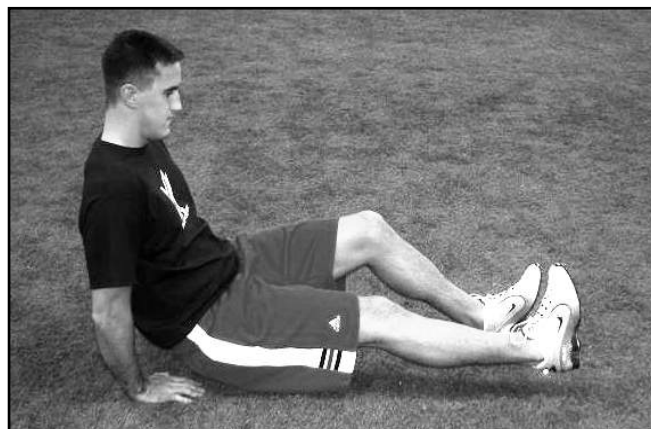
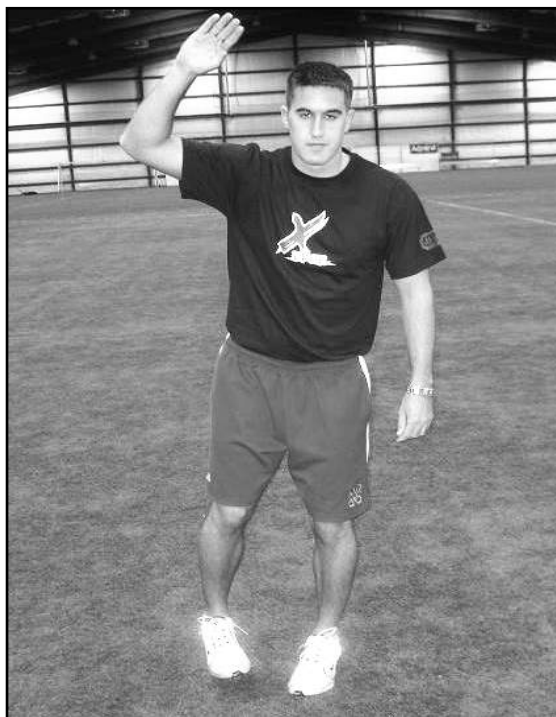


SOCCKER PROGRAM



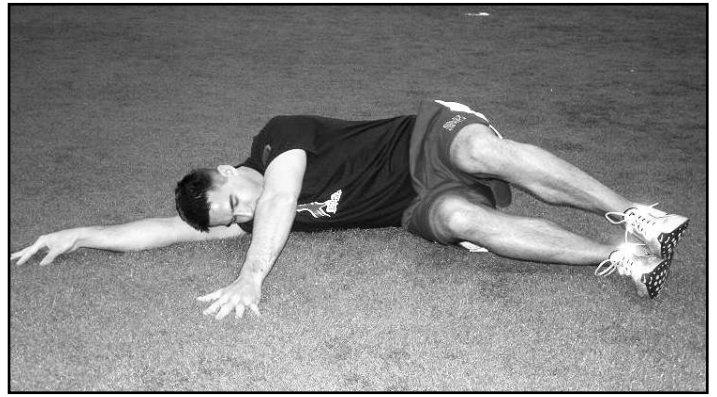
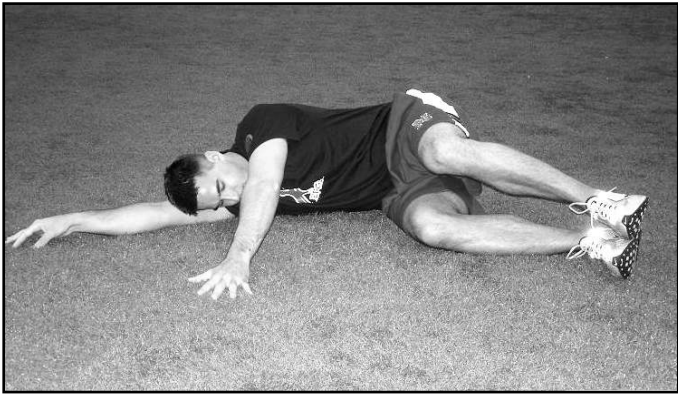
Paraspinal Release

