



Maryland Volleyball Camps

**High School Prep
Performance Packet**

Introduction

Thank you for participating in the High School Pre-Tryout Clinic. By attending this clinic, you have shown interest in becoming the best possible Volleyball player you can be. The Performance Clinic has introduced you to various warm-up protocols, plyometric drills, and strength, agility, and mobility exercises.

This packet includes those exercises and more! All of these exercises will help improve physical characteristics that will enhance your performance on the court. The exercises in this packet can be done every day, either before or after practice/games.

For more sports performance tips, please visit YouTube and search Maryland Volleyball Sports Performance to find the Maryland Volleyball page.

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Volleyball High School Performance Packet

Section I: Flexibility

Lower Body Band Stretch

- This stretch can be done with a band, towel, or any piece of clothing that can be looped around your foot and held in your hands. This stretch focuses on the calves, hamstrings, groin, glutes, and quads. Each position should be held for 20-30 seconds and done only once with each leg. You should do this immediately after every practice and game.



Upper Body Band Stretch

- This stretch can be done with a band, towel, or any piece of clothing that can be looped around a stationary object and held in your hands. This stretch focuses on the lat, chest, posterior shoulder, and anterior shoulder. Each position should be held for 20-30 seconds and done only once with each arm. You should do this immediately after every practice and game.



Section II: Mobility

Ankle & Calf

- Standing Ankle Stretch
 - This needs to be done on any elevated surface; steps are usually perfect for this. Place the ball of your foot on the surface and stand tall. Drive your heel to the ground and straighten your leg to stretch the calf muscle. Also, drive your knee forward over your toes in order to stretch your Achilles and lower calf. You should hold each stretch for 10-20 seconds for 3-6 reps each leg.



- Kneeling Ankle Stretch
 - Get into a half kneeling position with your front foot flat and your shin vertical. Keeping your heel on the ground, drive your knee forward over your toes and hold for 10-20 seconds. You should do 5-10 reps each leg per day.



Quad (Front Thigh)

- Quad/Hip Flexor Combo
 - Place your back foot on an elevated surface and get into a half-kneeling position. Without arching your back, slowly lunge forward to get a stretch in your hip flexor and quad. This can be held for 10-20 seconds at a time for 5-10 reps each leg.



Adductors (Groin)

- Tactical Frog
 - Knees are out to the side and bent at 90 degrees, and toes are pointing out to the side. Elbows are on the ground and back should be flat. Drive your hips back to the heels and hold for 10 seconds at a time. Return to starting position for 5 seconds then return to stretch. This can be done for 10-15 reps.



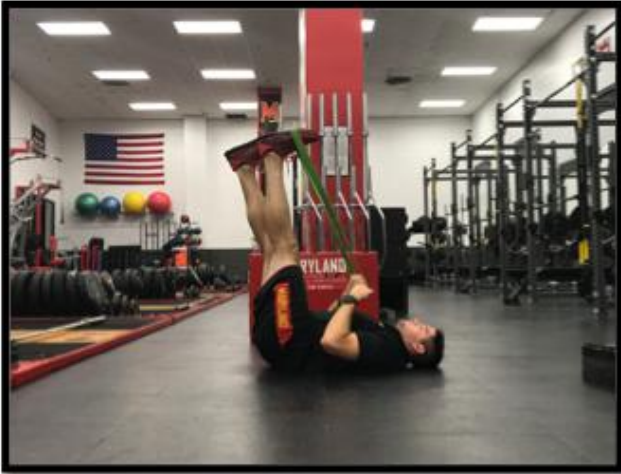
Hamstring

- Toe-Touch Series

- Find a platform that is about two inches above the ground. Place the balls of your feet on the platform and heels should be on the ground. Place a cushion between your legs and actively squeeze it. Start with arms in the air, and slowly reach to your toes while breathing out and keeping knees straight. Do 2 sets of 5-8 reps with toes elevated, and then turn around so that your heels are elevated and repeat.

