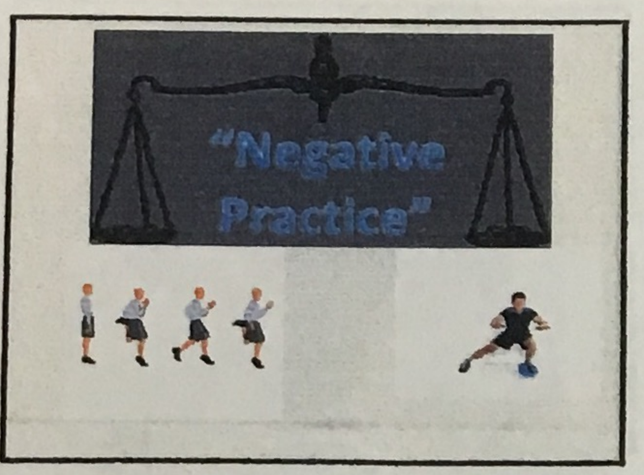
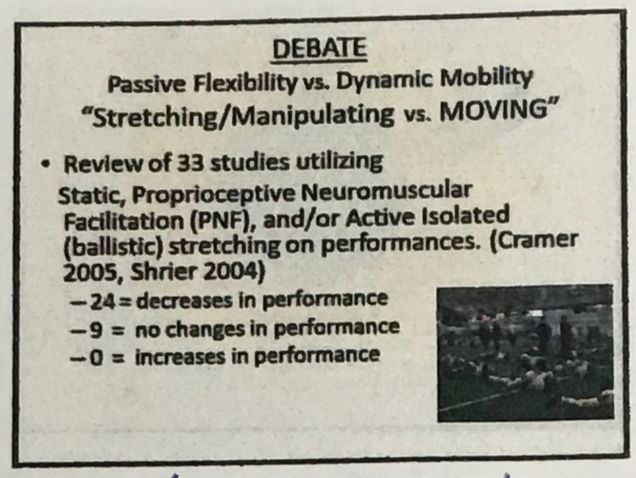
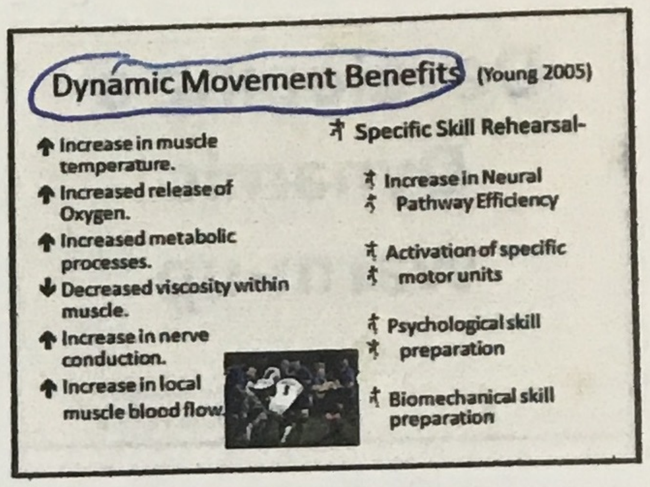
2/19/2016

When a stretch doesn't get a kid ready for when the gun goes off, or ball is kicked, why do it?!

