



Get in Shape to Win!

By Victor Anfiloff

It is a well known fact that volleyball is a highly skilful game. Unlike other sports where you are afforded the luxury of holding the ball in your hands, volleyball relies heavily on your ability to control the ball without holding it.

There does come a point where the skill level of players or teams is very evenly matched. Games involving such players are usually very close and good to watch as a spectator.

One way to separate yourself from a pack of evenly matched players (maybe in an attempt to attract a better partner or simply just to win more games) is to address your physical condition.

Through increasing your strength, speed, aerobic capacity, agility or flexibility you can certainly improve your level of play.

I subscribe to the school of "keep it simple" when it comes to physical conditioning. Keeping it simple doesn't excuse you from working hard during the sessions. Below are a few suggestions to making some improvements in each area. When putting together a fitness program it is a good idea to consult a professional fitness instructor.

Strength

Best results achieved through weight training in a gym
Leg press
Squats
Core stability
Shoulder stability

Speed

Beach sprints
Bounding/jumping

Aerobic (30-45 minutes at least twice a week)

Beach run
Cycling
Rowing machine
Step-machine/versa-climber
Boxing

Agility

Short sprints with changes of direction
Shuttle runs

Weaving
Footwork

Flexibility

Try stretching major muscle groups before and after
all work-outs (hold each stretch for 30+ seconds)

Yoga
Pilates