



Part 1: Pre-Court Mobility, Stability and Activation Each box = 30 seconds.

*2 minute hip and core mobility

All Levels	Hip Crossovers	Scorpions	Kneeling Lunge Right	Kneeling Lunge Left
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Purpose: Prepare joints to move through a full range of motion
Key Skills: All

2 minute spine & shoulder mobility

All Levels	Open-up & Breathe Right	Open-up & Breathe Left	Alternating Lats Reach & Press
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Purpose: To enable spinal rotation, chest mobility and arm extension
Key Skills: Hitting, Serving, Setting

*2 minute shoulder core stability and activation

LEVEL 1	Iron Man Shoulder Lift		T -- W	Y -- L
LEVEL 2	Iron Man Shoulder Lift	Iron Man Shoulders to 90	T -- W	Y -- L
LEVEL 3	Iron Man Shoulders to 90	Iron Man Shoulders - Hi-5	T -- W	Y -- L

Purpose: Activate shoulder stabilizers for high intensity overhead movements
Key Skills: Setting, Blocking, Attacking, Serving

2 minute core stability and activation

LEVEL 1	Plank – Alt Knee Lift	Side Plank – Knees Right	Bridge - Two Legs	Side Plank – Knees Left
LEVEL 2	Plank – Alt. Toe Lift	Side P. Knee – Heel Raise R	Bridge - Alt. Leg Lift	Side P. Knee - Heel Raise L
LEVEL 3	Plank – Alt. Heel Sweep	Side Plank Heel Raise Right	Bridge - Alt. Heel Sweep	Side Plank - Heel Raise Left

Purpose: Develop strength and stability, activate core for proper skill execution
Key Skills: All

*2 minute lower body mobility

All Levels	Forward / Back Leg Swing	Half Circle Lunge & Pass	Deep Overhead Squats	Quad Stretch & Toe Touch
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Purpose: Train strength and stability through a full range of motion with volleyball skill transfer
Key Skills: Passing, Defense, Jumping

2 minute lower body stability

LEVEL 1	Block Squat to Toes	Batman Squat to Toes	Single Leg Squat Right	Single Leg Squat Left
LEVEL 2	Block Sq-Hold-Explode	Batman Squat-Hold-Explode	Block & Stick Right	Block & Stick Left
LEVEL 3	Block Sq. Explode to Toes	Batman Sq.-Explode to Toes	Approach & Stick Right	Approach & Stick Left

Purpose: Train jumping technique emphasizing hip extension. Train body awareness for stable landings and agility.



2012 Volleyball Champions Program: Conditioning & Prehab for Champions



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Part 2: On Court Dynamics, Balance & Armswing

*2 minute mobility dynamics

All Levels	Butt Kicks Forward Butt Kicks Backward	High Lunge to Net Low Lunge Back	Low & Level Shuffle Right Low & Level Shuffle Left	Carioca Right Carioca Left
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Purpose: Activating body systems and to prepare for volleyball specific movements
Key Skills: All

2 minute balance battle

Level 1	Right Foot Toss & Catch	Left Foot Toss & Catch	Heel-toe Block Joust Right	Heel-toe Block Joust Left
Level 2+	Right Foot Pass to Self	Left Foot Pass to Self	V-stance Block Joust Right	V-Stance Block Joust Left

Purpose: train body awareness and balance while incorporating stability and strength from your hands through the entire body

*2 minute armswing & body awareness

Level 1	2 arm bounce & catch	1 arm bounce & catch	1 arm throw to chest level	2 hand high toss & swing
Level 2+	2 arm bounce & catch (V-Stance on Left)	1 arm bounce & catch (V-Stance on Right)	1 arm throw to chest level (V-Stance Left)	2 hand high toss & swing (V-Stance Right)

Purpose: Warm up shoulders for attacking with proper technique and full body coordination
Key Skills: Attacking, Serving

About the Program

What is it? A sport-specific approach to pre-court and on-court warm-up for practice. (Game warm-up exercises indicated by *).

What's the goal? Proper skill execution, injury prevention and performance.

How long is it? 12 minutes pre-court and 6 minutes on court. You may expand desired.

When can we move up a level? Progress based on ability to execute the exercise safely and properly. The progression chart shows suggested progression timelines (how many days to perform each level). If you need to progress faster, do 3 sets of the specific exercise as a 3-4x/week home program.

Sample Progression Timelines			
Age	Level 1	Level 2	Level 3
12-14	60 days	Rest of season	n/a
15-16	30 days	45 days	Rest of season
17-18	15 days	30 days	Rest of season
19+	10 days	15 days	Rest of season

About the Author

Travis Dodds aims to change the way volleyball athletes prepare their bodies to compete and reach new heights. His goal is to help athletes prevent injuries, recover faster, and perform like champions. Continuing to accept preventable injuries is unacceptable.

Travis is a graduate of the University of Alberta's Masters of Science in Physical Therapy. He has been involved with volleyball for several years as a player, coach and physiotherapist. Travis now consults as a "prehab" and "rehab" specialist to the UBC Thunderbirds Womens Volleyball Team. He travelled with the University of Alberta Pandas as their team therapist in 2009-2010. In 2007 he helped Volleyball Canada to establish the country's first community-level Sitting Volleyball train & play programs. He is dedicated to ongoing research in injury prevention and rehabilitation for volleyball athletes. As part of his Masters Degree, he completed a systematic review on exercise-based techniques for ankle sprain prevention (volleyball's most common time-loss injury).

