



# PERFORMANCE VOLLEYBALL CONDITIONING

A NEWSLETTER DEDICATED TO IMPROVING VOLLEYBALL PLAYERS

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## Tournament Warm-up Adjusting to Venue Limitations

*Rob Rose, Owner True AP & Bruce Tran*

*Rob is the founder and President of True Athlete Performance or TrueAP. Rob developed several sports performance training companies and has been training athletes since 1995. TrueAP is a sport-specific training program that will work with over 2,000 athletes per year. Rob has worked with athletes from elite college & professional to high school & youth.*

*Rob has produced several DVDs that focus on speed, efficient first step and overall athlete performance. He has conducted several clinics and workshops around the nation for his peers and coaches in the field of Exercise Science and Sport specific training. Rob has also worked with such professional organizations as: American Volleyball Coaches Association(AVCA), US Lacrosse, NSCA, NSPA, Total Training Seminars, MACMA, Power Systems, Life Fitness Academy, Athletic Business, Club Industry, DCAC and more.*

*Rob's training philosophy is "Teach don't Train." Proper form and technique are the cornerstones of his TrueAP training program and lectures he conducts. Rob has worked in the field of exercise science since 1990 and will continue to develop programs that help each client to reach his or her maximum potential.*

*Bruce Tran is the Lead Performance Coach/ Volleyball Director for True Athlete Performance located in Chantilly, VA. He is a certified strength and conditioning specialist and has been working with athletes of all levels and sports since 2008. Bruce has also been coaching & instructing volleyball since 1995. He is from the northern Virginia area and even received his BS in Physical Education from George Mason University. Bruce still loves to play volleyball on a highly competitive level and utilizes this knowledge to help improve performance in all his athletes.*



Rob Rose



Bruce Tran

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A few weeks ago, I took off of work so that I could support several of our volleyball teams that happened to be playing in an impressive, being both in quality and quantity, competitive tournament in Washington, DC. The Capital Hill Volleyball Classic(CHC) was held inside the massive DC Convention Center. It hosted over 850 teams from all over the region, and it had over 200 courts, all seeming to be playing at once.

Though I was overwhelmed as a first-time spectator, it was clear that the CHC had painstakingly planned and executed a well-thought out tournament. After absorbing the atmosphere for thirty minutes, I set out to find my teams, all the while fully aware of the multiple courts, with simultaneous intense matches, aggressive players, enthusiastic coaches and supportive parents filling the convention center to capacity.

After sorting through the action, I found the teams I was there to support. I was in awe with how efficiently the layout of the convention center was planned, with courts so close to each other and rarely having a ball from another court come into play. The parents had space to sit and watch. Wandering spectators, like myself, had lanes to walk easily from court to court, to restrooms, to the vendors in the food court and exhibitor areas.

What I also noticed was the lack of court space for teams to prepare or warm-up for their next match.

Through conversations with the coaches and parents I was there to support in the following week, I learned that there is rarely space in a tournament such as this for warming up. As soon as a match ends, the incoming teams have a total of ten minutes to warm up, which includes waiting on the sidelines while one team hits and one shags.

I was proud to say that I watched, as a few ( and I mean a small few) of the athletes we train attempted to do our standard Mobility and Movement prep. They were hindered due to limited space and, most of all, time.

So, as I sat there and watched these very talented athletes play their beloved sport, I brainstormed how my staff and I could possibly get them properly warmed-up prior to a match with the restrictions faced in a tournament of such volume and with such limitations on space.

Here is what I came up with:

TrueAP's Volleyball Tournament Warm-up in limited space.

Break down the warm up into 4 distinct areas.

- Foam Rolling
- Shoulder Band Routine
- Mobility Prep
- Movement Prep

**NOTE:** This Warm-up is a condensed program and I would highly suggest doing our much more comprehensive routine if time and space permit. (For this complete routine, email me at [rose@trueap.com](mailto:rose@trueap.com).)

