

FLEXIBILITY

COACHES:

The basic stretch program on the next page is extracted from the Pee Wee Player Manual but applies to all levels of the game. It can be used throughout one's career and it is totally adaptable to all sports or physical activity. At the very least it should be a requirement before every game, practice or workout. Ideally players will stretch after each game or practice as well.

Consider this material as guidelines and a starting point for an ongoing, effective stretching program. As you gain experience you will come across many variations and alternative stretches to use. Experiment with them then pick the ones you like, you feel comfortable with and that suit your needs.

The best stretching technique to use is called "static stretching". This involves applying **STATIC STRETCH** and holding the stretch in one position until the muscle(s) relax, which normally takes about 10 to 20 seconds. There should be no bouncing or jerking involved.

The stretches in this section are adapted from the manual, "Stretching", by Bob and Jean Anderson and, "**Gold Medal Conditioning**", by Dave Pearce, available in hard copy or electronic format.

FLEXIBILITY

Flexibility is important to success in all sports and the way to increase it is by stretching, which helps prepare the body for rigorous activity by lengthening the muscles, lubricating the joints and promoting circulation and relaxation. This in turn reduces the chances of injury and speeds up healing if and when injury does occur.

REDUCE INJURIES

You can use this stretching program throughout your career and it is totally adaptable to all sports or physical activity. At the very least it should be a requirement before every game, practice or workout. Ideally, you will stretch after each game or practice as well.

Consider this material as guidelines and a starting point for an ongoing, effective stretching program. As you gain experience you will learn many variations and alternative stretches to use. Experiment with them then pick the ones you like, you feel comfortable with and that suit your needs.

STATIC STRETCH

The best stretching technique to use is called "static stretching". This means you apply the stretch and hold that position until you feel the muscle(s) relax, which normally takes about 10 to 20 seconds. There should be no bouncing or jerking. Finally, make sure you stretch all the muscles groups applicable to the game, in this case softball.

The 10 stretches in this section are adapted from the manual, "Stretching", by Bob and Jean Anderson and will provide a good starting point for a complete stretch program.

BASIC STRETCH PROGRAM

