

Warm-up / Pre-practice Training Stations

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*Note: This will be supplemented by some action video shots shown at the clinic.

Why do pre-practice training drills?

- Gets setters extra touches on the ball before practice
- Players out of the lockerroom and in to practice mode
- Puts some conditioning in at the beginning of the practice (Does not replace wt. room.)
- Allows for leadership in the drills, stresses communication
- Team comorradore can be built within the groups
- Can help reduce injury by making exercises functional - resemble on court movements

Setters get touches before team meeting. (For all setters and can add libero in as well.)

Won't be able to get all of these in, but here are some options for drills:

Setter Drills:

NOTE: Some days we have them use a basketball instead of a volleyball - or they could use a weighted setter ball.

Wall work:

- Quick wrist flicks - straight ahead
- Single hand quick touches - switch hands
- Back sets to the wall
- Self set - set to the wall - short and controlled
- Side sets - both sides
- Up downs on the wall
- Ball juggle against the wall

On floor:

- Alternating legs bicycle style sets
- Lay on floor - Superman style and can try to roll doing this as well
- Seated setting - short high
- Sit ups with the ball - multiple sets to wall going down and up - can put 1 leg up this really helps engage the core
- 2 ball - we want our setters to try that this year (watch Instagram of Reese Bates)
- Add a wobble board to create a more challenging opportunity.

Team Meeting - all players/teams

- Devotion or relatable story / Prayer
- Recognition / Announcements / Practice plan to go over together, also is posted

Warm-up

- Run 4 laps in gym - can make each grade lead in a chant for each lap
- Circle stretching - alternate leaders by grade
- Arm/shoulder stretch / Elbow push downs / Standing straddle / Seated static

Butterfly / 4's / Scorpion - stretches lower back muscles / Crossover /
Frog straddle / Floor forward lunge *Can also add cat/dog, spinal twists,...

Active Dynamic

Knee hug walks / Quad pull / Forward lunge walks / Side lunge
walks / Kick ups / Kick backs / Walking 4's squats / Swoops / Hip flexor rotations

Training Stations

We change these up, but try to do about 6 of the following stations each day.

Start out daily, then down to about 2-3 days a week.

Each group of about 4 will start at a different station which will be timed for
2+ minutes. Usually play motivational music during this time, whistle to start and
to stop.

*Must run to each station and be loud/encouraging while engaged in the activity.

Allow a drink break once or twice depending on level of exercise.

We also can make it in to a competition, which team is working the hardest or is
encouraging the others the most.

STATIONS (Pictures or videos shown at the presentation.)

1. Approach the box and jump on the box - land softly. 2 boxes up against the wall, take turns and can alternate boxes - 20" and 24".
2. Shuffle drills - 5 and out.
We go from the baseline to the 3m line. Shuffle up, back, up, back, up and out. The next person or grouping goes. No crossing feet and stay low enough to touch the lines.
3. Slides - One finger has to touch the floor as you shuffle around the volleyball court.
*They hate these - a very isometric movement - much tougher than a stationary wall sit!
4. Core abs - medicine ball - Russian twists. Good form stressed - feet in the air - must touch the ball to the ground on each side. Do 20 touches, rest for a count of 10, and then keep repeating.
Planks on the ball - straight arms try to hold for 20-30 seconds, rest 10 sec. then repeat.
Ball touches up to shoe laces.
Crab walks with a med ball resting on your core, which keeps the abs tight, but breathe!
5. Block jump touches with a medicine ball - vary the weight of them - not all can handle the 10 lb ball - may need a 6 or 8 lb ball. 10 jump touches as high on the wall as they can get. Alternate with your partner. Warms up the Serratus Anterior muscle.
6. Shoulder rotation bands - we use these during the summer months as well. Different types of bands - ones with handles, come in different resistance levels - can stand on them - use for good form, high elbow pulls, tricep kick-backs, warm-up the Posterior Deltoid and Lower Trapezius muscles. Use different resistances doing adduction and abduction. Subscapularis - important shoulder rotator - maintain flexibility. Also can use the bands for assisted pull-up, just don't overdo those.
7. Tap ball drills - weighted rubber balls - use for form on attacking - open up frame - rotations like spike progressions.
8. Under the net ball movement, side to side movement - stay low enough so your back

- doesn't touch the bottom of the net while holding the ball out in front of you.
9. Dot Drills - we have the 5 dot drill painted off to the side of the gym floor.
- Examples:
- 2 - 1 - 2 turn around and repeat back. Go through 5 times down and back.
 - 2 feet together - rt. back, center, right front, center, left front, center, left back center,
 - 1 foot - right foot rt. back, center, rt. front, left front, center, left back, repeat 5 times
 - 1 foot - left foot - same as above, then rt. foot
 - Forward 2 - 1 - 2 then back, no turn around
- If you don't have the dots - do some line agility - you all have lines on the court - so forward and back, side to side, alternating feet, one foot,...can also do with cones.
10. T-drill with cones. Run up to the cone - shuffle to the cone to the right, turn and sprint to the cone on the left - shuffle back to the center cone and backpedal to starting position. You can add variations to it 5-10-5, also known as Pro-Agility.
11. Speed jump rope - We usually would put this one by the clock on the wall, so they can go fast for 20 seconds, and then easy for 10. Take a short break there if needed. Some may even challenge themselves to do some double unders - in a lot of workouts Like in the PLT4M app - we use it for my P.E. classes.
12. Reaction balls - those crazy balls with bumps on them. Done in partners, where the player behind tosses the ball over the shoulder of the player facing the wall - maybe 10' back. They must catch it off of one bounce. Trains them to move toward the ball quickly side to side usually.
13. Small bands - put around ankles for the duck walks forward and back. Really works those hip flexor muscles. Side shuffles create resistance as well. Front back agility. On the floor, hip flexors. There are different band strengths for these.
14. Ladder drills - High knees, hops, in and outs, 1 foot hops, sideways toe touches
15. Wall sits - the coach walks in front of them and tosses a ball at them so they need to work on a good platform - hold this isometric position.
16. Plate walks - we usually do these in our summer conditioning. In the gym we would use the med ball instead of the plate. Walk down and back with the plate above the head. A good shoulder isolation drill.
17. Balance training - so great for the ankles - Star drill is one of the most common ones we use. This is so important because it helps improve ankle stability, or use wobble boards. *We encourage wearing the Active ankle braces for practice/matches.
18. Approach on outside attack, base, block, transition to middle attack, base, block, transition to right side attack,.... 1 starts it, the next will start when doing middle attack approach, then next joins in and so on - keep it fairly uniform. Hustle back to the other side when completed with the 3. *You could also make this a defensive movement drill. Start in base and then release to your defensive position, stressing good footwork.

Whatever station they end at will be the station they pick up and put away any materials.

Final takeaway - is the exercise functional for the sport of volleyball? No bootcamp mentality - we are coaching some with immature muscular-skeletal systems. Give positive reinforcements!

