

Lakes Volleyball Dynamic Warm-Up

Jog to net and back 50% speed, 75% speed, 90% speed, Sprint (4 total)

High Knees down, alternating Knee hug back

Butt Kicks down, alternating quad stretch back

Skip with Arm circles forward down, Skip with Arm circles backward back

Karaoke (both directions)

Heel to Toe walk down, Lunge with twist (Atlas)

Alternating directions lateral lunge with hip stretch down , Figure 4 stretch / Genie back

Toy Soldier / High straight leg kick down, quick steps or baby skips.

- Feel free to add anything else you have a strong preference for. Examples: Spider-man, Elephants, shuffles, bunny hops etc.

(If they need any static stretching, they can do that while they warm up their arms)

Lakes Volleyball Arm Warm-Up

- Always emphasize opening their hips up and then closing/releasing the back hip forward.
- Always emphasize HIGH reach and contact point with hitting hand.
- Always emphasize swinging the arm thru or even across the body

Throwing 2-3x each spot: to partner, ½ court, ¼ court.

Driving/Hitting 5-8x each spot : to partner, ½ court, ¼ court.

Lakes Volleyball Setting Warm-up

Set against wall (both hands)

Single hand tip/set (do both R and L)

Setting with opening body up both directions

Rainbow single hand set

Sit up position (core and balance), set to self (2-3x) then set to wall – repeating with no catching

Challenge: On your back, set between your legs, alternating them up and down

Please have your team do this warm-up before every practice and game for injury prevention.