

SAG Conference Volleyball Strength & Conditioning

Kari Schneider BPE, CAT(C), PFLC, CSCS

Kari's Training Values

1. Well balanced fit athlete
 2. Train to prevent injuries that the particular sport tends to cause
 3. Sport specific training for performance enhancement
-

Where Are Your Athletes?

Talented
Tapped Out

Talented
Athletic Potential

Untalented
Athletic Potential

Untalented
Tapped Out

Common Injuries??

- Weak link becomes favorite!!
-

Volleyball Strengths

- Powerful Legs
 - Strong Core
 - Powerful Upper Body
 - Stable Ankles
 - Fast Feet
 - Coordinated
 - Muscle Balance
-

Volleyball Weaknesses

- Poor Shoulder Stability
 - Poor core Strength, Stabilization
 - Limb Lengths
 - Ankle Instability
 - Sport induced overuse injuries, ie. Impingement, Infraspinatus imbalance, Patellar tendonitis, Lower back pain.
 - Poor Cardiovascular Fitness
-

Common Athlete Comments:

- ❑ "Give me some exercises to make my vertical higher."
 - ❑ "I need faster feet."
 - ❑ "Why do we have to run? There's no running in Volleyball."
-

Fitness Specific to Volleyball

- Core Strength
 - Flexibility
 - Muscle Balance
 - Strength/Power
 - Speed/Coordination
 - Anaerobic Alactic/ Aerobic Energy Systems
-

Core Strength

- ❑ Static Holds ie. Plank, Side Plank, Bridges
- ❑ Abdominal Strength in conjunction with Hip Flexor Strength.
- ❑ Back Extensor focus with rotational elements.
- ❑ Perturbations to Train nervous System.
- ❑ Powerful Core Exercises-only when sufficient stabilization and strength attained.

Progressions

- ❑ Stable surface, Static Contractions-Dynamic contractions- Muscle/body awareness.
 - ❑ Stable surface advancements ie. Power, load
 - ❑ Labile surface, Static Contractions & Dynamic Contractions
 - ❑ Labile surface advancements ie power, load
 - ❑ Perturbations
-

Flexibility

- Chest Stretches
 - Rotator Cuff, Neck, Shoulder complex.
 - Deep Hip Rotators
 - Quad/ Hip Flexors
 - Hamstrings
 - Calves
 - Back
-

Muscle Balance

- ❑ Chest: Mid Trap Fibres, Rhomboids, Rotator Cuff.
 - ❑ Abdominal wall: Back Extensors: Hip Flexors
 - ❑ Quad/Hip Flexors: Hamstring :ITB/Abductors: Adductors.
-

Strength/Power

- Powerful Jumps
 - Powerful Hits
 - Explosive Movements
 - Olympic Lifts
 - Power Tempo Squats, Bench, MB etc.
 - Plyometrics
 - Complex Training??
-

Speed/Coordination

- Sprint Training
 - Olympic Lifts
 - Agility Training
 - Footspeed
 - Handspeed
 - Pattern Training
-

Energy Systems (Anaerobic Alactic/Aerobic)

- Sprint Training
 - Longer Aerobic Training
 - Intervals
 - How often?
 - How intense?
 - Running/Track/Biking/Other??
-

Five Ways to make a better young volleyball athlete:

- ❑ Dynamic Warm-up
 - ❑ Consistent progressive core training
 - ❑ Glute activation for hip function
 - ❑ Fitness
 - ❑ Shoulder muscle balance
-

