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Volleyball conditioning program pdf

Here's an example of an offseason volleyball/summer workout program. It comes from my days of coaching at Brown and was given to our players in 2004 for their use during the summer months. To provide a sense of time, we started our pre-season around August 25 each year, so the program is dull with that in mind. Obviously, this is just one example of a training plan, and perhaps not the best for any team or player. It gives something to work from, however. This vballsummer table has two tabs. One is weight training. Other conditioning. The latter actually has a layout of the calendar with what to do every day of each week, including the weight program. Another tab provides specifics for weight training work each week. The electronic BIKE_WORKOUTS is exactly what sounds like. It includes eight workouts ranging from 15-25 minutes with specifics as each section of the ride should be done. The General Conditioning describes all the exercises, agility and other types of exercises that are listed in the vballsummer table. Here is the introductory letter of our strength coach at the time included with the package. He gives some advice on the implementation of the program. SUMMER WEIGHT TRAINING Attached spreadsheets outline your summer lift schedule. Weight training is divided into 3 x 4-week training units. The main design of the program is a 3-week build-up followed by 1 week of load reduction and/or outdoor activities. Generally, when reducing repetitions, the raised load should increase for basic exercise; however, you should pay close attention to the assigned percentages as well. Percentages given for each session for your basic exercises only and a percentage of your maximum. If you don't know your max for a particular exercise, check out the Nebraska scale in the guide. This scale allows you to estimate your max by making a heavy set of 2-3 reps. Choose a weight heavy enough that you can only get 2-3 good reps and then turn to the scale to rate your 1 rep max. Use the number given on the scale to calculate the percentages for the summer program. Please remember: As the program progresses, your strength will improve. If possible, you should re-check your calculated max halfway through the program and recalculate the weight. If the session percentage is 90-95% and the sets are simple, you should add weight and retest the max. If you are uncomfortable doing specific exercises and can't get proper instruction, please try replacing another exercise that is aimed at the same muscle group. There is a training calendar with an example of the optimal separation of workouts your summer program. However, in that you want to train on weekends, it is acceptable to spread workouts for 7 days, not just 5. Never lift weights more than 2 days in a row without a day off between them. This is normal if your training split is different from the calendar provided that you rest properly and get all sessions completed within a week. THE SUMMER CONDITIONING Training Calendar also includes summer conditioning options. There are 4 conditioning sessions listed along with your weight training. Most of your summer conditioning is based on interval training. You can follow these workouts accurately, or use them as guidelines for learning. If you have over 2 club sessions each week in addition to this program, replace the 3rd session for one of your workout conditioning. Descriptions of summer air-conditioning sessions are presented in the summer guide along with several other options. Bike workouts, volleyball (club) workouts and spinning classes can be replaced by conditioning sessions as long as you work with the principles of interval training in mind. However, these workouts have been designed specifically for your summer training and should be followed as closely as possible. If you have any questions or concerns, please feel free to contact me by email at any time. GOOD LUCK AND TRAIN! Volleyball is more than just serves and spikes, it is a physically intense game that requires excellent conditioning. Below are some great conditioning exercises the start of a volleyball athlete can incorporate into their training regimen to increase their playing ability and overall fitness. Volleyball conditioning drill No. 1: On the line is one of the best workouts for a volleyball player right there between the lines on the court. There are many options for this exercise, and players may be forced to race against each other or clock in to increase your workout. How it's done: Starting at the end of the line sprints to the ten-foot line and then sprints back to the end of the line. Next, sprint to the middle line and then back to the end of the line. Sprint to the far ten foot line, back to the end of the line, and finally to the far end of the line and back. You have to touch each line on your part as you work. Note: Each player can dive before they reach each line, making them work even harder. Volleyball conditioning drill No. 2: Hitting the slopes of lateral movement is a vital part of volleyball. The skier drill is a great way to strengthen a player's ability to move side-to-side and achieve those hard hits in the corner. How it's done: Keep your hands together behind your back with your legs shoulder width apart. Go from side to side from right foot to left. When boarding Leg, don't forget to swing your left foot behind your right - making the exercise even harder on your feet. Do this for 5-10 minutes and you will definitely feel the effects. Volleyball conditioning drill No. 3: Switch on the Best offense is good defense and this blocking drill is the perfect way to add height to your block in the net. How it's done: Draw a line, or some other sign, on a wall equal to the height of the network. Jump up and down