USA WOMEN'S VOLLEYBALL DYNAMIC WARM-UP EXAMPLES

WARM-UP #1

1. STRAIGHT LEG KICK AND SL BRIDGE SERIES: 5 EA. LEG
2. SIDELYING KICK: 5 EA. LEG
3. Y-T-M-W-Ls W/ SPLIT STANCE: 10 AT EA. LETTER
4. FORWARD PLANK [alternating arm and leg variations]: 1 MIN.
5. WALKING LUNGE + LAT PULL-DOWN W/BAND: ½ COURT
6. REVERSE LUNGE + DIAGONAL PULL W/ BAND: ½ COURT
7. ALT. SIDE-LUNGE + HORIZ. PULL W/ BAND: FULL COURT
8. HAND WALK + PUSH-UP: ½ COURT
9. HUGE LUNGE INSTEP + ROTATION: ½ COURT
10. FORWARD JOG + FORWARD ARM CIRCLES: FULL COURT
    [PAIR #10 AND #11 FOR AN EASY FLOW]
11. BACK PEDAL + REVERSE ARM CIRCLES: FULL COURT
12. SHUFFLE + HORIZ. ARMS: FULL COURT
13. SQUAT → JOG: ½ COURT
14. REV. SQUAT → BACKPEDAL: ½ COURT
15. SUMO SQUAT → JOG: ½ COURT
16. REVERSE SUMO SQUAT → BACK PEDAL: ½ COURT
17. POWER SKIP: FULL COURT
18. SHUFFLE W/ CHANGE OF DIRECTION [3 v. 1]: ½ COURT EA. DIRECTION
19. ZIG ZAG RUN: ½ COURT EACH DIRECTION
    [COMPLETE EITHER FORWARD OR LATERAL]

WARM-UP #2

1. STRAIGHT LEG KICK AND SL BRIDGE SERIES: 5 EA. LEG
2. SIDELYING KICK: 5 EA. LEG
3. Y-T-M-W-Ls LAYING FACE DOWN: 10 AT EACH LETTER
4. PLANK ON BALL [add-in leg variations]: 30 SEC
5. WALKING RDL: ½ COURT
6. REVERSE TOE GRAB/HAMSTRING STRETCH: ½ COURT
7. ALT. SIDE-LUNGE: FULL COURT
8. HAND WALK + PUSH-UP: ½ COURT
9. LATERAL HAND WALK: ½ COURT
10. SUMO SQUAT → JOG: ½ COURT
11. "A" SKIP: FULL COURT
12. 3 SL SQUATS ON RIGHT → JOG → BACK PEDAL: ½ COURT
13. 3 SL SQUATS ON LEFT →JOG → BACK PEDAL: ½ COURT
14. 3 OH SQUATS → JOG → BACK PEDAL: ½ COURT
15. SPLIT SQUAT JUMPS: 10 TOUCHES
16. 2 DL DROP SQUATS INTO AN ACCELERATED RUN: FULL COURT
17. HIGH KNEE CARIOCA: FULL COURT
18. 45 DEGREE BASE ROTATIONS: 10 TOUCHES
19. LATERAL BOUNDING: FULL COURT

NOTES:

- Each workout takes 8-10 minutes to complete dependent on how it is implemented
- Orientation: start the activity at the baseline and move towards the net
- Additional shoulder work with a theraband is welcomed prior to this warm-up if available
- Once you have completed the circuit of exercises…it should lead into pepper and/or blocking footwork. Know your practice plan!

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WHAT ARE THE KEYS IN CAPTURING BOTH AN INJURY PREVENTION PLAN AND ENHANCING PERFORMANCE IN YOUR DAILY WARM-UP?!

