

NORTHMONT VOLLEYBALL



CONDITIONING PROGRAM

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TABLE OF CONTENTS

<u>TOPIC</u>	<u>PAGE</u>
Conditioning Program Overview.....	2
Flexibility Program.....	3 – 7
Plyometric Exercises.....	8
Agility Training.....	9 – 11
Weight Training.....	12 – 15
Nutritional Information.....	16 - 21
Volleyball Mechanics.....	22
Goal Setting.....	22

VOLLEYBALL CONDITIONING PROGRAM

This program will help you as talented individuals to further your contribution to the success in volleyball. In order to be utilized to a maximum degree, your mind and body must without a doubt be in your BEST condition.

Improved Condition + Improved Performance = Better Winning Percentage

The Volleyball Conditioning Program consists of many aspects of the game. It is based on the following:

1. Physical Development
2. Mental Development
3. Mechanical Development
4. Nutritional Guidelines

All of these phases are implemented in this conditioning program. These phases are broken into smaller aspects throughout the manual. If you follow these guidelines and place all aspects of volleyball together, you will make yourself a better player.

This developmental program includes flexibility, plyometric training, cardiovascular fitness, strength training, nutritional information, volleyball mechanic and motivational techniques. How much gain you will achieve is proportional to how HARD you work!!!!

FLEXIBILITY PROGRAM

In addition to strength and endurance training, mobility of soft tissues and joints is necessary for the performance of normal functional movements. By stretching these specific tissues and joints become easier and quicker to make volleyball adjustments. These adjustments are due to the increase range of motion; increase blood flow, increase of muscle temperature, lubrication of joints, and increases metabolism.

Although there are a few types of stretching one can perform it is recommended to do a static/manual stretch or Proprioceptive Neuromuscular Facilitation (PNF) stretch. As an athlete you should be acquainted with these two important stretches.

A static stretch is performed with little movement in the range of motion. The movement is held for a count of ten with all the muscle groups fully relaxed. No bouncing should occur during this stretch. A static stretch should be done after the warm-up phase and before the activity.

PNF is a little different than a static stretch because it involves stretching with opposed demands. PNF involves a passive person (person being stretched) and an active person (person aiding in the stretch). This stretch is also held for a count of ten.

WARM-UP EXERCISES

1. Neck Circles: Rotate the neck to the right and left
2. Arm Circles: Large to small circles
3. Shoulder Rolls: Arms straight and rotate to the front and back
4. Trunk Rotations: Rotate to the right and left
5. Ankle Rotations: Rotate to the right and left
6. Crunches: Raise about 30 degrees off the floor
7. Push-Ups:

FORM RUNNING

Form running should be completed daily in order to increase blood flow to the muscles and muscular memory. Muscular memory is very important in volleyball and all sports that athletes compete in. This entire program should take ten minutes of your workout.

1. Straight Form
2. Cross Over
3. High Knee
4. Kick Butt
5. Goose Step
6. Zigzag
7. Heal to Toe
8. Backward
9. Heal
10. Lunges
11. Bound
12. Skip High
13. Quick Skip
14. Skip for Distance
15. Right Foot Hop
16. Left Foot Hop
17. Both Feet Hop
18. Carioca
19. Shuffle
20. Slow Slide
21. Sprints

STATIC STRETCHES

NECK: Reach with opposite hand and pull neck down to the shoulder

SHOULDERS:

1. **ROTATION:** Using a bat or stick place arms overhead with a 90-degree bend. Rotate in front and behind the head.

2. **FLEXION:** Using a bat or stick keep your arms straight and lift up to a horizontal position.

3. **INFERIOR CUFF:** Reach overhead and gently pull on your elbow with the opposite hand.

4. **POSTERIOR CUFF:** Gently pull your arm across your body.

PNF STRETCHES

QUADRICEPS: Lay on your stomach, bend your knee, and the resistance will push your leg to your hamstrings.

HAMSTRINGS: Lay on your back and keep your leg straight. Your leg will be pushed back with a hand or shoulder. Make sure the persons other leg, pelvis, and knee will be supported.

HIP AND KNEE FLEXION: Support the leg with the fingers of the top hand under the knee and the lower hand under the heel. As the knee flexes full range swing the fingers to the side of the thigh.

BACK EXTENSION: Lay on your stomach with the legs and head down. Hold down the legs and extend your back and arms.

SURGICAL TUBING

SHOULDERS

1. INTERNAL ROTATION: Tubing connected to a door or post. Your arm is at 90 degrees rotate your forearm towards your body.

2. EXTERNAL ROTATION: Tubing connected to the door or post. Arm is at 90 degrees rotate your forearm away from your body.

PLYOMETRIC CONDITIONING

A plyometric exercise is training, when correctly executed, conditions the athlete to react quicker and with more power. Plyometrics develop the stretch reflex in muscles through a variety of jumping exercises. The faster the muscle is forced to react and lengthen, the greater the tension it exerts.

Plyometrics should be done at least twice a week in the off-season and once during the season.

