10 MINUTE STATIC STRETCH

DRILL SPECS:
- **Drill Theme:** Warm Up
- **Field Location:** Midfield
- **Time Needed:** 10 Min
- **Drill Style:** Warm Up
- **Field Position:** Offense, Defense, Midfield, Goalies
- **Skill Level:** Basic

OBJECTIVE:
Static Stretching allows players to stretch specific muscle groups in a specific order directed by their coaching staff.

DRILL DESCRIPTION:
Have your players line up or circle up and give them a series of static stretches that they can do, examples are below:

Standing Stretch Down, Legs Apart, Down to the Right, Down to the Left
Seated Right Leg out, Left Leg Out, Butterfly’s, etc.

SKILLS PRACTICED:
- Warm Up
- Conditioning

VARIATIONS:
Vary the exercises to allow the players a change of pace.