#### Foam Rolling:

- Self-Myofascial Release is used to help in the preparation and recovery of muscles that are disposed to being overactive from physical activity.
- Alleviating “trigger points” or “knots” within our muscles with Self-Myofascial Release help to restore optimal muscle motion and function, leading to better performance.
- All movements are slow and controlled and with a full range of motion (ROM)

#### Foam Roller Cues and Key Points:

- Full Range of Motion
- Slow and Controlled
- Focus on specific muscle you are rolling.
- Focus on one side at a time.
- Recommended 60s or 10 Full Reps per muscle.

#### Band Warm Up (Shoulder):

- Primary preparation for upper body, since other prep techniques focus mainly on lower body muscles.
- Warming up with a resistance band is an excellent option in prepping the body for any sort of physical activity, whether it is heavy lifting or a competitive setting, as it calls for the recruitment of motor units in the muscles and the engagement neuromuscular activity.
- With any level of resistance added to dynamic movements, muscles are actively firing to more motor units, which leads to better muscular recruitment during any sort of activity.

#### Band Cues and Key Points:

- Full Range of Motion
- Slow and Controlled Movements
- Do not strain!
- Movement for warming up, not strengthening.
- Focus on one side at a time.
- Recommended 60s or 10 Full Reps per muscle.

#### Mobility & Movement Prep:

- Mobility & Movement Prep (MMP) is essential to



Figure 1 - Foam Roller: Quad



Figure 2 - Foam Roller: Glutes



Figure 3 - Foam Roller: Hamstring



Figure 4 - Foam Roller: IT Band



Figure 5 - Band: Side Raise



Figure 6 - Band: Diagonals



athletes as it helps prepare the muscles for activity, by taking the athlete through the similar dynamic movements that will occur on court or field.

- MMP also helps prepare the body to be able to move more efficiently in a safe and controlled manner, reducing risk of injury.
- MMP has been proven to both decrease the likelihood of injury and even improve performance over other methods of warm-up.

### MMP Cues and Key Points:

#### Mobility:

- Full Range of Motion
- Slow and Controlled Movements
- Focus on muscle stretching

#### Movement


- Full Range of Motion
- Faster Movements(more touches the better)
- Skips are small not large...rhythm skips. 



Figure 7 - Band: Lat Pulldown



Figure 8 - Band: Pull Aparts



Figure 9 - Mobility Prep: Quad Pull



Figure 10 - Mobility Prep: Knee Pull



Figure 11 - Mobility Prep: Knee Cradle



Figure 12 - Mobility Prep: Deep Side Lunge



Figure 13 - Movement Prep: Running High Knees



Figure 14 - Movement Prep: Running Butt Kicks



Figure 15 - Movement Prep: Skip Straight Leg



Figure 16 - Movement Prep: Skip High Knee

Exercise	Reps	Sets	Notes:	Figure #
FR: Quad	10	1 each leg	Roll from hip to knee	1
FR: Glutes	10	1 each leg	Roll from low back to hamstring	2
FR: Hamstring	10	1 each leg	Roll from hip to knee	3
FR: IT Band	10	1 each leg	Roll from hip to knee	4
Band: Side Raise	10	1 each arm	Keep tension in band	5
Band: Diagonals	10	1 each arm	Keep arm straight	6
Band: Lat Pulldown	10	1	Pull band apart on down movement	7
Band: Pull Aparts	10	1	Keep tension in band	8
Mobility: Quad Pull	10	1 each leg: Switch Legs each rep	Raise arm each rep	9
Mobility: Knee Pull	10	1 each leg: Switch Legs each rep	Knee up – toe up	10
Mobility: Knee Cradle	10	1 each leg: Switch Legs each rep	Slow movement	11
Mobility: Side Lunge	10	1 each leg: Switch Legs each rep	Sit butt back	12
Movement: Running High Knee	20	1	Quick, full ROM	13
Movement: Running Butt Kick	20	1	Quick, full ROM	14
Movement: Skip Straight Leg	20	1	Small skip	15
Movement: Skip High Knee	20	1	Small skip	16