

## Pre Camp Conditioning Create a Productive Happy Camper!

Coaching camps can be a blast traveling from school to school meeting many great coaches and players, but they can also be frustrating as well. Why, you ask? Well let me set the scene.....

Here at Matchpoint Volleyball we tailor the camp to the team need. Obviously the high school coach knows his/her team better than we do, so when they book their summer camp, we ask them to give us specifics to cover in the short period of time that we will be at their school. The typical response is that the high school coach wants the team to be pushed to their maximum potential, pushing them technically, challenging them mentally and physically taking them where they have never been before. Well, that's all fine and well....looks good on paper, so to speak, but NOT realistic. Again you're asking yourself, why? Okay, I'm getting there.

The #1 reason is that the kids are nowhere near being "Volleyball Fit". Which leads to an unhappy camper who is sore and brings up the next question, what is volleyball fitness? Volleyball combines anaerobic and aerobic conditioning.

Being "fit" and being "volleyball fit" are two different things. Let me give you an example. We have to be the fastest people in the world in very short distances (5-20feet), so we need to be able to sprint to positions and explode into the air on a moment's notice....read and react, which means that we are training our "fast twitch" muscles as opposed to our "slow twitch" muscles. Training an athlete for cross country would be an example of training the "slow twitch", muscles. There is no need for explosive movements in that particular sport.

Hence the problem we run into is that when many high school coaches and their players try to get in shape for volleyball, it is done in the wrong manner, training the wrong muscles or there has been NO ATTEMPT to get in shape. Therefore when we get to camp, the kids are so sore after the first day that we cannot achieve the goals that the high school coach has set forth for the camp.

Did you know that it only takes one week of doing nothing to get yourself out of shape? Yep, it's true!

Suggestion: To get the most out of camp, make sure that there is proper preparation to get in volleyball shape. Two or three weeks prior to the camp, an effort should be made to incorporate volleyball movements in a "full body", conditioning workout. The reality of being in condition for any sport means that the athlete will be able to perform at their maximum potential, not just physically, but mentally, creating a happier camper and it's also the best prevention for potential injury.

For additional information about volleyball fitness and conditioning, feel free to contact me at [Jeanne@matchpointvolleyball.net](mailto:Jeanne@matchpointvolleyball.net) or call 614-546-7091.

Here is a simple two week “pre camp” conditioning workout...see next page for Matchpoint Volleyball Physical Training Foundation. Start with doing 2 sets every other day (Monday, Wednesday, Friday) gradually working up to 4 sets every other day.

On the off days Cardio will be the focus:

#### Week #1

Jog an 800

Stretch

Jump rope for 2 minutes (jumping with two feet as fast as possible for the set time)

Block Jumps 3 sets of 15 (consecutive jumping)

Spike Approaches 3 sets of 15 (consecutive approaches)

10 yard sprints 2 sets of 10 (15 second rest between sprints)

Bleacher runs, 1 set consists of : UP to the top, RUN across top, DOWN to the bottom to starting position 4 TIMES. Do 2 sets

Hurdles: Set up 4 hurdles, have the athlete run the hurdles as fast as they can. After they have cleared the last hurdle, jog to the starting position to immediately go again. 1 set equals 5 hurdle runs. Do 2 sets.

Cool Down: jog a 400

Stretch

#### Week #2

Jog an 800

Stretch

Jump rope for 3 minutes (jumping with two feet as fast as possible for the set time)

Block Jumps 3 sets of 20 (consecutive jumping)

Spike Approaches 3 sets of 20 (consecutive approaches)

10 yard sprints 4 sets of 10 (15 second rest between sprints)

Bleacher runs, 1 set consists of : UP to the top, RUN across top, DOWN to the bottom to starting position 4 TIMES. Do 3 sets

Hurdles: Set up 4 hurdles, have the athlete run the hurdles as fast as they can. After they have cleared the last hurdle, jog to the starting position to immediately go again. 1 set equals 5 hurdle runs. Do 3 sets.

Cool Down: jog a 400

Stretch