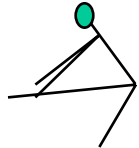
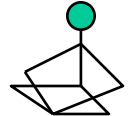
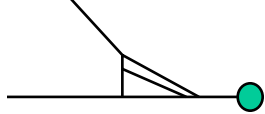
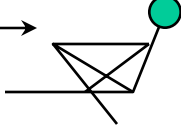
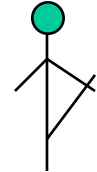
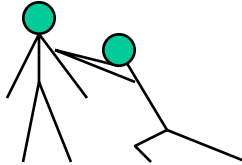
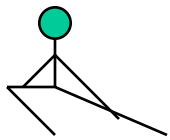
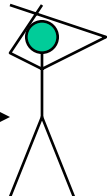


Goddard Junior Football Stretching routine

- V-stretch (sitting down) 
- Butterfly (sitting down) 
- Lying hamstring stretch (lying down) 
- Leg across body (sitting down) 
- Quad stretch (standing) 
- Calf stretch (with partner) 
- Groin stretch (standing-lean) 
- Arm stretch over head 
- Shoulder shrugs
- Neck rolls

* All stretches done twice per side/leg – count to 10 – slight rest between