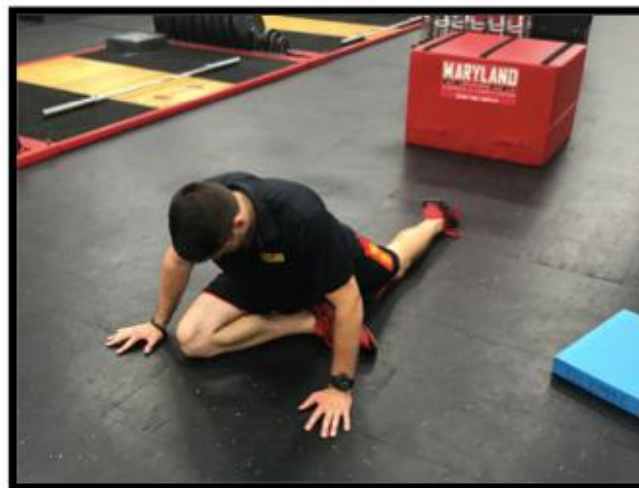


- Leg Lowers with towel/band
 - Wrap towel/band around foot and pull leg into a hamstring stretch. Bring the other leg up next to stretched leg; make sure that your lower back is flat against the ground. While holding top leg in a stretch, slowly lower opposite leg to ground. You should take about 5-8 seconds to lower the leg. Do 2 sets of 5-10 reps each leg.



Glutes

- Pigeon Stretch
 - Bend front leg so knee is under your chest. Back leg should remain straight. You can start on hands or elbows depending on comfort level. Keep the hips level to the ground while you stretch. Hold the stretch for 20-30 seconds for 5 reps each leg.



Hip Flexor Stretch

- Half Kneeling

- Get into a half-kneeling position. While keeping the core tight and not arching the lower back, slowly lunge forward into the stretch. Hold each stretch for 5-10 seconds, and do 5-10 reps each side.



- Front Foot Elevated

- Elevate front foot and keep back foot straight. While keeping back leg straight and core tight, slowly lunge forward and twist toward front leg. Hold each lunge for 5-10 seconds and do 8-10 reps per side.



Shoulder

- Chest

- Get into a half kneeling position and place forearm (elbow to hand) on the wall or doorframe. Make sure elbow is on shoulder level or slightly higher. Slowly lunge forward and turn away from doorframe to get a good stretch. Hold each rep for 5-10 seconds and do 8-10 reps per side



- Lat

- Hold onto the doorframe, push hips back, and let chest and head face the ground. Fall back into the stretch in order to get the best stretch. Hold the stretch for 20-30 seconds for 3-5 reps per side.



- Sleeper Stretch/Reverse Sleeper Stretch
 - Lie on your side with your elbow higher than your head and your cheek on your upper arm. With your other hand, grab your top hand and slowly pull it down. Reach a point where you feel a stretch in your shoulder and hold that for 5-10 seconds. At the end of 5-10 seconds, push hand back towards crown and hold an additional 5-10 seconds. Do 5-8 reps per side for 2 sets each arm.



