



## 10 MINUTE STATIC STRETCH

### DRILL SPECS:

**Drill Theme:** Warm Up

**Field Location:** Midfield

**Time Needed:** 10 Min

**Drill Style:** Warm Up

**Field Position:** Offense, Defense, Midfield, Goalies

**Skill Level:** Basic

---

### OBJECTIVE:

Static Stretching allows players to stretch specific muscle groups in a specific order directed by their coaching staff.

---

### DRILL DESCRIPTION:

Have your players line up or circle up and give them a series of static stretches that they can do, examples are below:

Standing Stretch Down, Legs Apart, Down to the Right, Down to the Left  
Seated Right Leg out, Left Leg Out, Butterfly's, etc.

---

### SKILLS PRACTICED:

- Warm Up
  - Conditioning
- 

### VARIATIONS:

Vary the exercises to allow the players a change of pace.

---