



Presents



Flexibility & Mobility

Practical Session

Led by Paddy Tally

Recommendation:

Allow 5-10 minutes to gently warm-up and raise the core temperature

If coaching children under 14 years of age:

- 5 Minutes for Mobility is sufficient

If coaching children over 14 years of age and adults allow:

-5 mins for mobility

- 5 Minutes for Stretching

Mobility Exercises

1) *Pelvic Floor and Lumbar Spine Mobility:*

Lie on your back with knees bent and soles of feet flat on the floor (shown below). Raise pelvis slowly up and down, aiming to get a rolling motion on the lower spine.

Reps:

10

Target Area:

Lumbar Spine



2) Lie on your back. Raise both knees, grab them with your hands and bring them into the chest. Roll back and forth in a rocking motion.

Time:

30 Seconds

Target Area:

Thoracic and Lumbar Spine



3) *Supermans*

Lie outstretched on your belly. Raise your right arm and left leg at the same time. Relax and then repeat raising your left arm and right leg.

Reps: 10
Target Area: Full Back Mobility



4) *Cat & Camel*

Body positioned on all fours. Without moving the arms and legs, slowly raise and then lower the lower back. When lowering the back, aim to push the belly towards the floor and create a 'u' shaped arch on the back.

Reps: 10
Target Area: Back Mobility



5) *Supermans Advanced*

Body positioned on all fours. Keep back straight and head facing down towards the floor. Outstretch your left leg and right arm. Body must be kept in a straight line, with no loose movement.

Reps: 10
Target Area: Back and Gluteus Maximus



6) *Hamstring Swings*

Stand up straight facing a partner. Place each other's right hand on the partner's right shoulder. Swing the right leg back and forth, without leaning forward. When swinging the leg forward, swing forward onto the toes. Relax and then repeat the movement with opposite leg.

Reps: 20 Each Leg
Target Area: Hamstrings / Hip Flexors



7) Stand upright with feet shoulder width apart and the legs locked out straight. Slowly walk the hands to the toes and then out onto the floor until body is parallel to the floor. Proceed to walk the feet in towards the hands using small steps, gradually stepping back into the starting position.

Reps: 10
Target Area: Gastrocnemius



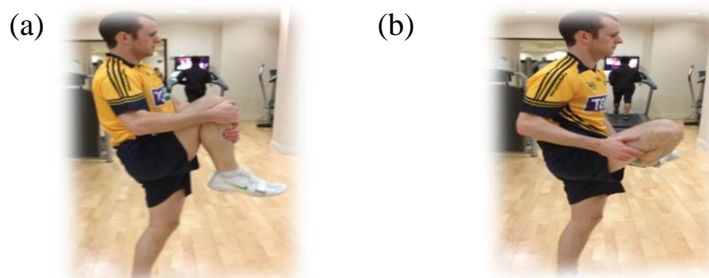
- 8) Get into the press-up position. Move the right foot up until it is positioned beside the right hand. Hold this stretch. Ensure to keep the back leg straight. To progress this stretch, alternate the hand positioning to both hands on the outside of the right foot.

Reps: 5 Each Leg
Target Area: Groin / Hip Flexors / Quads



- 9) Walking Knee Hugs- Whilst walking, approximately every three strides, the right knee up to the chest and gently pull it back to get the stretch. Proceed to continue walking and repeat using opposite leg. To progress this exercise, instead of lifting the knees up to the chest, lift the ankle up in a sideways motion. Then proceed to continue walking and repeat using the opposite leg.

Reps: 10 Each Leg
Target Area: Glutes & Groin



- 10) In partners, sitting down on the floor facing each other. Legs are outstretched and the soles of the feet are touching the partners feet. Spread the feet wider until you feel a slight stretch. Hold the hands of your partner and in turns, one partner gently pulls the other partner forward slightly until their back is flexed.

Reps: 10 Stretches Per Partner
Target Area: Groin, Hamstrings & Back



11) Standing feet shoulder width apart, lean to one side whilst keeping the feet firmly on the floor. Outstretch the arms in front of the body to balance, and push the backside out whilst maintaining a straight back. To progress the stretch, adjust the feet so they are at a 45 degree angle.

Reps: 5 Each Leg
Target Area: Groin & Lower Back



Static Stretching

- 1) Stand facing a waist high table. Lift the right leg up onto the bench, ensuring the backside is touching the table. The standing foot should be positioned facing forward. Turn both the foot that is up on the table, and the pelvis inwards slightly. To progress the stretch, lean slightly forward.

Reps: 10 Each Leg
Target Area: Groin & Lower Back

- 2) Standing facing the side of a shoulder high table. Lift the foot up and rest the side of the foot on the table. The foot on the ground should be facing the table.

Reps: 10 Each Leg
Target Area: Groin & Lower Back

- 3) Stand sideways at the side of a waist high table. Lift the right knee onto the table and lean to the left side. Place hands on the pelvis throughout the exercise.

Reps: 10 Each Leg
Target Area: Groin & Lower Back

- 4) Using the exercise ball. Sit with back leaning against the ball, which is positioned against the wall. Lean into the ball and roll it up the wall. Lift the left leg across the right knee. Lean back into the ball and lower the backside onto the floor.

Reps: 10
Target Area: Groin & Lower Back



- 5) Kneel on floor facing away from a wall. Position the right shank up along the wall, whilst kneeling on the left knee for balance. Position the left foot touching the bottom of the wall. Raise the right arm above the head, up along the wall. Outstretch the left hand for balance.

Reps: 10
Target Area: Groin & Lower Back

