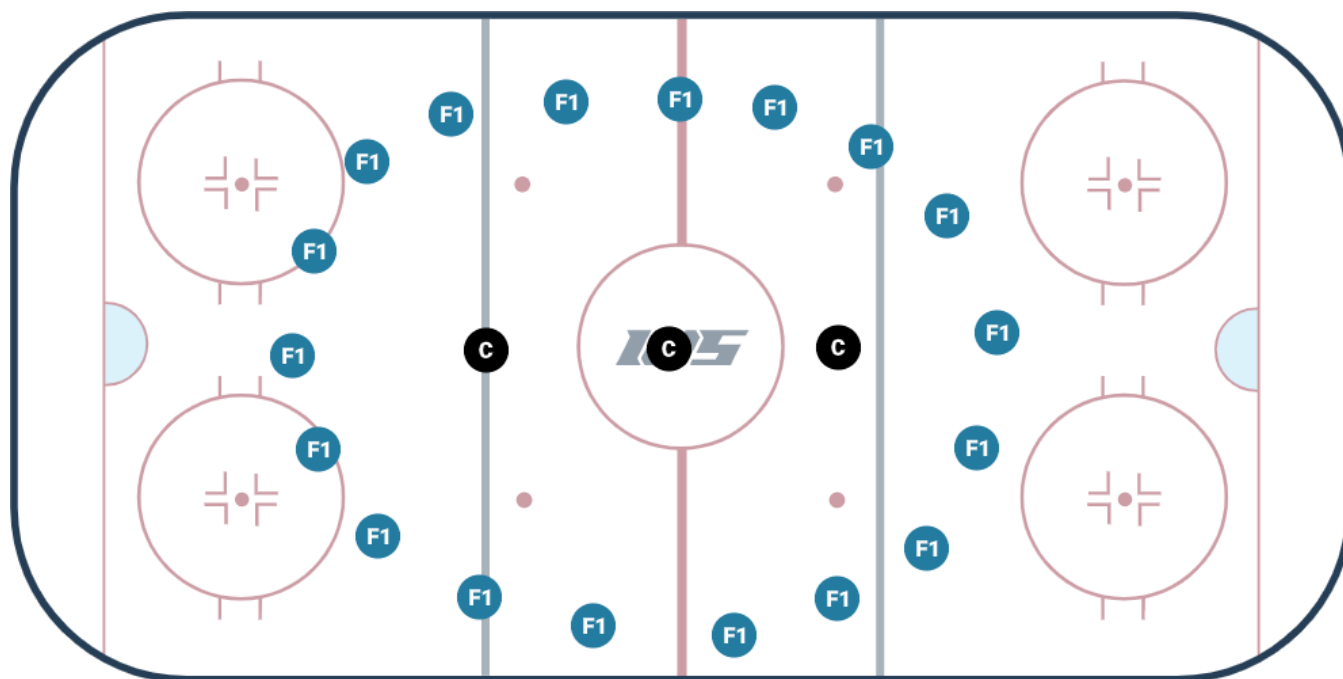


Cool down & Stretch U8-U12



Description

- have players make a very large circle around the arena keeping their distance from each other
- coaches will demo some light stretches
- 2-3 mins
- *coaches to run basic stretching routine at their own discretion*