**TEAM TITAN STRETCHING**

(TOP TO BOTTOM – HEAD TO TOE)

**NECK ROTATIONS** – TO THE RIGHT/TO THE LEFT

**FORWARD – BACKWARD HAND CLAPPING**

**SHOULDER CIRLCLES**

**SHOULDER STRETCH** (SWIMMERS STRETCH)

**HIP CIRCLES –** TO THE RIGHT/TO THE LEFT

**HAMSTRING STRETCH-** LEGS TOGETHER/PASSIVE HANG REPEAT (10/5/10 count)

**HAMSTRING STRETCH**- RIGHT OVER LEFT/LEFT OVER RIGHT (10/10 count)

**EASY SIDE LUNGE**- TO THE RIGHT/TO THE LEFT (10/10 count)

**HIP FLEXOR STRETCH**- TO THE RIGHT/TO THE LEFT (10/10 count)

**THIGH STRETCH** (HEAL TO BUTT) R/L (10/10 count)

**ANKLE CIRLCLES**

**RUN TO FENCE** – CALF STRETCH- FENCE LEAN

**(RUN AND GET IN SPEED DEVELO0PMENT DRILLS)**