

## STANDARDISED TRAINING & MATCH WARM UP


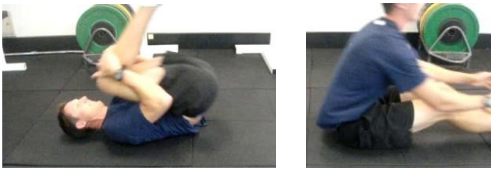

### RHYTHMIC RUNNING (base line to center line)

Perform the following by working back and forth between the baseline and mid court (net) together as a team	<b>Forward</b>	Slow jog from baseline to baseline, alternating between forwards, backwards and side stepping. Repeat
	<b>Backwards</b>	
	<b>Side stepping</b>	


### STANDING MOBILITY






Standing in a circle on the court, perform these exercises together as a team	<b>Leg Swings</b>	In pairs, swing legs fwds and bwds, side to side
	<b>Calf pumps</b>	From push up position, alternate heels up and down
	<b>Shoulder circles</b>	Arms outstretched to the sides, make circles fwd + bwd small to big
	<b>Windmill toe touch</b>	Feet split wider than shoulders, bent level hips, touch toe to toe

### FLOOR MOBILITY

Finding enough space laying on the court, perform these exercises together as a team	<b>Book Opens</b> 	Lying on side keeping knees together on the floor bent a 90 degrees, start hands out in front and open apart rotating trunk & shoulders only
	<b>Back Roll</b> 	Lying on back, grasp knees to chest. Rock fwd and bwd – when coming fwd extend legs and reach towards toes
	<b>Prayer to Extension</b> 	On all fours, rock back over heels and extend arms in front pushing shoulders towards ground. Then extend trunk out and finish in "lizard" position

### DYNAMIC ROMS (RANGE OF MOTION)

<b>High Knee March</b>		Drive knees high in bounding movement
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Perform the following by working back and forth between the baseline and mid court (net) together as a team	<b>Fast Knees</b>		Lift knees high and fast to tap hands as you run
	<b>Butt Kicks</b>		Contracting hamstrings to kick butt as you run
	<b>Lunge with reach</b>		Walking lunge, take a large step forward and drive up from heel of front foot. During descent reach arms up and extend overhead.
	<b>Hamstring Scoop</b>		Step one foot out in front and straighten front leg, toes to roof. Push hips back and hinge hips, scoop arms down towards ground and reach forward to toes.
	<b>Elbow to Instep reach</b>		Walking lunge, take a large step forward and touch ground next to foot with same hand. Reach to sky with the other hand following with eyes.
	<b>Aeroplanes</b>		Balancing on one leg, hinge at hips so back leg and spine parallel to ground – touch front foot with opposite hand
<b>Lateral lunges</b>		With wide stance, perform lateral lunge keeping knee over toes and body weight on heels. Keeping hips low, switch bodyweight to other leg.	

## EXPLOSIVE MOVEMENT PREPARATION

Think fast, sharp, explosive movement, with focus on form	<b>Stationary Squat to Block Jump to Spike</b>		Perform basic bodyweight squat with knees over toes and weight through heels. Come out of squat into block jump at net, back pedal to 3m line and into full spike jump. Land and repeat 3 times.
	<b>Single leg bounds</b>		Balancing on one leg, complete max hops from baseline to mid court and back, Repeat other leg

## ON COURT PRE MATCH

Pairs relay	Base-attack-base	Base-Center-base	Base-attack-base-center-base
Pairs relay	Base-attack-base-center-attack-spike-block-base		
Pairs relay	Base-attack-base-center-attack-spike-block-block-dive-base		
3 mins – shoulder warm up in pairs			
3 Mins - 3 man pepper (rotating setter)			