



5 MINUTE ACTIVE STRETCH

DRILL SPECS:

Drill Theme: Warm Up

Field Location: Midfield

Time Needed: 5 Min

Drill Style: Warm Up

Field Position: Offense, Defense, Midfield, Goalies

Skill Level: Basic

OBJECTIVE:

Active Stretching allows players to stretch while doing activity, which avoids stretching cold muscles. This warm up is suggested for players at the beginning of each practice and the end of each practice.

DRILL DESCRIPTION:

Have your players line up in a straight line and give them a series of active stretches that they can do, examples are below:

Walking Stretches, Lunges, Walking Squats
Leaps, Bounds, Hops, Jumps, Twists

SKILLS PRACTICED:

- Warm Up
- Conditioning

VARIATIONS:

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