



## Volleyball Performance Training

Training will improve athletes overall athletic ability including:

- **Improved Vertical Jump** – the best athletes play above their opponents
- **Improved Hitting Velocity** – incorporating functional strength training and plyometric exercises to increase power
- **Improved Footwork and Agility** – enhancing defensive skills
- **Improved Conditioning** – maintain a high level of play throughout the entire match
- **Improved Functional Strength**
  - Lower body – enhance vertical jump and explosiveness
  - Core – enhance rotational power for hitting
  - Upper body – enhance hitting velocity and prevent shoulder/arm injuries
- **Improved Functional flexibility** to help prevent injuries (shoulder/jumpers knee) and improve strength/power



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(661) 993-4823