SIMPLE DRILLS: Completed Daily

1. Jump Rope Routine: Normal, Both legs back and forth, Both legs side to side, 1 foot, 1 foot back and forth, 1 foot side to side, Scissors, High Knees. (Reps 3-5 minutes)
2. Squat Jumps: Hands over head (Reps 10)
3. Max Verticals: Using arms (Reps 10)
4. Star Jumps (Reps 5)

COMPLEX DRILLS: Twice a week (Reps 2)

1. Double Speed Hops: Completed over 20-30 yards with a double leg take off and landing. Hop the distance with both legs as fast as possible.
2. Single Speed Hops: Completed over 20-30 yards with single leg take off and landing. Hop the distance with single leg as fast as possible.
3. Double Leg Power Bounds: Distance 20-30 yards. Double take off and landing while jumping as high and as far as you can.
4. Single Leg Power Bounds: Distance 20-30 yards. Single leg take off and landing while jumping as high and as far as you can.
5. Box Jumps / Bench Jumps: Using boxes or benches jump off and on using correct form with arms and legs.

AGILITY TRAINING

Agility training is vital in volleyball and other sports. One has to be able to move laterally and front to back at a quick rate of speed to perform different volleyball movements. To enhance these movements one should complete agility training every other day in the off-season. There are many different activities one can complete, try and complete 4-5 activities every other day.

CONE DRILLS: Three Reps for each drill

1. Box Drill: Start on cone 1, sprint to cone 2, shuffle to cone 3, back pedal to cone 4 and shuffle to cone 1.

2. X Drill: Start on the “x” and sprint to cone 3, put your inside hand down as you round the cone onto cone 2, put your inside hand down and sprint to cone 4, put your inside hand down and sprint to cone 1. Finish the drill b shuffling around the outside of all 4 cones.

3. 5-10-5 Drill: Start on cone 2 then sprint to cone 1, change directions and sprint back to cone 3, finish b changing directions and sprinting through cone 2.

4. Double V Drill: Start cone 1, sprint to cone 2, back pedal to cone 3, sprint to cone 4, back pedal to cone 5. Stay on cone 5 and do your next rep in opposite direction.

DOT DRILLS:

Directions: Five 3” dots are places on the floor. There are 5 different dot patterns and each pattern should be completed 6 times. Each volleyball player should set two goals: (1) Speed – Perform all patterns as fast as possible. (2) Accuracy – Place your feet on the dots with precision.

Dot Drill Rankings

Under 50 seconds:	Excellent
50-60 seconds:	Good
60-70 seconds:	Average
70-80 seconds:	Below Ave.
Over 80 seconds:	Poor

1. Up and Back

- a. Start with feet apart on A and B
- b. Jump quickly with both feet to C
- c. Feet apart, jump to D and E
- d. Jump back with both feet to C, then feet apart to A and B
- e. Repeat 5 times

2. Right Foot

- a. From “Up and Back” pattern, feet are apart on A and B. Now go to C with your right foot.
- b. Perform in order: E, D, C, A, B.
- c. Repeat 5 times

3. Left Foot

- a. Your right foot should be on B. Now go to C with your left foot.
- b. Perform E, D, C, A, B,
- c. Repeat 5 times

4. Both Feet

- a. Your Left foot should be on B. Go to C with both feet.
- b. Perform E, D, C, A, B.
- c. Repeat 5 times

5. Turn Around

- a. Both feet on B. Go to C with one foot
- b. Feet apart, jump to D and E
- c. Jump quickly and turn 180 an face opposite direction with your feet on D and E
- d. Jump back with one foot to C, then feet apart to A and B
- e. Again turn 180 degrees with your feet apart on dots A and B
- f. Repeat 5 times

WEIGHT PROGRAM

A good weight-training program is based on many of the principles listed below.

1. **Intensification of Imposed Demands:** This is the basic principle of strength training. The development of strength occurs by progressively overcoming increased resistance on a muscle fiber. There must be an overload on the fiber in a controlled environment, to strengthen the muscle.
2. **Specificity of Training:** Volleyball players must remember they are volleyball players, not body builders.
3. **Flexibility:** The true strength of any joint is due to muscles and ligaments that surround it. It has been shown in studies that excessive stretching loosens the joint and decreases the strength around the joint. Excessive lifting without stretching builds the muscle, but the range of motion is decreased.
4. **Range of Motion:** Once the weight can be lifted through the entire range of motion, it is time to increase the weight. Too much weight too soon, limits the range of motion.
5. **Weight Control:** You control the weight do not let the weight control you. Do not jerk the weight up this may result in a rupture of the muscles.
6. **Consistency:** Strength and power program is very important for any sport. Start with two 12 and increase to three sets of 12. The frequency should be 3 times a week.

WEIGHT LIFTS

LOWER BODY

LEG PRESS

Muscles: Hamstrings, Quadriceps, Gluteus Maximus, Gastrocnemius, Soleus, Peroneus Longus.

