program.

All athletes bring their own mat, roller and acuball

Post session stretch 1 – Each stretch is held for 30 sec (ES = Each Side)

Static Stretch	Timing (8 mins)
Side Lying Quad Stretch ES	0 – 1 m
Seated Figure 4 ES	1 m – 2 m
Supine Glute med and external hip	2m – 3m
Seated L shape	3 m – 3:30m
Sit and Reach	3:30m – 4m
Stork Sit ES	4 m – 5m
Long Adductor ES	5m – 6m
Short Adductor ES	6m – 7m
Calf Stretch ES	7m – 8m

Post session stretch 2 – All standing stretches for cold evenings when grass is wet. Each stretch is held for 30 sec (ES = Each Side)

Static Stretch	Timing (8 mins)
Standing Quad Stretch ES	0 – 1 m
Standing Glute Stretch with Balance hold ES	1 m – 2 m
Standing Hamstring Stretch ES	2 m – 3 m
Standing Calf Stretch ES	3 m – 4 m
Standing Soleus Stretch ES	4 m – 5 m
Standing Adductor Stretch ES	5 m – 6 m
Forward Fold	6 m – 7 m
Down Dog	7 m – 8 m

Yoga Routine

Yoga hold	Timing (7 mins)
Down Dog	30 sec hold
Pigeon hold Left	30 sec hold
Down Dog	30 sec hold
Pigeon Hold Right	30 sec hold
Down Dog	30 sec hold
Long Lunge Left with Warrior rotation	30 sec hold
90 - 90 Hold with torso rotation Left	30 sec hold
Cat Stretch	30 sec hold
Camel Stretch	30 sec hold
Long Lunge Right with Warrior rotation	30 sec hold
90 - 90 Hold with torso rotation Right	30 sec hold
Modified half lotus Left	30 sec hold
Butterfly hold	30 sec hold
Modified half lotus Right	30 sec hold

Mobilisation routine

Tissue Integrity	Timing (7 mins)
Piriformis release with acu ball ES	0 – 1 m
Foam roller quad release	1 m – 2 m
Foam roller adductor scrubbing and release ES	2 m – 4 m
Foam roller hamstring scrubbing ES	4 m – 6 m
Quadruped Hip Release ES	6 m – 7 m
Anterior Deltoid acu ball release ES	5 m – 6 m
Thread the needle thoracic cage release ES	6 m – 7 m