

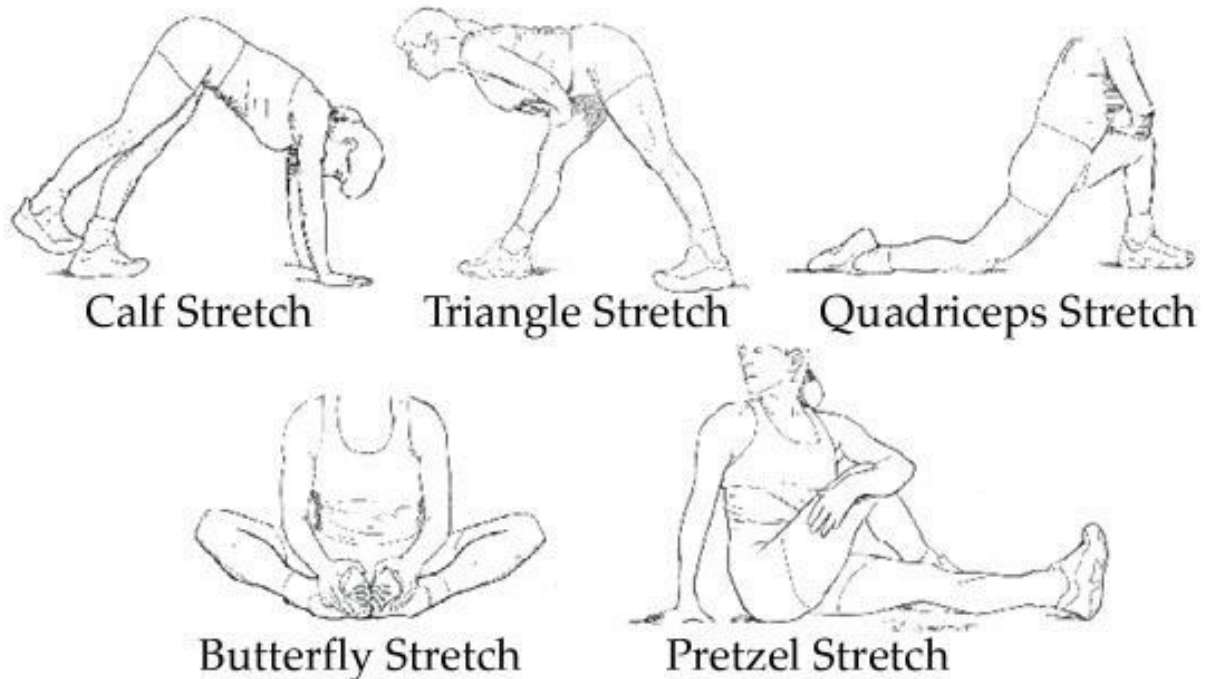
# Soccer Warmup Program

- General Warmup
- Dynamic Stretching
- Static Stretching

**General Warmup:** for soccer is essential to prepare your body for the physical demands of the game and to reduce the risk of injury.

Light Jog around the field or on the spot to increase your heart rate.

**Static Stretching:** are exercises that involve stretching muscles while the body is at rest. This type of stretching helps to improve flexibility and range of motion, and it prepares muscles for physical activity.



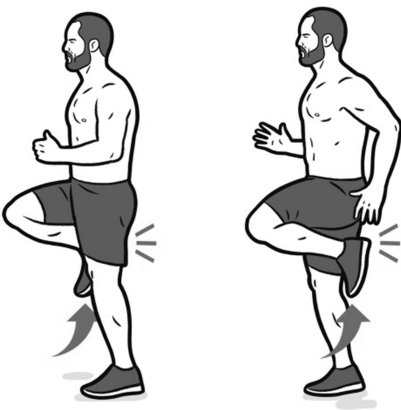
## Stretching exercises for soccer

**Dynamic Stretching:** involves moving parts of your body through a full range of motion to increase flexibility, warm up muscles, and prepare the body for physical activity. Unlike static stretching, dynamic stretches are active movements that are not held in one position.

## High Knees



## Butt Kicks



## Open the Gate



## Close the Gate



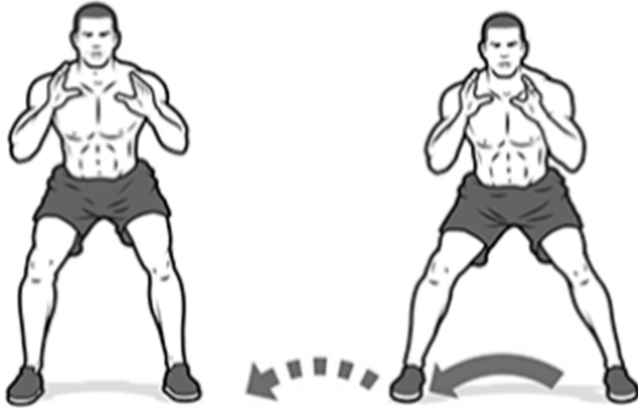
## Straight Leg Kicks



## Ankle Sweeps



## Side Shuffle



## Karaoke



Our Dynamic Stretching program is based upon eight stretches to be performed between a 10 yard mark on the field of play or the technical warmup area.