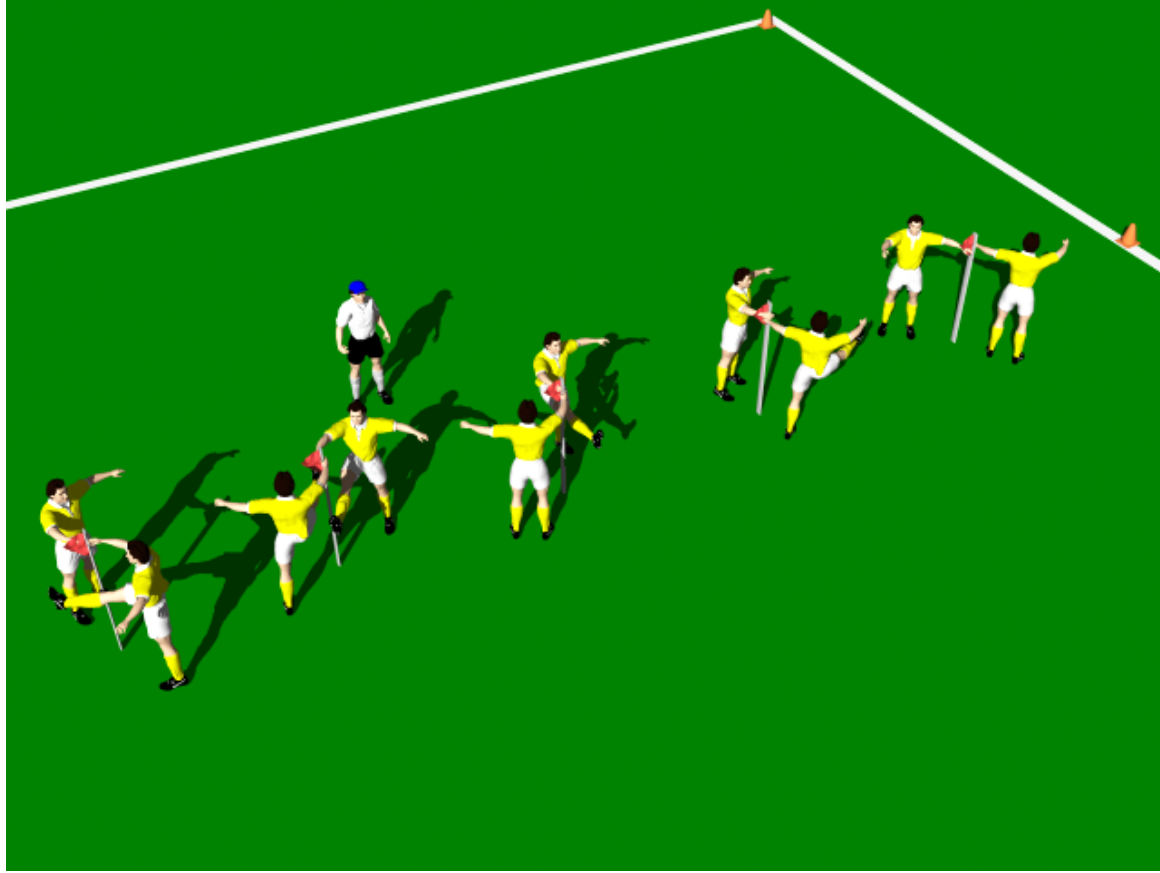


Pole Warm Up



Exercise Objectives:

This is a variation of dynamic stretching using corner flag pole.

Coaching Pointers:

Set up a line of poles approximately 5 yards apart. Place two players at each flag pole. The players will perform a variety of stretches while holding onto the poles.

Stretching Sequence:

1. Pendulum kicks using the right leg.
2. Pendulum kicks using the left leg.
3. Groin stretches on right groin.
4. Groin stretches on left groin.
5. Cross the leg stretch.
6. Side to side groin stretch.
7. Squats.
8. One leg squat using the right leg.
9. One leg squat using the left leg.
10. Calf stretches.
11. Sit down groin stretch.
12. Russian kicks.