1. Sit with knees slightly bent and pull heels down into ground
2. Keep back rounded bringing belly to spine
3. Lift your right leg and bring it forward keeping your back rounded and your left heel down into ground



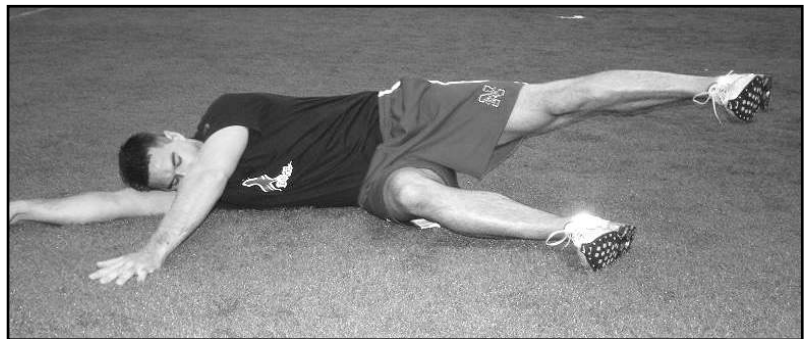
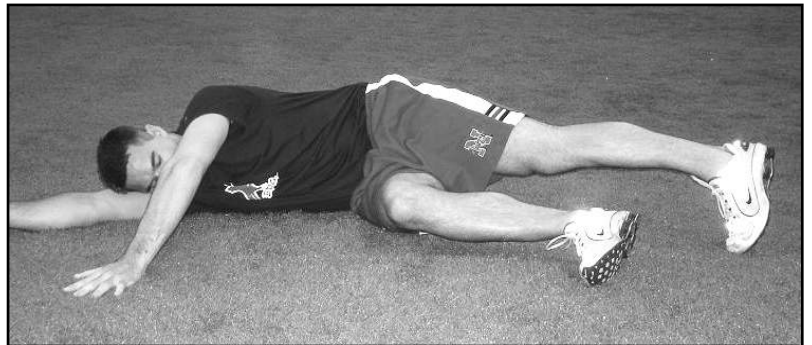
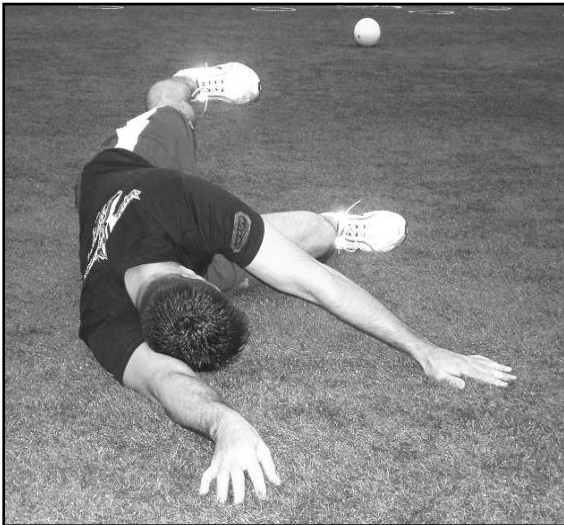
Single Leg RDL

1. Stand on your left leg and shift hips to the left slightly
2. Keeping back rounded bend forward bending left knee slightly and bringing right arm across body so that your nose is over your left toes