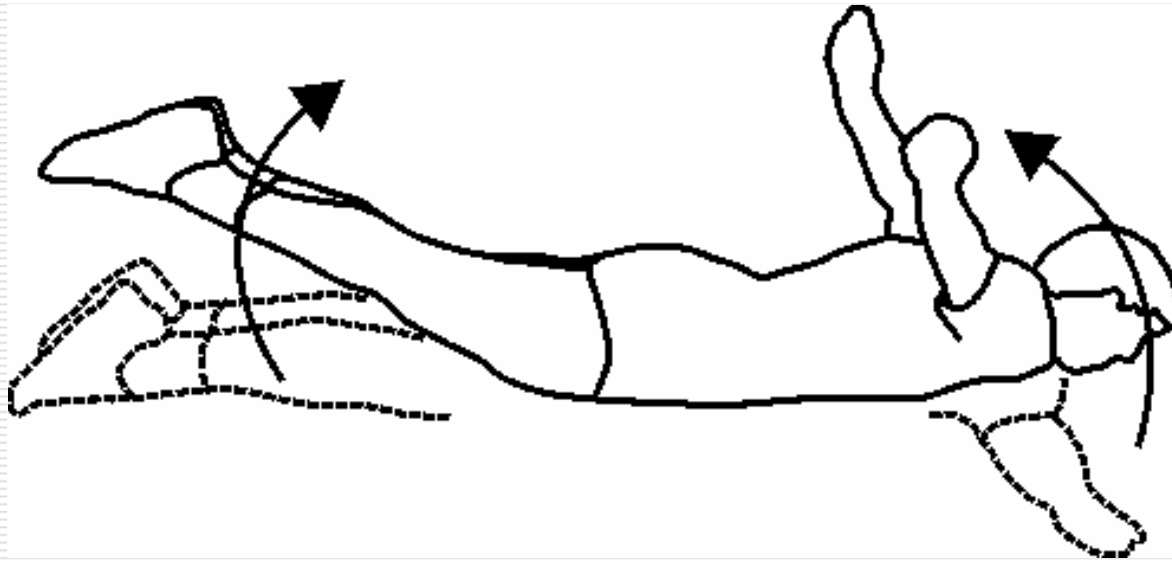
Dynamic Warm up

- Jog
 - Any progressive mix of stimulating movements
 - For example backwards jog, carioca, defensive shuffle, skips, high knees, lunge with rotation, ground sweeps, arm rotations, sprint bursts, trunk rotations, hip flexions, abd, add, ext, lunges with rotation etc.
-

Consistent Progressive core Training

- Planks (front, side, reverse)
 - 45-60 degree curl up
 - Med Ball throws???
 - Supermans (add rotations & retractions)
 - Ball bridges, planks
 - Ball curls & obliques
 - Standing and sport specific core work
-

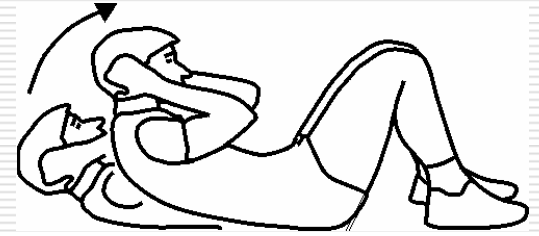
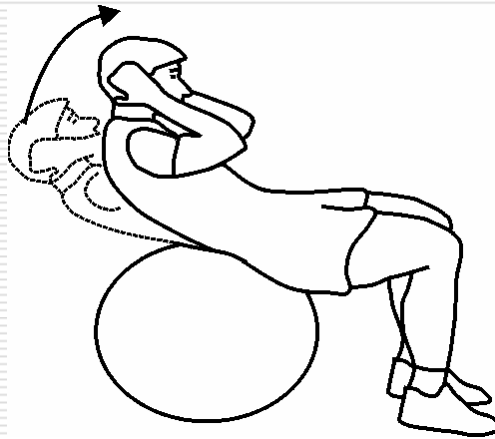
Superman



