



## Sport Stretch Page

# **BASKETBALL**

Name \_\_\_\_\_ Date \_\_\_\_\_

Stretch name	Stretch drawing	Muscles and body parts stretched
Shoulder stretch		
Chest stretch		
Overhead lat stretch		
Standing quadriceps stretch		
Side lunge		
Standing calf stretch		
Butterfly		
Seated spinal twist		
Supine hamstring stretch		



## Sport Stretch Page

### SOCCER

Name \_\_\_\_\_ Date \_\_\_\_\_

Stretch name	Stretch drawing	Muscles and body parts stretched
Standing quadriceps stretch		
Side lunge		
Standing calf stretch with straight leg (for the calf)		
Standing calf stretch with bent knee (for the ankle)		
Seated hamstring stretch		
Seated spinal twist		
Butterfly		



## Sport Stretch Page

### TENNIS

Name \_\_\_\_\_ Date \_\_\_\_\_

Stretch name	Stretch drawing	Muscles and body parts stretched
Wrist rolls		
Neck stretches (tilt and turn right and left)		
Forward lunge		
Standing lateral stretch		
Seated spinal twist		



## Sport Stretch Page

### VOLLEYBALL

Name \_\_\_\_\_ Date \_\_\_\_\_

Stretch name	Stretch drawing	Muscles and body parts stretched
Wrist flexion and extension		
Chest stretch		
Overhead lat stretch		
Ankle flexion and extension		
Standing quadriceps stretch		
Side lunge		
Standing calf stretch with straight leg (for the calf)		
Standing calf stretch with bent knee (for the ankle)		
Supine hamstring stretch		
Supine gluteal stretch		