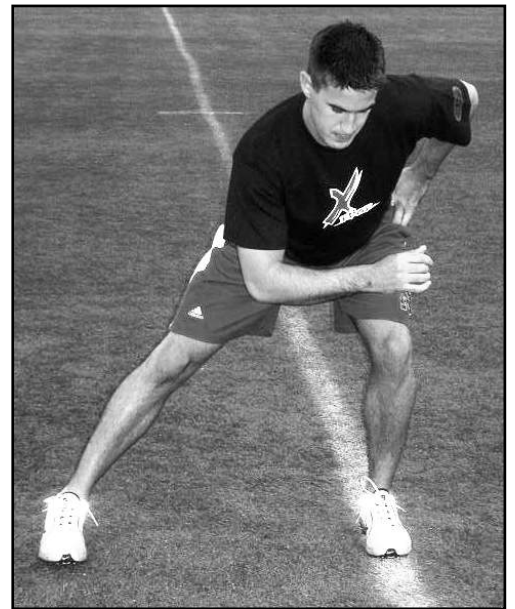
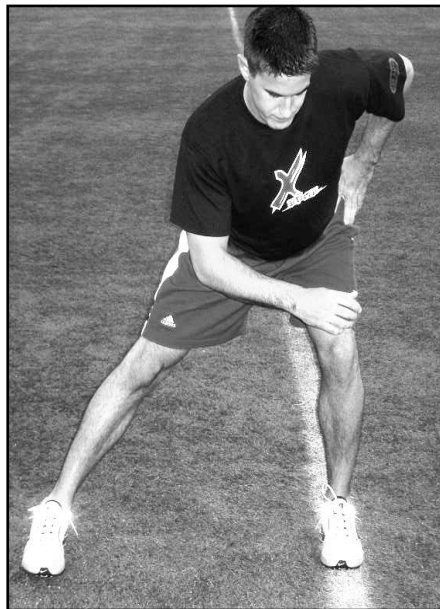
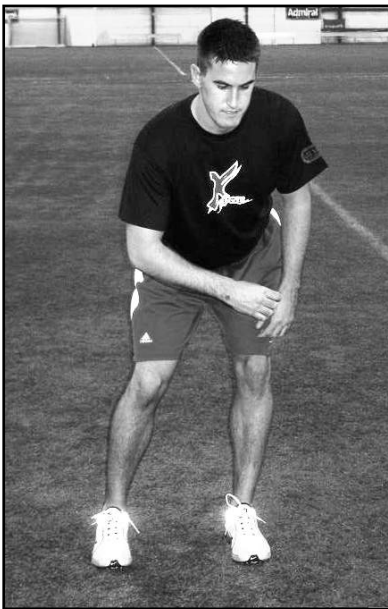
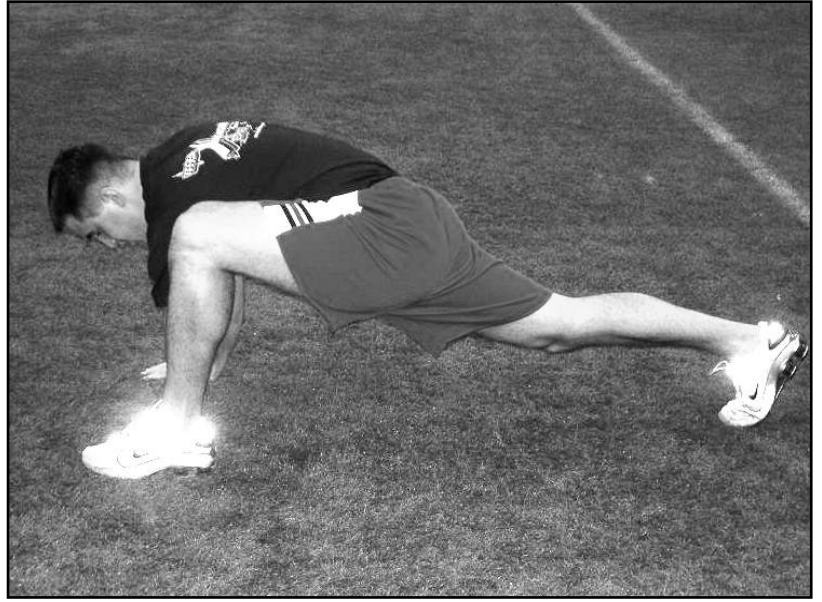
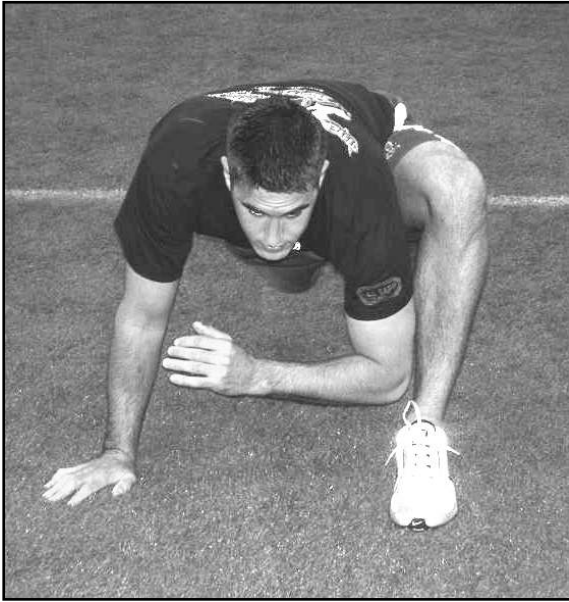
Knee Toward Knee