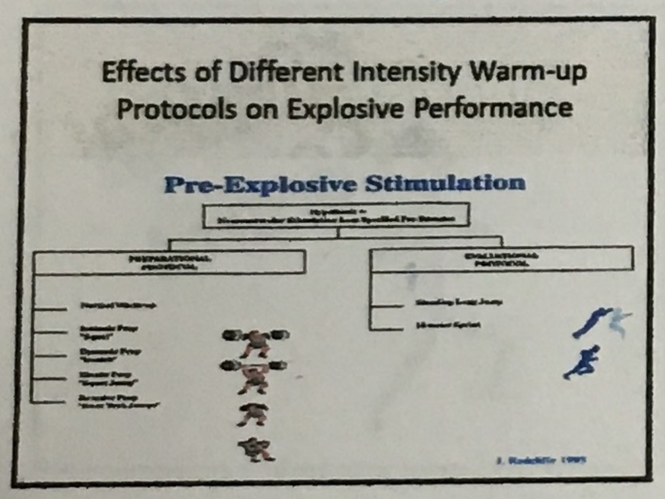


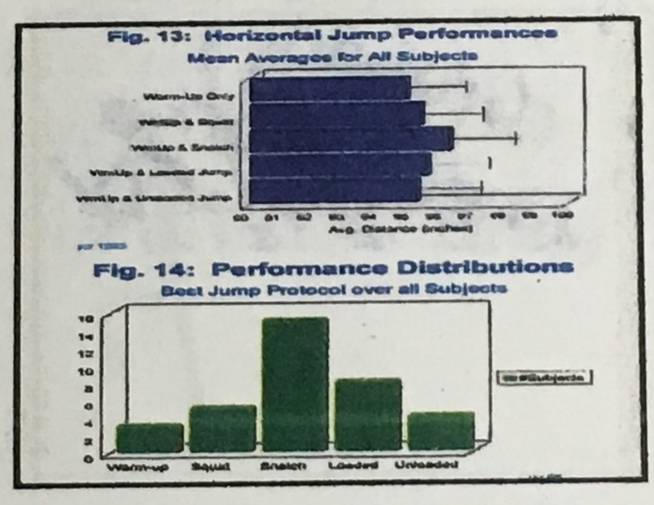


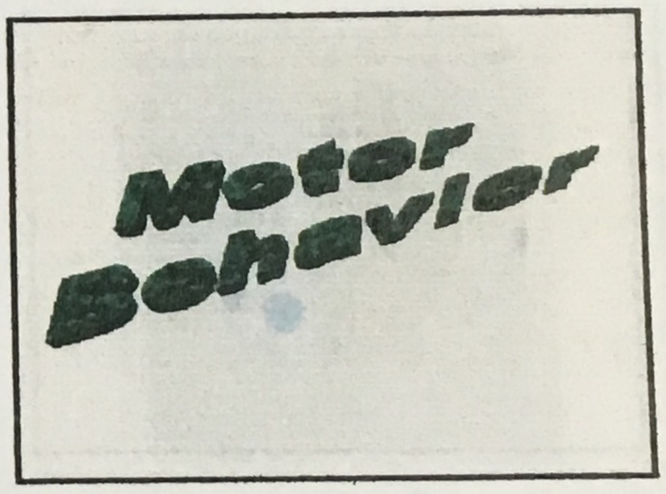


any time knees aren't distancing themselves, it not good. ex "butt kickers" – moving at hips > moving at knees

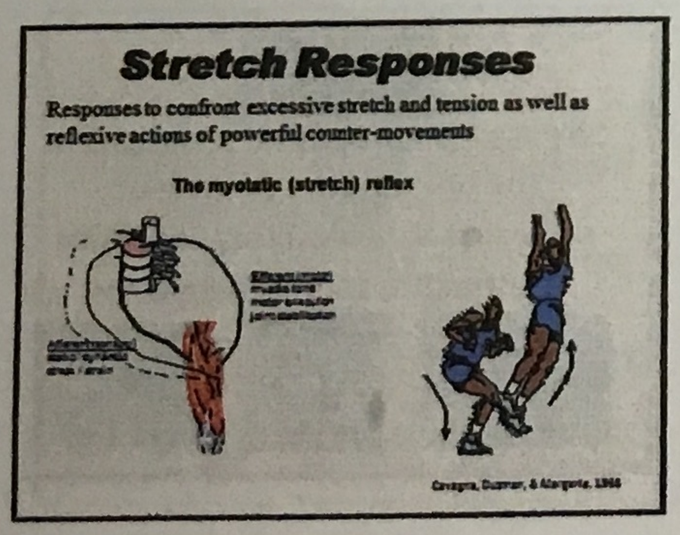
24/33 studies showed decreased performance w/ static stretching

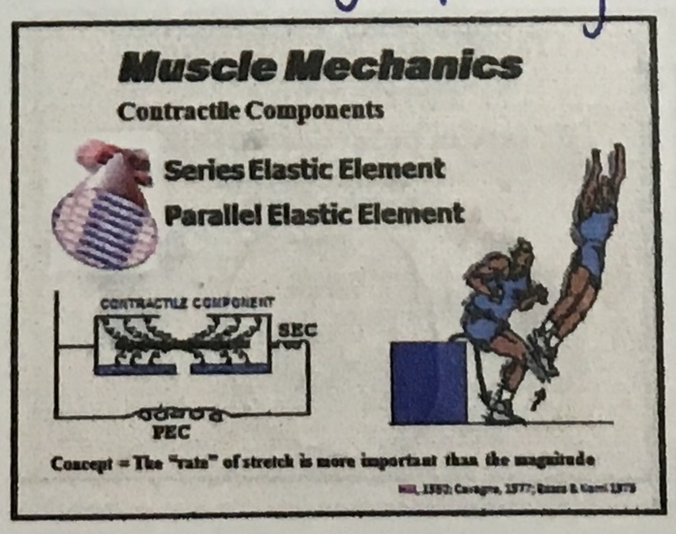


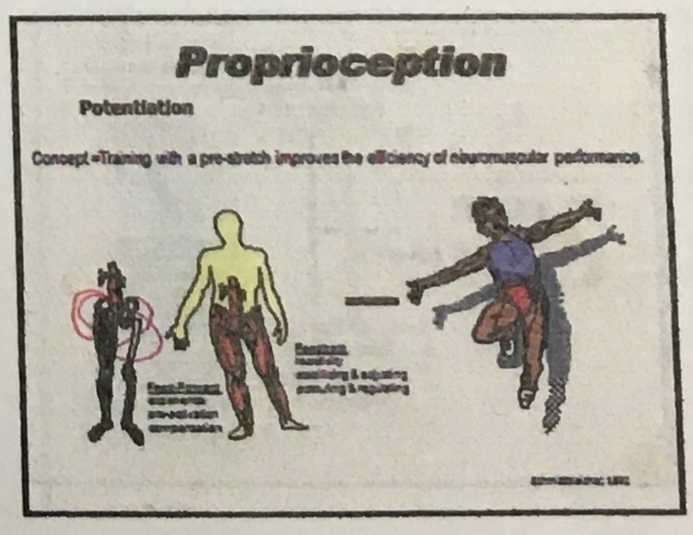




add load + speed + synchronization =
Most effective way to prepare to run fast & jump high







"rate" of stretch = more important than the magnitude