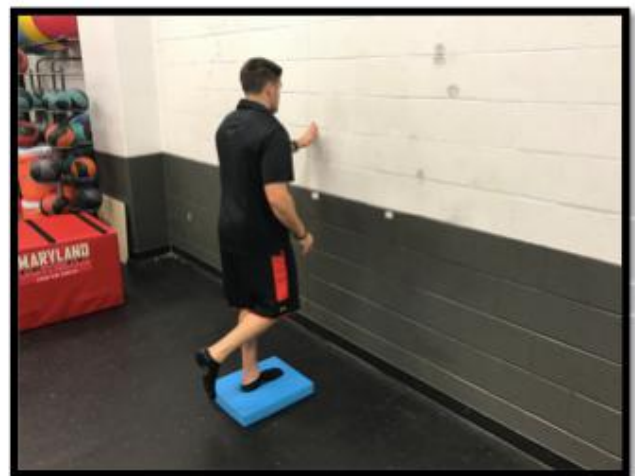
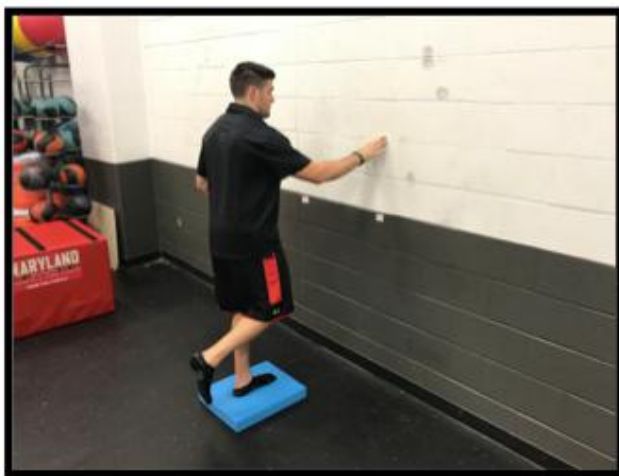
Section III: Balance

Single Leg Balance

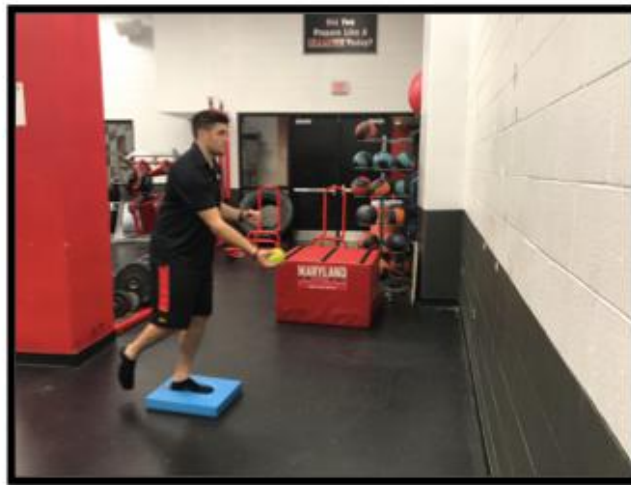
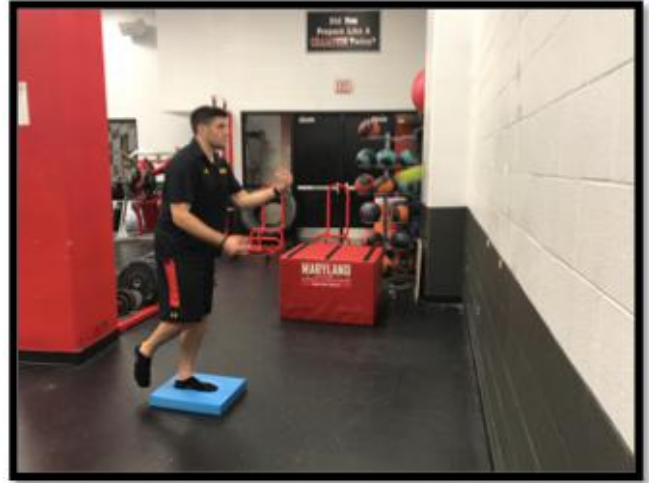
- Standing on pad
 - Stand on single leg on floor or cushion for 20 second to 1 minute (increase time as you get better). After getting to a minute, try doing 10-20 seconds with eyes closed.



- Number board
 - Tape numbers to a wall to serve as markers to touch. Standing on one leg on a cushion, touch every number on the wall. Mix up the order to add different upper body movements.



- Lacrosse Ball
 - Balancing on one leg on a flat or uneven surface, throw a lacrosse ball underhand against a wall and catch with opposite hand.



