



Performance Training and Physical Therapy

Sport: VolleyBall

Category	Exercise	Sets x Reps	Rest
Flexibility & Mobility			
5-7minutes :30-60/side	Foam Rolling: Do these in order, visit vastasports.com for anything in question 1. T-Spine 2. Lats 3. Hip flexors 4. Adductors 5. Glute 6. Hamstring 7. Calves 8. Quad/Lateral	1 set/ side - :30-60/side	
3-5 minutes :30-60/side	Stretching: 1. Lat stretch 2. Supine figure four 3. Half kneeling SK adductor stretch 4. Wall hip quad 5. Calves	1 set/ side - :30-60/side	
Dynamic Warm up			
5 min	Movement Prep: Walking depth drops- 5 Hip circles- forwards/backwards- 10/s Knee hug- forward lunge- overhead reach and rotate- 5/s Lateral lunges- 5/s Sprint/Run Mechanic Warm-up: Forward skip Backward skip Quick feet in place High Knees Butt Kicks Lateral High Knee X-Over Carioca Lateral High Knee X-Over Carioca ASkips Lateral Askips	1x 15-20yds	
SPARQ			
2 sets = 12 min training session 3 sets = 15 min training session 4 sets = 20 min training session	Mb Crossbody Slams	2x 5-8/s	:30-60s
	Vertical Jump	2x 5-8	:30-60s
	Fast Feet - 5yd Accelerations (4 cones, 5 yards apart)	2x 10	:30s
	Lateral shuffle quickness	2x 20 yards/s	:30-60s
Cool Down			
5-7min	Foam Rolling and static stretching from Warm Up		
Disclaimer			
1. You are engaging in this activity at your own risk. Please make sure you are cleared for physical activity by your primary Doctor.			
2. For best results, follow the program in order. If you have any questions visit the vastasports.com link.			