



Tools RG
Know how to show how

MEDFIELD YOUTH SOCCER STRETCHES

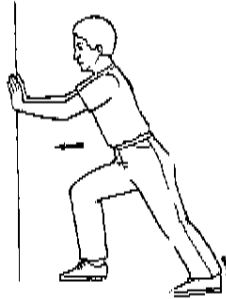
3-5x per week



U7-U8 , U9-10, U10-14

Quad stretch

Hold 30 sec 2x



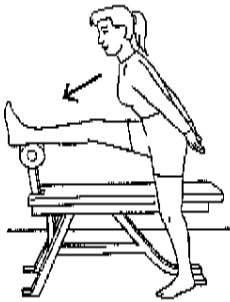
U7-8,U9-10,U10-14

Calf Stretch

Hold 30 sec 2x

© The Saunders Group Inc.

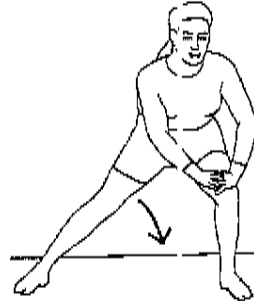
© The Saunders Group Inc.



U9-10,U10-14

hamstring Stretch

Hold 30 sec 2x



U9-10,U10-14

Adductor Stretch

Hold 30 sec 2x

© PhysioTools Ltd

© PhysioTools Ltd