

Not everyone needs to stretch- esp the young kids like under 10, but once they start growing they may find they need to stretch to keep up the length of their muscles and tendons.

Three good static stretches to consider: with the kids over 10

- calf stretch (also hits hip flexor),
- Hamstring (hurdler) stretch in long sit
- standing quad stretch(also hits hip flexor)

Consider a **standard warm up** to start each practice (**for all ages**)

High knees
Fast feet/ butt kicks
Side shuffle
Backwards run
Walking lunge
Inchworm
Squat- tech
Jump squat- land on toes, rock to heels, soft landings, control knee slightly bent

The second major area we wanted to touch base on was ACL Injury Prevention
Research leans toward

- females- hips, hormones, less overall strength or reduced HS firing patterns, landing patterns ??????
- finding that jump training does help reduce numbers- best if done before the mature- to train nervous system early

Warm up additions/changes with over 11 and up:

- with **walking lunges** really need to work on form-- avoid knee going inwards or in front of lead toe
- work on **jumps in diff. directions, and on one leg-** like hop hold or hop over line--- form is key!!!!
- -Squat jumps can also be progressed to a **tuck jump-** which helps fire the HS
- In therapy we often give a step down for control work and side stepping ex with TB at feet for hip strength