

STANDARDISED TRAINING & MATCH WARM UP

RHYTHMIC RUNNING <small>(base line to center line)</small>		
Perform the following by working back and forth between the baseline and mid court (net) together as a team	Forward	Slow jog from baseline to baseline, alternating between forwards, backwards and side stepping. Repeat
	Backwards	
	Side stepping	
STANDING MOBILITY		
Standing in a circle on the court, perform these exercises together as a team	Leg Swings	In pairs, swing legs fwds and bwds, side to side
	Calf pumps	From push up position, alternate heels up and down
	Shoulder circles	Arms outstretched to the sides, make circles fwd + bwd small to big
	Windmill toe touch	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	Book Opens 	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
	Back Roll 	Lying on back, grasp knees to chest. Rock fwd and bwd – when coming fwd extend legs and reach towards toes
	Prayer to Extension 	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)		
High Knee March		Drive knees high in bounding movement

Perform the following by working back and forth between the baseline and mid court (net) together as a team	Fast Knees		Lift knees high and fast to tap hands as you run
	Butt Kicks		Contracting hamstrings to kick butt as you run
	Lunge with reach		Walking lunge, take a large step forward and drive up from heel of front foot. During descent reach arms up and extend overhead.
	Hamstring Scoop		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.
	Elbow to Instep reach		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.
	Aeroplanes		Balancing on one leg, hinge at hips so back leg and spine parallel to ground – touch front foot with opposite hand
Lateral lunges		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	Stationary Squat to Block Jump to Spike		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.
	Single leg bounds		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)			