1. Lie on side with knees bent and back rounded
2. Shift top knee forward and lift up and out
3. Maintaining above position bring bottom knee up slightly until you feel inside of your thigh engage
4. Repeat on other side



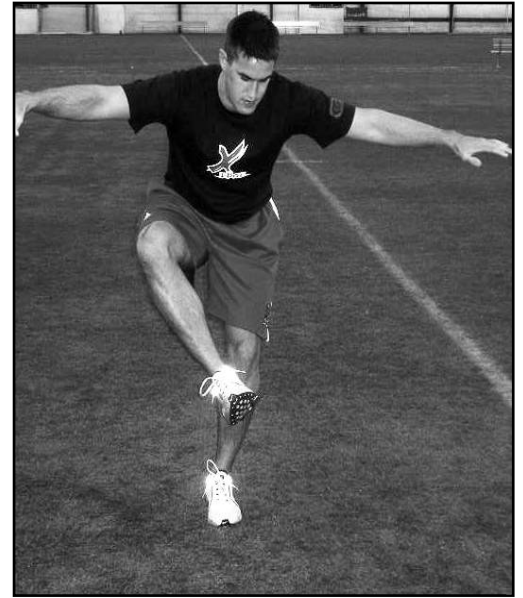
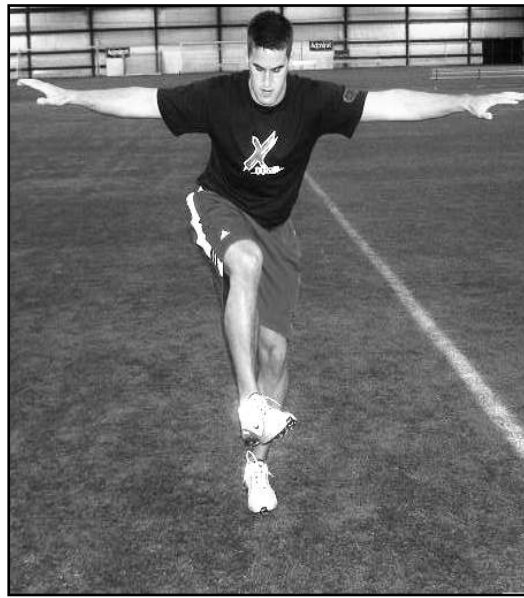
Adduction / Abduction

1. Lie on your side with ankle, hip, and shoulder lined up and toes of top leg pointed down
2. Lift your bent bottom knee off of the ground feeling your inner thigh
3. Maintaining this position lift the top leg keeping your toes pointed down slightly, feeling your outer hip on top