Plank, Ball curl, Curl up



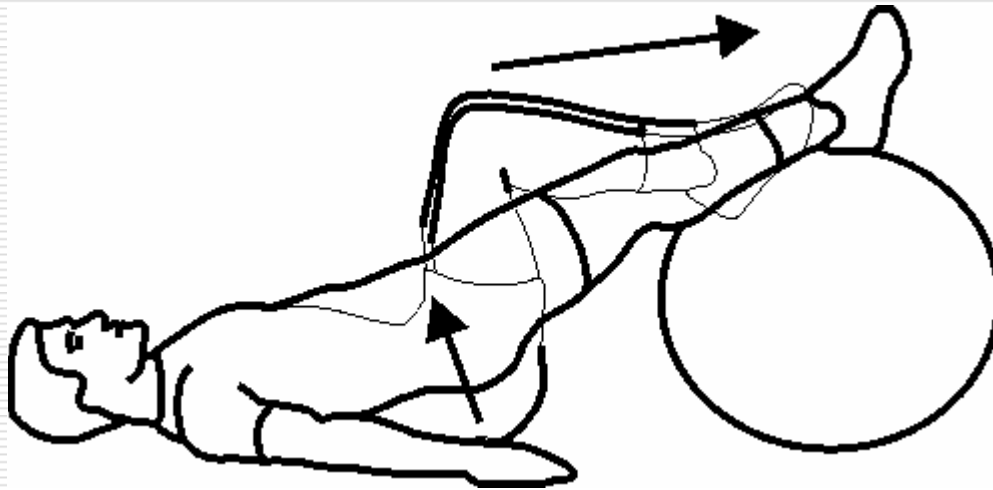
Keep position up



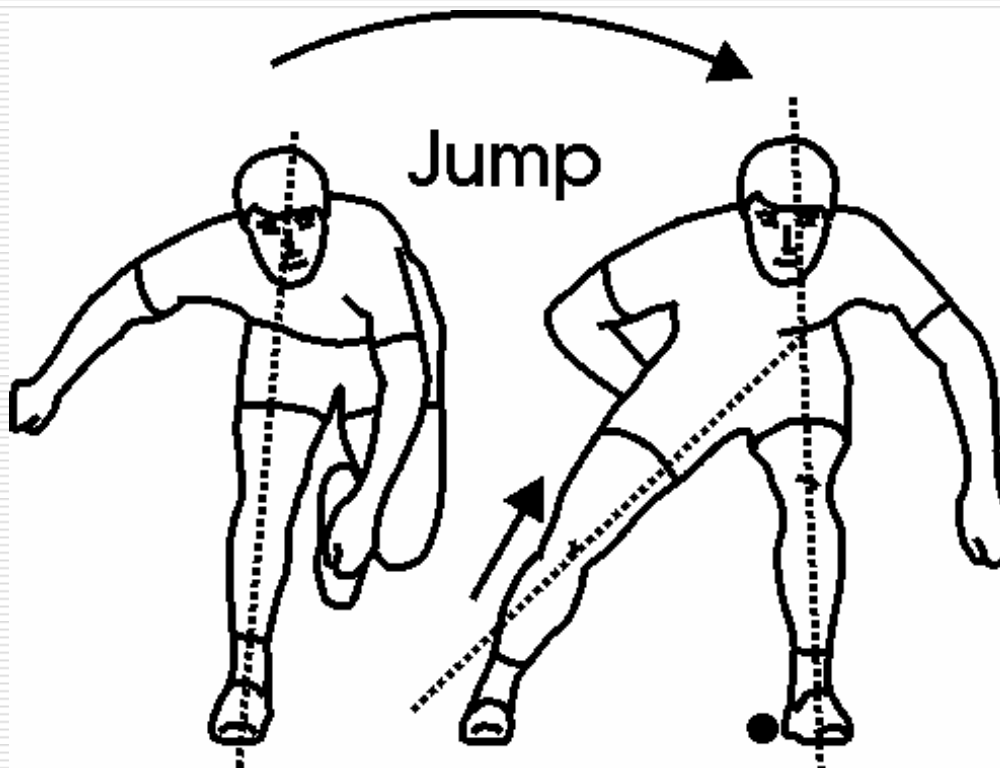
Glute Activation for Hip Function

- 1 Legged squats!!!!
 - Squats
 - Jump squats with Glute emphasis
 - Skating jumps
 - Flexibility focus
-

Ball Hamstring Curl

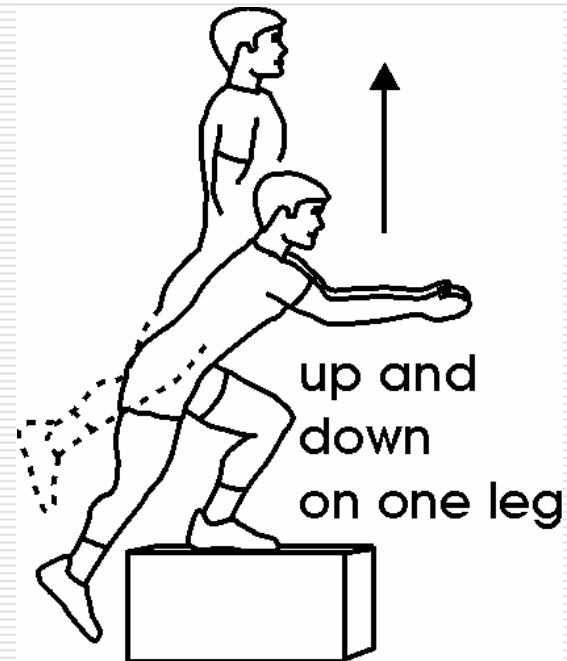
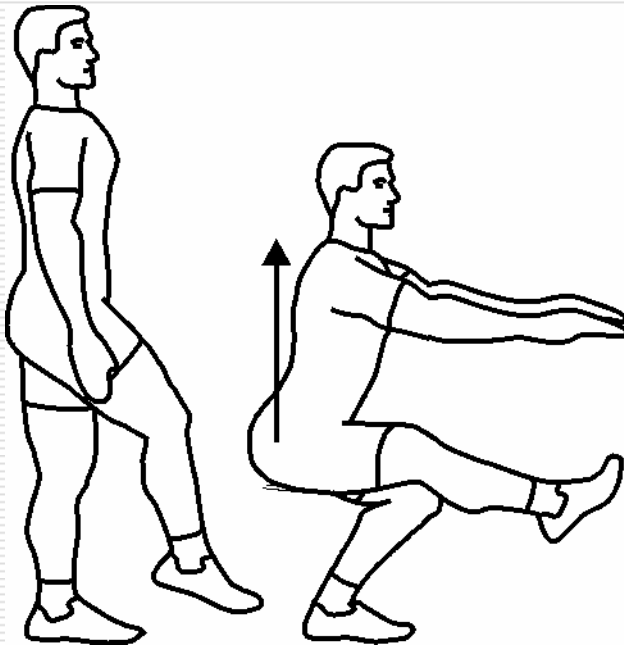


