
















South East Queensland Football

Stretching & Yoga

- 3 most beneficial stretches for soccer; 3 sets x 3 stretches for 30 seconds.

QUAD	HAMSTRING	ADDUCTOR
		
<p>Kneel on one foot and the other knee. If needed, hold on to something to keep your balance and then push your hips forward.</p>	<p>Sit with one leg straight out in front and point your toes upwards. Bring your other foot towards your knee and reach towards your toes with both hands.</p>	<p>Stand with feet wide apart. Keep one leg straight, bending the other and turning toes out to the side. Lower groin towards the ground, resting hands on bent knee.</p>

- 3 sets x 12 poses for 30 seconds

 <p>Baddha Konasana Bound Angle Pose YOGACARDS.COM</p>	<p>Ardha Jathara Parivartanasana</p>  <p>Half Revolved Belly Pose YOGACARDS.COM MARK GIUBARELLI</p>	<p>Eka Pada Parivrtta Upavisthasana</p>  <p>One Leg Revolving Seated Pose YOGACARDS.COM MARK GIUBARELLI</p>	 <p>Janu Sirsasana Knee to the Head (Var) YOGACARDS.COM</p>
<p>Sun Salutation</p>  <p>Step Back & Step Forward YOGACARDS.COM MARK GIUBARELLI</p>	<p>Parsvottanasana</p>  <p>Intense Side Stretch Pose YOGACARDS.COM MARK GIUBARELLI</p>	 <p>Balasana Child Pose YOGACARDS.COM</p>	 <p>Cat Flow YOGACARDS.COM</p>
 <p>Bhujangasana Cobra Pose YOGACARDS.COM</p>	 <p>Adho Mukha Svanasana Downward Facing Dog YOGACARDS.COM</p>	<p>Anjaneyasana</p>  <p>Lunge Pose Also called Crescent Moon pose YOGACARDS.COM MARK GIUBARELLI</p>	 <p>Chaturanga Dandasana Four Limb Staff Pose YOGACARDS.COM</p>