

# Stretching for Soccer

All soccer players should be very much aware of the importance of **STRETCHING**. Each player needs to stretch the important major muscle groups (eg. calf, thighs, hamstrings, buttocks, lower back, neck) through their full range of movement both before, during and after playing/training. These actions should be incorporated in the warm ups and cool downs.

## Why before?

- to reduce muscle tension
- to prevent muscle and tendon injuries
- to increase flexibility
- to feel more relaxed
- to prepare the muscles for strenuous activity and therefore improve performance

## Why after?

- to help remove muscle waste products & promote circulation
- to reduce post match muscle soreness
- to enable you to compete again at the same level within a shorter time period

## How?

- warm up first to increase body temperature and include dynamic (movement) stretches
- hold each static stretch for 15 seconds
- repeat 2 – 3 times
- stretch gently with relaxed breathing (no bouncy movements)
- stretch to the point of tension only, never to pain

*If you would like more details on appropriate stretching techniques, please discuss with your coach or alternatively contact Mark Johns (Physiotherapist and U9's TTG coach) for further information.*



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A special \$5 discount per physio consultation is available to all TTG City Soccer Club players and their families.



*Enquiries/appointments:*

**Village Physiotherapy & Sports Injury Clinic**  
Suite 7 Level 1  
Village Shopping Centre  
GOLDEN GROVE  
**Ph: 8251 4466**