Section IV: Shoulder Prehab

Band Pull-Aparts

- Stand feet hip width apart, toes straight. Grab the ends of the band with both hands. Start with arms straight, with slight tension on the band while keeping your core tight. Pull your hands away from your body while the band comes towards your chest. You should focus on pinching your shoulder blades together as hard as you can. Return to starting position in a slow and controlled manner.



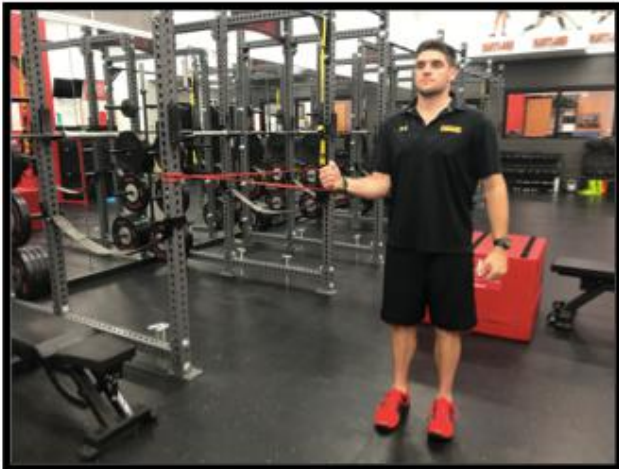
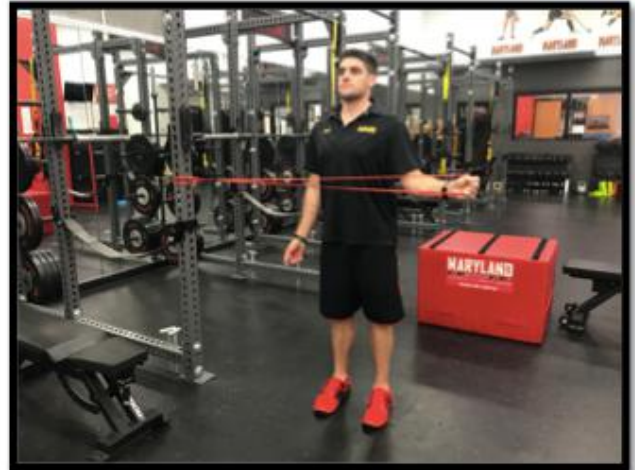
Vertical Pull-Aparts

- Stand feet hip width apart, toes straight. Grab the ends of the band with both hands. Start with hands above head, arms straight with slight tension on the band while keeping your core tight. Pull your hands down away from your body while the band comes towards the back of your neck. You should focus on pinching your shoulder blades together as hard as you can. Return to starting position in a slow and controlled manner.



External/Internal Rotation

- Stand tall with feet at hip width and shoulders back. Keep your elbow at 90 degrees at the side of your body, and hand at elbow level. While maintaining upright posture and the elbow against the body, pull the band in/out as far as you can. Focus on squeezing the back of your shoulder. Return to starting position in a slow and controlled manner.



Abducted External Rotation

- ONLY PROGRESS TO ABDUCTED AFTER 5 WEEKS OF REGULAR INTERNAL/EXTERNAL ROTATION
- Stand tall with feet hip width and shoulders back. Arm should be 90 degrees with the elbow at shoulder level. While keeping elbow at shoulder level and core tight, rotate the arm so hand is now directly above elbow. Focus on using the back of your shoulder to accomplish this rotation. Return to starting position in a slow and controlled manner.



Straight Arm Band Pull-Down

- Tie/hold the band so it is at eye level. Start standing tall with feet at hip width. Grab the band so palm is facing the ground. Squeeze the shoulder blades, and pull the band so your hand ends up by your hip. Make sure to keep the core tight and do not let the lower back curve. Return to starting position in a slow and controlled manner.

