

STRETCHING AND MOBILITY BASICS

ALL AGES



Stretching

Stretching helps maintain flexibility and can reduce feelings of tightness after training or games. It is best used after exercise, when the muscles are warm, and should focus on the major areas such as the hips, quadriceps, hamstrings, calves, and shoulders. Stretching should be controlled and comfortable, with no bouncing or forcing of movement.

Mobility/Dynamic Stretching

Mobility work helps players move well through the ranges of motion needed for running, tackling, accelerating, and changing direction. A short mobility routine after training or on rest days can improve movement quality, reduce stiffness, and support better preparation for the next session. Good mobility work should include hips, ankles, thoracic spine, and shoulders, with smooth and controlled exercises rather than rushed movements.

Pre-Game - Mobility

EXERCISE		REPS
A1	Thoracic Reach Through	2x 8-reps
A2	Hip 90/90	2x 8-reps each side
A3	Crucifix Dynamic Stretch	2x 8-reps each side
A4	Scorpion Stretch	2x 8-reps each side
A5	Hamstring Pump	2x 10-reps each side
A6	Worlds Greatest Stretch	2x 8-reps each side

Post-Game - Stretching

EXERCISE		REPS
A1	Lying Hamstring Stretch	2x 60s each leg
A2	Pigeon Stretch (Glutes/Hips)	2x 60s each leg
A3	Couch Stretch (Quads)	2x 60s each leg
A4	Standing Calf Stretch (Calves)	2x 60s each leg
A5	Child's Pose (Back)	2x 60s
A6	Archer Stretch (Spine)	2x 60s each leg

WARNING

The following training programs have been developed as general training advice only. If you currently have any injuries or underlying health issues, please consult a fitness or health professional before completing.



BUILDING FUTURE JETS

