

Stretching BEFORE a Game (Hole in ONE Guarantee!)

Neck

Turn head to the left, just until you feel a light stretch and hold for 20 sec.

Repeat on the right side

Tilt head down toward chest until a stretch is felt, then tilt head backward and hold each stretch for 20 sec

Shoulder Circles

Full rotation circles in a forward motion, at least 10 – 15, both left and right arms

Repeat in reverse motion, left and right

Shoulder Stretch

Draw arm across chest, using opposite arm, gently grab triceps area and hold, turn head into shoulder being stretched, hold stretch for 20 sec.

Repeat for other arm

Rotator Cuff

Place hands on hip, rotate elbows forward and inward until a stretch is felt in the back of shoulders

Hold for 20 sec

Body Rotation

Begin with feet at shoulder width, relax arms and hands, keep feet stationary and rotate body from side to side so that the arms are swinging in a relaxed fashion

Continue for 20 sec

Hip Circles

Feet shoulder width apart, hands on hips, move hips in a circular motion for 20 sec, then change direction

Knee Circles

Feet together, hands on knees and move knees in a circular motion, 20 sec and change direction

Knee Raise

Feet shoulder width apart, drive one knee up and in front of you, return it and drive your other knee up, continue for 20 sec

Leg Stretch

Feet at shoulder width apart, step forward with right foot, keeping the right heel on the ground, raise toes of right foot and lean into right leg until a mild stretch is felt, hold for 20 sec, stepping forward with the left leg and repeat stretch

