



Speed and Agility

Speed and agility are important attributes for a high level volleyball athlete. Agility in volleyball requires quick and sometimes awkward movements as you adjust your body position to the ball during play, in mid-air, and with split second timing. While the importance of agility training for volleyball is clear, some question the speed training component. We customize this portion of our program for volleyball athletes and focus on short distances and foot speed, rather than typical long-distance sprint-speed used in other sports. Power is extremely important in volleyball. Hitting, jumping and serving are all examples of the use of power in volleyball. Power can be defined as a combination of strength and speed, so by incorporating speed training specific to common movements in volleyball, you can improve your power in the sport. You can enhance upper-body power important to striking the volleyball through specific exercises. Plyometric training that will also help with proper jumping technique and possible increase of vertical as well as reduce risk of injury. We also focus on flexibility as it not only improves your range of motion, but also your power and agility as a result.

SESSION DAYS & TIMES:

Mondays & Wednesdays

4:00 - 4:45pm

Tuesdays

7:45 - 8:30pm

COST:

6-Week Session

\$50 - 1 session/week

\$90 - 2 sessions/week

Individual Session

\$15/session

**STARTS JANUARY
11TH**

Over the course of each six week session we will focus on exercises and drills that will help participants make improvements in agility, speed, strength, vertical jump, and power. Proper form and technique will be emphasized throughout - doing so will help prevent future injuries as well as help maximize performance.

At the start of each session athletes will be evaluated by performing a series of exercises/drills - this will provide a baseline measure. The same series of exercises/drills will then be performed again at the end of the session to evaluate their progress. Each athlete will receive a hard copy of the evaluation as well as a short one-on-one to go over results and to give recommendations.