Improves: Running, Jumping and Power

LUNGES

Muscles: Hamstrings, Quadriceps, Gluteus Maximus

Improves: Power

CALF RAISES

Muscles: Gastrocnemius, Soleus

Improves: Running and Jumping

LEG CURL

Muscles: Hamstrings, Gluteus, Lower Back

Improves: Power, Jumping, and Running

LEG EXTENTION

Muscles: Quadriceps, Gluteus

Improves: Power and Running

UPPER BODY

BENCH PRESS

Muscles: Pectoralis Major and Minor, Triceps

Improves: Hitting, Setting, and Serving

DUMBELL FLYS

Muscles: Pectoralis Major and Minor, Biceps

Improves: Hitting, Setting, and Serving.

LAT PULL DOWN

Muscles: Latissimus Dorsi, Biceps

Improves: Hitting, Setting, and Serving

BICEP CURLS

Muscles: Biceps Brachii, Brachialis

Improves: Hitting, Setting, and Serving

TRICEP EXTENTION

Muscles: Triceps

Improves: Hitting, Setting, and Serving

WRIST CURLS

Muscles: Flexor Carpi, Radialis and Ulnaris, Palmaris Longus, Brachioradialis

Improves: Snap Phase of Hitting

REVERSE WRIST CURLS

Muscles: Extensor Carpi Radialis Longus and Brevis, Extensor Carpi Ulnaris, Pronator Teres and Quadratus.

Improves: Snap Phase of Hitting

ABDOMINAL EXERCISES

MEDICINE BALL ABS

Lie back and lift medicine ball off the ground while keeping torso straight and back tight.

REGULAR ABS

Bent knees only lifting about 20 degrees off ground.

ABDOMINAL TWISTS

Lean back to a 45-degree angle and continuously twist back and forth

V-UPS

Raise both legs and arms simultaneously and touch the toes while balancing.

PLATE ABS

Hold weight on your chest with crossed arms and lift 20 degrees off ground

OFF-SEASON DAILY LIFTING PROGRAM

DAY 1

Stretching
Weight Training – Lower and Upper Body
Agility Training – Cone
Jump Rope Training
Abdominal Workout

DAY 2

Stretching
Form Running
Plyometric Training : Complex
Jump Rope Training
Abdominal Workout

DAY 3

Stretching
Weight Training – Lower and Upper Body
Agility Training – Ladder Drills
Jump Rope Training

DAY 4

Stretching
Form Running
Plyometric Training: Complex
Jump Rope Training
Abdominal Workout

DAY 5

Stretching
Weight Training – Lower and Upper Body
Agility Training – Dot Drills
Jump Rope Training
Abdominal Workout

DAY 6

Stretching
Form Running
Jump Rope Training

DAY 7

Day off

*** IF you do not have the ability to do agilities, just make sure you do the jump rope activities.

NUTRITIONAL INFORMATION

The Nutritional Guidelines advises Americans to consume few calories and exercise 30 to 90 minutes a day. These guidelines stress eating a variety of foods high in nutrients and low in saturated and trans fat, cholesterol, added sugars, and sodium.

Below are the eight groups:

SWEETS

Candy, pop, junk foods

FATS and OILS

Vegetable oils, margarine, and mayonnaise

NUTS, SEEDS and LEGUMES

Cooked beans, nuts, and seeds

MEAT, FISH and POULTRY

3 oz. of cooked meats, poultry, or fish

LOW-FAT DAIRY

Milk, yogurt, and cheese

FRUITS

6 oz. of juice, medium fruit, 1/4 cup dried fruit, 1/2 cup fruit

VEGETABLES

1 cup of leafy vegetables, 1/2 cup of cooked or raw, 6 oz. of juice

GRAINS

1 slice of bread, 1 oz. dried cereal, 1/2 cooked rice, pasta or cereal.

Attached is the My Pyramid Guidelines for 1800 calories to 2400 calories. If you need any more information please go to MyPyramid.gov. More active you are more you are going to have to eat.

EASY FORMULA

Weight Gain = Caloric Intake more than Expenditure

Weight Loss = Caloric Intake less than Expenditure

Maintain Weight = Caloric Intake equal to Expenditure

VOLLEYBALL MECHANICS

The volleyball mechanics program is designed to help you improve and maintain your volleyball skills. You need to touch volleyball to maintain and improve your overall ability.

HITTING FOOT WORK DRILLS

30 times / 5 days a week

SETTING FOOTWORK DRILLS

30 times / 5 days a week

SWINGING DRILLS

30 times / 5 times a week

SETTING TOUCHES

300 times / 5 days a week

PASSING TOUCHES

300 times / 5 days a week

GOAL SETTING

Set short-term goals to obtain long-term success.

Goal setting enhances persistence.

To obtain the goals, attainment is lead by a plan of action.

Difficult goals produce better performance.

Goal setting promotes the development of new strategies.

Goal setting helps players work harder.

Goal setting forces the player to focus attention of relevant activities.

Set specific goals rather than vague goals.

Competition can be looked at as a form of goal setting.

Goal setting is a form of motivation.