

# HOW TO PERFORM A BALL STRETCH

1



Consult with a professional.

2



Sterilize

3



Apply lubricant.

4



Pull the scrotum downward while holding it between thumb and index and hold for 15 sec

5



Massage the scrotum in circular motions

# Ball Stretching Guide

**Marina Aagaard**

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

## **Ball Stretching Guide:**

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**The Baffled Parent's Guide to Great Soccer Drills** Tom Fleck, Thomas Fleck, Ronald W. Quinn, 2002 Publisher Description

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