

Strength For Football

"FLEXIBILITY"

SUBMITTED BY:

The Play Book

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WARM-UP

Prior to every training session whether it is strength training, conditioning, or agilities session a complete warm-up and flexibility session must be done. A proper warm-up will:

- *Increase the body temperature prior to training*
- *Prepare the major joints for strenuous activity through all ranges of motion*
- *Increase flexibility of specific joints for increased range of motion*
- *Mentally prepare an athlete for the training that is about to be done*

General Warm-Up

The following activities can be done prior to any workout:

Light Jog - 5-10 minutes of continuous jogging at a moderate pace

Jump Rope - 3- 5 minutes of continuous jumping or See Agility/Footwork Section for specific jump rope programs

Bike/Stairmaster/Cross Trainer - 5-10 minutes at a moderate intensity and pace

An indication of a good warm-up is a light sweat. Follow the general warm-up with a brief stretch and then move onto the specific warm-up. A longer, more complete flexibility session should be done after the specific warm-up

Flexibility

Flexibility is an important variable in athletic development. Flexibility can aid in the increase of speed, power, agility, quickness, and strength. Flexibility is also a key component in the prevention of injuries. A greater range of motion in joint can reduce the chance of muscle tears, ligament strain, and injury to connective tissue. Also a greater range of motion that a joint has, the more efficient the muscles, tendons, ligaments and the joint itself will be when they are put through strenuous activity.

Flexibility is joint specific so every major joint structure must be stretched regularly in order to maximize the effects of a program. In addition to static and dynamic stretching programs, proper strength training may increase flexibility. Current research demonstrates that strength training through a full and safe range of motion can lead to increases in joint flexibility,

Points of Emphasis:

1. Always perform a general warm-up prior to stretching.
2. Be relaxed while stretching
3. Begin all stretches slowly; ease into position, hold, ease out of stretch
4. Hold all stretches for 10-15 seconds
5. Do not bounce. This could cause injury and prevent flexibility development by not allowing the muscle being stretched to relax.
6. Do not stretch so far that you experience joint pain.
7. Always stretch before and after workouts. Stretching post-exercise will prevent soreness and accelerate recovery.

Feet Together (Standing)

- Feet together, reach hands toward toes.
- Relax low back.
- Do not bounce.



Legs Spread

- Spread feet as wide as possible, while maintaining balance.
- Reach with both hands to ankle.
- Complete a rep to the left, right and middle.



Lean Left – Right

- Feet slightly narrower than previous stretch.
- Lean to side with toes pointing forward and feet flat.
- Keep chest up and back flat.



Hip Flexor

- Keep 1 ½ to 2 feet of space between heel and knee.
- Push hips down and forward.
- Keep chest up and back flat.



Hip Flexor – Twist Over

- Same as Hip Flexor stretch.
- Put opposite elbow on knee and twist.
- Try to get shoulders parallel to thigh of front leg.



Squat Stretch

- Take a position with your feet slightly wider than shoulder width.
- Keep your heels on the ground and chest up.
- Back should be flat.
- Push out on knees.



Quad Stretch

- Remain on side.
- Slowly pull back on foot.
- Keep hips in extension to stretch hip flexor.



Calf Stretch

- Keep legs straight.
- Keep heel on ground.
- Keep hips high.



Feet Together (Seated)

- Feet together, reach
- hands toward toes
- Relax low back
- Do not bounce



Groin Stretch

- Pull the heels as close to the body as possible
- Push out on the knees with the elbows



Legs Over Head

- Relax the low back
- Try to extend legs
- until straight with toes pointed down
- Do not bounce



Knees to Chest

- Pull the knee to the chest
- Opposite leg should be straight



Extend the Leg

- Grab high on the calf
- Extend the leg by pushing the heel to the sky



Leg Over

- Keep the shoulders and hips flat on the ground
- The leg across should be perpendicular to the torso



Modified Hurdler

- Bring heel to leg
- Keep leg straight and flat on ground
- Reach with both hands



Spinal Twist

- Apply pressure to leg with elbow
- Turn shoulders to 90 degrees
- Foot of bent leg must be flat