ADD variety to your warm-up, but incorporate the following KEYS in your daily regimen…

CORE /"PILLAR" STRENGTH

- **CORE is not only our abdominals, but the back musculature, posterior shoulder and gluteal complex. Our "PILLAR" is the FOUNDATION in which ALL MOVEMENT IS BUILT FROM! It's impossible to move your limbs EFFICIENTLY and FORCEFULLY if they're not attached to something solid and stable. "Pillar" allows for proper transfer of energy and keeps us moving efficiently and not "leaking our energy" throughout our kinetic chain.**

DYNAMIC STRETCH

- **The goal of dynamic stretches are to utilize momentum to emphasis a stretch on the muscle fibers throughout a full range of motion. This will challenge tissue tensile, activate muscles and increase overall body temperature**

MOVEMENT PREP

- **This is our ability to PROPERLY FIRE our muscles QUICKLY and EFFICIENTLY as well as addressing overall balance/awareness. Knowing volleyball challenges us with single leg and single arm activity…attention to these concepts are crucial!**
  Research suggests that neuromuscular activation and proprioceptive skills are overlooked with novice athletes thus leading to increased lower extremity injuries.

PLYOMETRICS

- **Volleyball is a jumping sport! It is important to incorporate proper BIOMECHANICS and WORKLOADS in our training plans. Plyometrics are a method of training that seeks to enhance the EXPLOSIVE REACTION of an athlete through powerful muscular contractions because of RAPID ECCENTRIC CONTRACTIONS.**

  Plyometrics involve relaxing and contracting muscles in FAST sequences, making use of ELASTICITY, NERVE INNERVATIONS and STRENGTH OF TISSUES that are involved in running faster, jumping higher and hitting harder!

SPEED AND AGILITY

- **Volleyball challenges the athlete to REACT to the ball and quickly CHANGE DIRECTIONS on the court. Our goal is to move EFFICIENTLY, so there is no time/energy lost and to optimize our performance.**

We need to be able to accelerate, decelerate and quickly change directions with proper technique. These exercises can be easily completed within seconds on the VB court and can be both a TECHNICAL REINFORCEMENT and a CARDIO ADVANCEMENT at the end of your team warm-up leading into the first drill of the day!

TWO OTHER IMPORTANT KEYS, but not necessarily captured in its entirety during our daily warm-up include:

FULL BODY STRENGTH

- **This includes an appreciation for FOUNDATIONAL STRENGTH. It is highly recommended to work with a professional in setting up what suits your population best [age, skill level, equipment, etc.] EACH week we should be able to easily incorporate a strength routine…even a body weight circuit is a great start!**

Reference: if you are new to functional strength training I recommend reading Mark Verstegen's Core Performance books. This is a great intro to full body functional strength!

Great websites:
www.coreperformance.com/
www.athletesperformance.com/

FLEXIBILITY

- **At times volleyball can put the body in some vulnerable positions…if it is sprawling for a ball, landing inefficiently on one leg or requiring additional torque to hit a not-so-perfect set. All of this is part of the sport we love, but it is best to TRAIN SMART and "PREPARE" our bodies for these events. With our athletes will highlight dynamic stretches, static stretching, myofascial work and yoga. It is key to have an awareness about you and be able to TEACH and TRAIN in biomechanically advantageous positions!**

CARDIOVASCULAR TRAINING

- **To compete at a high level you need to train both aerobically and anaerobically. Work with a professional on determining what is appropriate for the goals you have set. You must understand the population you are working with and design a program from there…even within a team each individual may train differently for their goals/position demands.**

CHECK OUT THESE REFERENCES…education is powerful!

- **Journal of Sports Medicine, 2008, 39 (12) "Optimizing Performance by Improving Core Stability and Strength". A. Hibbs, K. Thompson, D. French, A. Wrigley, I. Spears**
- **Journal of Strength and Conditioning Research, 2005, 19(1) "Neuromuscular Training Improves Performance and Lower Extremity Biomechanics in Female Athletes". G. Myer, K. Ford, J. Palumbo, T. Hewett**
- **American Journal of Sports Medicine, 2006, 34 (3) "The Effects of Plyometric versus Dynamic Stabilization and Balance Training on Lower Extremity Biomechanics. G. Myer, K. Ford, S. McLean, T. Hewett**

- **“Training for Speed, Agility, and Quickness”. Human Kinetics, 2005 L. Brown, V. Ferrigno**
- **“The Anatomy of Stretching”. North Atlantic Books, 2011 B. Walker**