



MAXIMUM SPORTS
CONDITIONING



MAXIMUM SPORTS
CONDITIONING

MAXIMUM SPORTS CONDITIONING

VOLLEYBALL TRAINING PHILOSOPHY

Maximum's philosophy on training volleyball players stems from the sport-specific actions they need to build, and the tools that college coaches use to judge their ability and potential.

These are:

HITTERS

- Ability to jump high
- Ability to hit the ball *hard*
- Ability to maintain arm swing mechanics
- Ability to move quickly both laterally and forward
- Aggressiveness, energy and court presence

SETTERS

- Leadership ability, court presence, enthusiasm & energy
- Quick, soft hands
- Ability to jump high
- Ability to set with pinpoint accuracy

DS/LIBERO

- Ability to pass and serve
- Ability to make quick, simple movements to the ball
- Ability to react quickly in any direction
- Ability to drop center and dig
- Court presence and leadership

Based on these skills, volleyball players must develop **joint stability and connective tissue strength** (to support landing, hitting, and changing directions quickly), **core strength and trunk stability** (to support postural stability, dropping center of gravity, and ability to create torque and rotary speed), **posterior chain strength and power** (to develop jumping ability, postural stability, and frontal and sagittal quickness), **reactive speed and quickness**, and **power endurance** (to maintain jumping ability and quickness through the 5th game).

Although each position has its unique demands, all volleyball players must improve these essential basic motor abilities.