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STRETCHING PROGRAM

OBJECTIVES:

- Increase Flexibility
- Increase Leg Speed
- Prevent Injury
- Strengthen Muscles

FREQUENCY:

3x a day minimum, 5+ times a day preferred

- Stretch in shower after waking up (5 minutes)
- Stretch around lunch time (5 minutes)
- Stretch before kicking practice (7 minutes)
- Stretch after kicking practice (12 minutes)
- Stretch before going to sleep (8 minutes)

MAIN MUSCLES FOR KICKING:

- **Hip Flexor** This muscle is used the most for field goal kicking and kickoffs.
- **Groin** Second most used muscle in the kicking form (located next to hip flexor).
- **Hamstring** Keep loose, especially in cold to prevent a 'hammy pull'. Punters even more than kickers.
- **Quadriceps** Easy to stretch but don't forget to do it!
- **Low Back** Important for everyday life/comfort and for kicking mobility.

WARM-UPS (Before Kicking):

- Leg Swings
- Frankensteins
- High Knees
- Down Back Whole Field Jog
- One-Steps
- 'Dry Kicks'

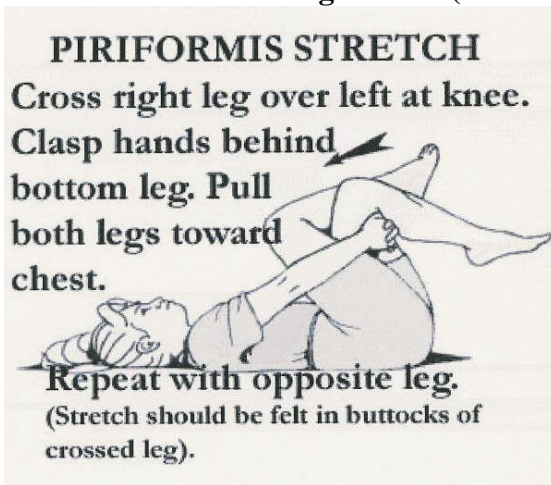
STRETCHES:

- Hip Flexor Stretch
- Outside Butt/Hamstring Stretch
- Hamstring Stretch (wall)
- Quad Stretch
- Low Back Stretch
- Groin Butterfly Stretch

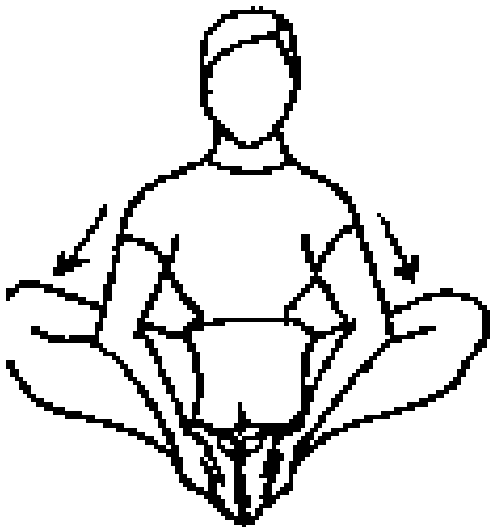
Hip Flexor Stretch



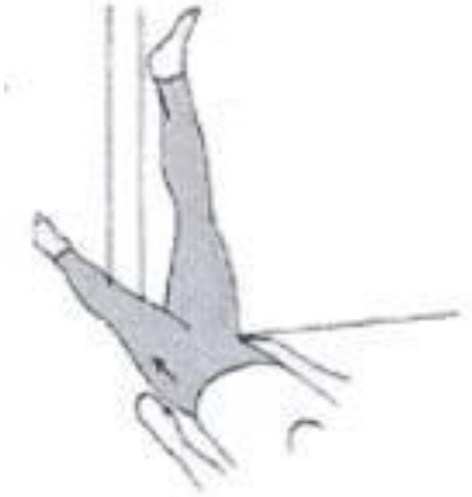
Outside Butt/Hamstring Stretch (IT Band Stretch)



Groin Stretch (Butterfly)



Hamstring Stretch (wall)



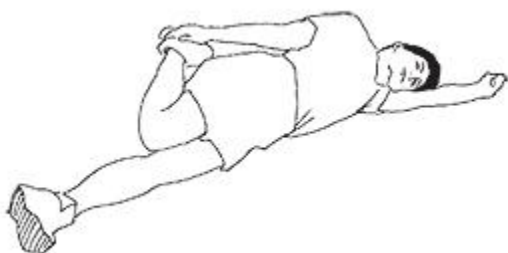
Groin Hyper Stretch *(move front foot even farther forward!)*



Low Back Stretch

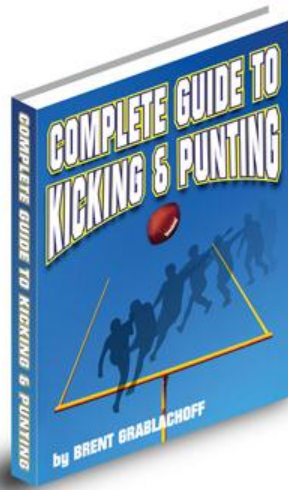
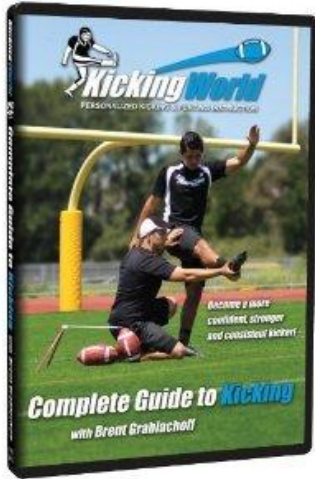


Quadriceps Stretch



The Following (3) Items are 'Must Haves' for any Kicker, Punter, or Coach:

- *Complete Guide to Kicking* [DVD](#)
- *Complete Guide to Kicking & Punting* [eBook](#)
- *Athletic Quickness Isometric Strength* [Band Program](#)



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