

(You'll need to refer to the *Rocket Rugby* manual for the recommended stretching exercises.)

## STRETCHING SCHEDULE GUIDELINES

Requirements for stretching are different in the off-season and in the playing season.

### Off-season

During the off-season, training should have a comprehensive stretching and strengthening regime. The stretching should be carried out every day even when the players are not undertaking strength training.

### In-season

During the playing season you can reduce the number of type of stretches to the major muscle groups: calf, quadriceps, hamstrings, lower and upper back (note: the upper back will inevitably include shoulders) – but they should be still carried out every day, even for players who are not actively playing or training.

Four main stretches are given for pre-game, and a series for post-game.

	Off-season	Playing season	Pre-game	Post-game
<b>Forwards</b>	Shoulder (stretches and strengthening) Rotator cuff (stretches and strengthening) Ankle (mobility and strengthening) Neck (stretches and strengthening) Core stability Quadricep	Quadriceps Hamstrings Gastrocnemius Soleus Rhomboid Pectoral Trapezius	Quadriceps Hamstrings Shoulders Neck	Quadriceps Hamstrings Gastrocnemius Soleus Rhomboid Pectoral Trapezius Ankle Neck Back
<b>Backs</b>	Hamstring Gastrocnemius Soleus Back	Quadriceps Hamstrings Back Shoulders	Quadriceps Hamstrings Back Shoulders	Quadriceps Hamstrings Gastrocnemius Back Shoulders