

## Key Muscle Groups in soccer & How to Stretch Them

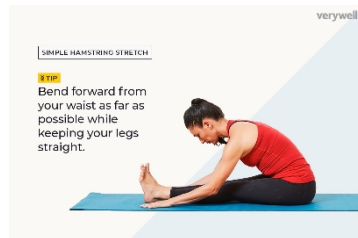
### 1. Quadriceps

- Help protect your knees from injury as you run, jump, and kick.
- Stronger Quads will help you run faster, longer and jump higher.



### 2. Hamstrings

- Strong hamstrings help protect your knees from injury as you run, jump, and kick.



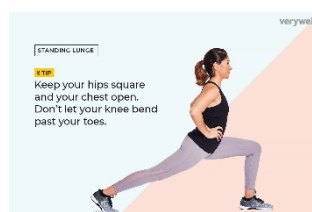
### 3. Glutes

- Strong glutes act as stabilizers that help you balance as you run, turn, shoot, and pass the ball.
- They are also important when it comes to power and force development such as sprinting to get the ball or jumping for a header.



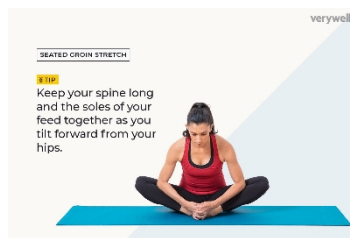
### 4. Hip flexors

- Work to lift your thighs up and forward.
- Key for kicking power and coordination during shooting and passing.
- Stronger hip flexors lead to faster and stronger running.



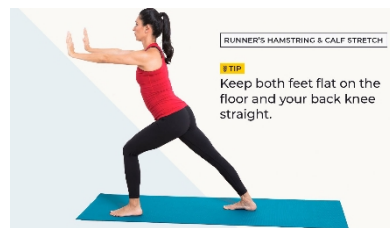
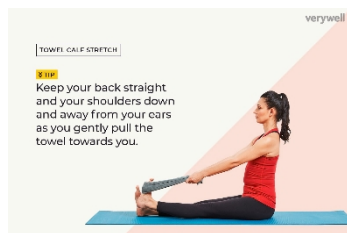
## 5. Groin/Adductors

- Important in hip flexion and hip extension
- Key to sprinting, kicking and passing.



## 6. Calves/gastrocnemius

- Stronger calves will help your run faster, run for longer, and jump higher



## 7. Arms, Neck & Shoulders

- You need strong triceps, biceps and shoulders to have the overall strength of a soccer player.
- Keeping your balance and posture when shielding the ball or collecting it requires a strong upper body.
- Throw-ins are when a player throws the ball over their head -- further requiring strong shoulder and arm muscles. Heading the ball requires strong neck muscles.