Skating Jump



1 Legged Squat

❑ Not low enough!



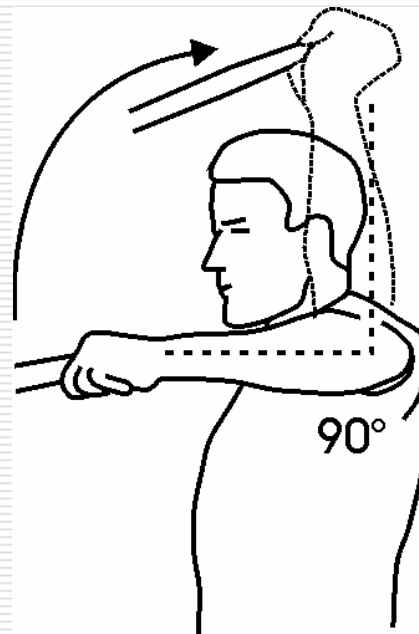
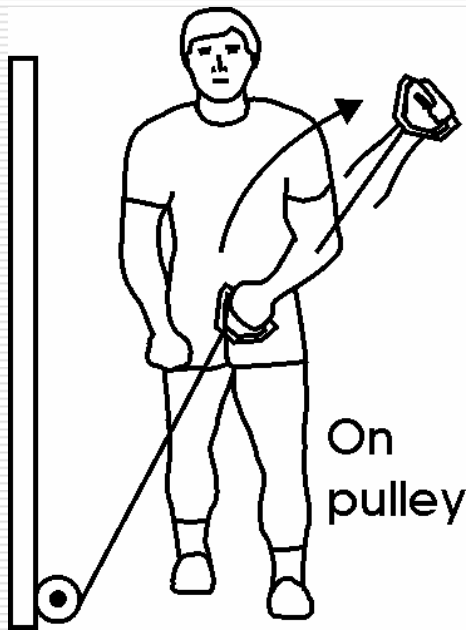
Fitness

- Running (20-40 min) 2-3x/week
 - Sprints 10-20m (within practice?)
 - Dynamic warm up
-

Shoulder Muscle Balance

- POSTURE
 - Blade retractions
 - Pectoral Stretching
 - External Rotations multiple angles
 - Wallslide
-

External Rotation 45deg, 80deg





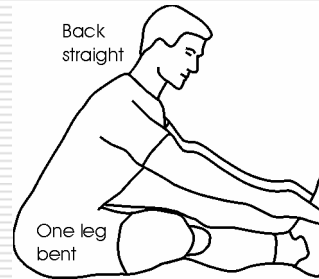
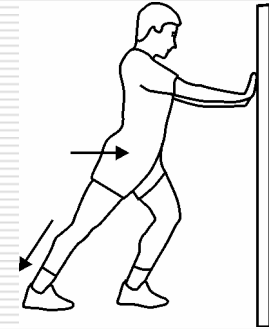
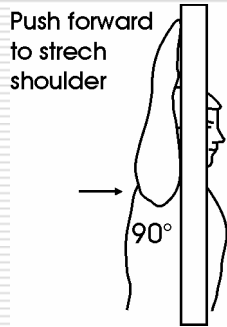
WALL SLIDE



KEY POINTS

- individual stands with heels and back against wall
- one foot is placed in front of the other to determine distance from wall to heels
- feet shoulder width apart
- low back flat against wall with shoulder externally rotated until elbows and back of wrists are against wall, elbows flexed to 90 degrees
- athlete attempts to slide hands up wall keeping low back, wrists and elbows pressed against wall

Key Stretches



Conclusion:

- ❑ Well balanced fit athlete FIRST
 - ❑ Sport Specificity SECOND!

 - ❑ Questions??
-



Thank you

