



FITNESS 4 FOOTBALL

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FLEXIBILITY FITFILE

The quest for improved football performance and injury prevention is incomplete without incorporating a dedicated approach to flexibility. Failing to appreciate the importance of this quality can undo all of the benefits achieved with other types of conditioning and increase the chance of injury while reducing movement efficiency and effectiveness.

Flexibility refers to the ability to move a joint and the surrounding muscles through a full range of motion and is critical in football because of the joint stress associated with dynamic multi-joint movements. Lack of range of movement can lead to injury and a reduction in speed, agility, strength and endurance potential. It can also limit your individual skills.

THESE SAMPLE DRILLS ARE NOT AN EXERCISE PRESCRIPTION

These sample drills are not an exercise prescription but a list of drills that may be used to develop flexibility. You may need to develop increased flexibility in certain muscles, but not in others, so we recommend that you consult a fitness professional or physiotherapist who can help assess your muscle lengths and imbalances.

DO NOT FORCE THE STRETCH

Flexibility drills should not be painful - you should not force muscles but encourage them to relax during the stretch. Ensure that you are warm before you start your flexibility session and perform drills in a warm room on a comfortable surface.

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Breathe normally during all drills. The sets, repetitions and rest times are examples only, and are not appropriate for all users.

1. ADDUCTOR - KNEELING

- Kneel with hands on floor
- Split knees wide apart
- Feet point outward
- Support upper body on elbows
- Push buttocks towards heels
- Maintain normal spinal curvatures

Hold for 30 seconds.
Repeat 2 times.



2. CALF - WALL PUSH

- Split stance, hands on wall
- Keep back foot flat & leg straight
- Lower chest toward wall
- Move back foot backward to increase stretch

Hold for 30 seconds.
Repeat 2 times.



3. GLUTE - LYING - LEGS CROSSED

- Lie on back, knees bent
- Place one foot across opposite knee
- Grasp shin of the support leg
- Pull toward chest

Hold for 30 seconds.
Repeat 2 times.



4. HAMSTRING - KNEELING LUNGE

- Kneel in lunge position
- Place chest on front thigh, hug thigh
- Sit back onto heel
- Variation: Move front foot forward, lift toes up

Hold for 30 seconds.
Repeat 2 times.



5. LOW BACK - SEATED - HAND UNDER KNEE

- Sit on floor, one leg straight, other leg bent to knee
- Reach under bent knee with opposite hand
- Reach up & over head with other hand
- Bend the torso sideways toward straight leg

Hold for 30 seconds.
Repeat 2 times.

