

KILLING TWO BIRDS WITH ONE STONE “UPPER BODY AND CORE”

Jeanne Colpus
Matchpoint Volleyball
PO Box 218415
Columbus, OH 43221
(614) 206-6140
www.matchpointvolleyball.net
jeanne@matchpointvolleyball.net

Hit the ball, Alice!

At some point in our coaching career, we have seen those volleyball players with a dynamic approach, but when it comes to the contact, the wind just gets knocked out of their sails or you see the hitter dip their body sideways away from the ball, losing power and vertical. Part of the reason may be technique, but more often, it is an issue with the lack of upper body and core strength.

Here are a few simple exercises that will target both areas of the body by challenging the athlete to balance their own body weight. Easier said than done!

PIKE TO PUSH UP

Using a stability ball, start with the feet on the ball and hands on the floor about shoulder width apart in a “push up ready position”. Gradually raise the hips higher than the head. This will move the ball closer to the hands, this reaching the “pike position”. As the hips drop lower than the head, this will put the athlete back into the “push up ready position”. Once back to this position, the athlete will lower themselves into a push up, leading with the chest to the floor. Make sure that the abdominals and lower back muscles are always “engaged”, (tight) throughout the entire exercise. A good starting point would be to have your athletes do two sets to failure to get a number for repetitions for future sets.

NEGATIVE PUSH UP

I love this one! Start in the “push up ready position. Counting down from ten all the way to zero, as each consecutive number is called out, the athlete will descend and hold that push up position, until they get to zero, which then they should be in a prone position, lying on the floor. Again the athlete needs to focus on keeping the body straight and engaging the abdominal and lower back muscles throughout the exercise. Five sets are KILLER!!

CLASSIC BODY WEIGHT HOLD/ RAISES

FRONT:

Lying face down and have the athlete prop themselves up on their forearms. Keep the upper body straight along with concentrating on keeping the muscles “engaged” for 30 seconds.

SIDE:

Have the athlete lie on their side and prop themselves up on one forearm, keeping the muscles “engaged” and the body straight for 30 seconds

BACK:

Lying face up, have the athlete prop themselves up on both forearms again keeping their body straight as possible and keeping their abdominals and lower back muscles “engaged” throughout the exercise for 30 seconds
Repeat these exercises twice and work up to 1 minute, 1 minute 30 seconds and so on.

VARIATION:

To challenge the athlete a little more, have a partner apply some resistance by gently pressing down on the athlete so that the athlete has to push against the resistance staying keeping everything straight and engaged.

Demonstrations provided by Jeanne Colpus, Co-Owner of Matchpoint Volleyball Inc.

Author: Jeanne Colpus

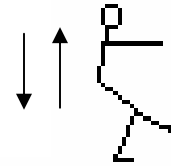
Co-Owner of Matchpoint Volleyball Inc.

IMPACT, CAP I, CAP II, CAP III AND VCAP CERTIFIED

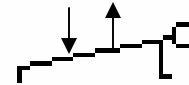
Contact Jeanne at www.matchpointvolleyball.net

Matchpoint Volleyball Physical Training – Foundation

1 Single leg squat x 10 each leg



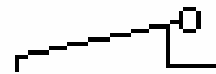
2 Push ups x 15



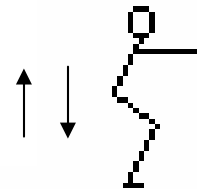
3 Calf raise x 15



4 Front abs – hold for 30 secs



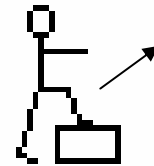
5 Double leg squat x 15



6 Back abs – hold for 30 secs



7 Step ups alternate leg leads x 20



8 Obliques – hold for 30 secs each side



FOUR SETS EVERY OTHER DAY