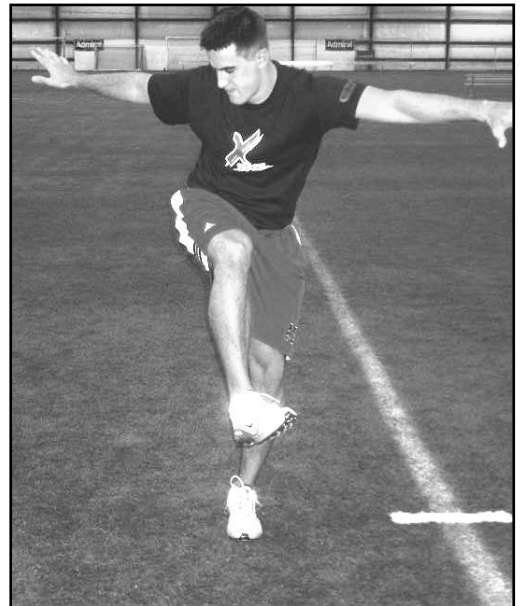
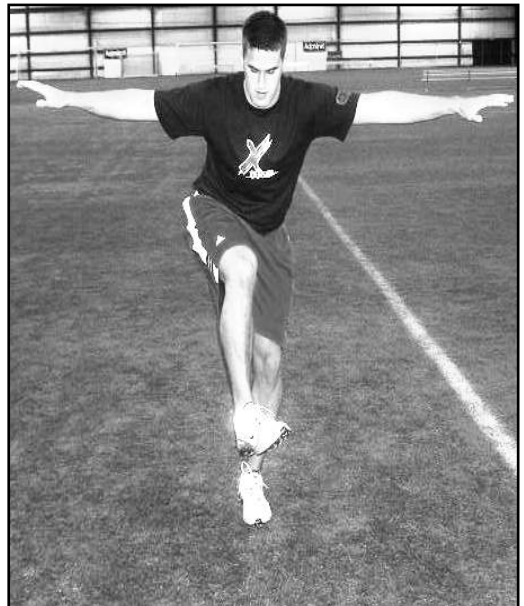
Side Lunge

1. Shift your weight to the left side so that your pant seam is over your left great toe
2. Maintaining this position lift your right leg and place it out to the side
3. Shift weight further to the left feeling stretch in right inner thigh
4. Repeat on other side



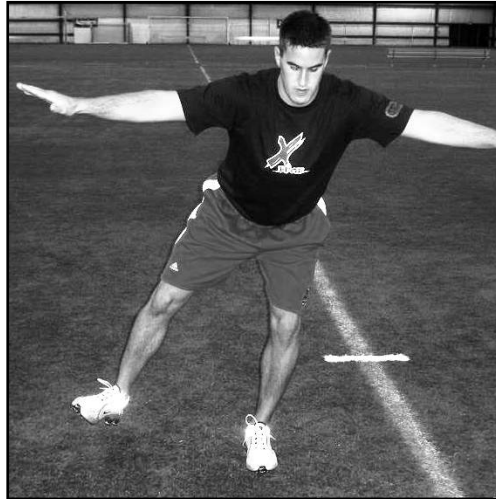
Hip Shift with Right FA ER

1. Shift your weight to the left side so that your pant seam is over your left great toe
2. Maintaining this position start to bring right knee up across body slightly
3. Turn foot inward while maintaining hip shift



Hip Shift with Right Hip Through

1. Repeat steps one and two from previous exercise
2. Concentrate more on bringing right knee across body as if volleying a soccer ball, back should follow hips to the right



Hip Shift with Right FA ER

1. Shift weight to the left as stated above
2. Bring your straight right leg out to the side while turning it out slightly
3. Perform 5 small backwards circles
4. Can do with foot on top of ball

Hip Shift with Left FA IR

1. Shift weight to the right
2. Bring straight left leg out to the side while turning it slightly inwards
3. Perform 5 small forward circles
4. Can do with foot on top of ball as pictured

Keep stance leg slightly bent and back rounded through entire sequence