quickly, with your hands up as you're attempting the block at the top of the net. Do it for a few minutes (3-5) while keeping a fast pace. Now slow it down by making full jumps from the position by squatting with the back parallel to your knees as you try the next jump. Volleyball Conditioning Drill No. 4: Scatterball is a great exercise to repeat the pressure type game and add to your team's existing drill. It requires at least ten balls and the rest of the team to wave. How it's done: The coach rolls the ball to the ground and one player has to touch it. Once they touch it, the coach should have another ball rolling out in the opposite direction for the player to touch. Repeat this process for a minute or so - with about 10-15 balls used. Obviously the players not in the drill should wave the balls and return them to the coach to roll out again. Use these four exercises on a regular basis and you will find you can not only play longer, but you can play better as well. The University of Veik has a new course in volleyball training. Those who are interested in sitting through the easy course, do not need to look further because the class has just begun. Each person is guaranteed A for the course as long as you sit through the course and pay attention (you can take notes if you want). From there, all you have to do is take what you learned from the course and use it in the gym and on the court/san Chapter 1. Ever wondered what it takes to be a successful volleyball player? It requires a lot of hard work and determination. Exercise can get intense and if done wrong can ruin your chances of ever making a career out of the sport. This article will give you some insight into everything you need to know about volleyball preparation. Physiological aspect To play a successful game, a volleyball player needs stamina. Muscular hypertrophy is not a huge factor in the game compared to overall speed and agility. Chapter 2 Injury Prevention Everyone knows that along with success come a couple of road blocks. Injuries are unfortunately not what we plan, but we can at least help prevent some injuries from happening. The most common sites for shoulder injury Elbow Wrist Elbow Ankle Knee Keys to Prevent Injury Warm-up / Cool-down Flexibility Strength Training Aerobic Training Anaerobic Training Sports Biomechanics Treatment of Each Muscle Injury If Injuries Occur Using RICE Method for Recreation Treatment Ice Compress Elevate Chapter 3: Workout Warm-Up Light a 5-minute warm-up to get blood Do it every day before starting a workout. Slow or Low Intensity Stationary Cycling Workout Program Off-Season 1: 3x Dumbbell Squat Week: 3 sets of 15 dumbbell reps Alternate Bench Press: 3 sets of 15 reps Straight Hand Pushdowns: 3 sets of 15 repetitions Dumbbell Front picks: 3 sets of 15 repetitions Reverse Flyes: 3 sets 15 reps 3 sets of 15 dumbbell reps Dumbbell Bicep Curls: 3 sets of 15 reps Jackknife Crunches: 3 sets of 20 reps Oblique criss-crosses: 3 sets of 20 reps External rotation: 3 sets of 15 reps Click here for print magazine Off-Season #1: 3x A Week, Off-Season 2: 2x A Week Dumbbell Lunge: 4 sets of 12 Hip Bridges reps: 4 sets of 12 dumbbell chest flye reps: 4 sets of 12 dumbbell Pullovers: 4 sets of 12 dumbbell Repetitions Lateral Raises: 4 sets of 12 Dumbbell Shoulder Press: 3 sets of 8 reps Dumbbell Overhead extensions Tricep: 3 sets 8 replays Crunches on stability ball: 3 sets of 15 Reps Jackknife Crunches: 3 sets of 20 reps Go squat: 3 sets of 10 reps Click here for print magazine Pre-Season 5 weeks: 2x Week bench Press: 3 sets of 8 reps Lat Pulldowns: 3 sets of 8 reps Dumbbell Shoulder Press: 3 sets of 8 repetitions Dumbbell Overhead extensions Tricep: 3 sets 8 replays Crunches on stability ball: 3 sets of 15 Reps Jackknife Crunches: 3 sets of 20 reps Go squat: 3 sets of 10 reps Click here for print magazine Pre-Season 5 weeks: 2x Week Lunges: 2 sets of 12 reps Lying Hamstring Curls: 2 sets of 12 dumbbell breast reps Press: 2 sets of 12 reps dumbbell Pullovers: 2 sets of 12 repetitions of Dumbbell Front picks up: 2 sets of 12 reps Reverse Flyes: 2 sets of 12 reps Click here for the magazine print in the service season: 1-2x per week. Stretching up a stretch shoulder stretch to stretch yourself to a knee hamstring sprain with a quadriceps sprain the calf stretch to the spinal twist Chapter 4: Conclusion is important throughout your training to continue working on your game. Some aspects of your game will change as you get stronger in the gym. You will find the upper body getting stronger and you can get into volleyball faster and stronger. You will also notice that you are jumping higher than you previously could because of the increase in your power in the gym. One thing that shouldn't change (unless you get careless) is your biomechanics. You will have the same shape on your bump/set/spike/serve as before. Keep playing even in the off-season. It will keep your mind fresh and you can continue to work on aspects of the game that you lacked in the previous season. Facebook, the game is an excellent form of cardio and allows time to pass quickly. Before you know it, you've done a few hours of cardio without even realizing it. Stick to it and never give up. Success comes with hard work. If perfection were easy, everyone would be the same. What makes you different from everyone else? Never overwork. Give yourself every opportunity to be great. Rail Rail and work hard. Hard. volleyball conditioning program pdf. volleyball conditioning program near me. volleyball strength and conditioning program. volleyball strength and conditioning program for high school. volleyball strength and conditioning program pdf. volleyball strength and conditioning program for high school pdf. volleyball summer conditioning program. volleyball preseas

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