



VOLLEYBALL



Athlete Training Guide



Week 1

Nutrition Focus

Eating right is important to your health and your sports performance. Eating right can be easy and enjoyable because there are many delicious healthy choices. Your goal is to eat at least 5 total fruits and vegetables every day! Here some examples of meals you can have for breakfast, lunch, and dinner that are packed with fruits and vegetables:

- **Breakfast:** Try making a parfait! Start with some yogurt and add in granola, nuts, and your favorite fruits and you have a quick and healthy breakfast!
- **Lunch:** Swap out your peanut butter and jelly sandwich for a peanut butter and banana sandwich. Not only will this satisfy a fruit serving, but it is also lower in fat, calories, and sodium. Add in a side of baby carrots for a well-rounded meal.
- **Dinner:** At dinnertime add in a side salad to get a wide variety of vegetables.

Training

1. Warmup

- a. 3 minutes of walking, then increase your speed to a jog for 2 minutes.
- b. Dynamic Stretching
 - i. Arm Circles: 30 seconds forward, 30 seconds backwards. Start with small circles and slowly make them bigger and bigger.
 - ii. Arm swings: 30 seconds. Pretend like you are giving yourself a big hug, then pull your arms back as far as you can. Repeat this for 30 seconds.
 - iii. Leg Swings: Put your hands against the wall for balance, then swing your leg from side to side under your body. 30 seconds each leg.
 - iv. High Knees: Stand straight with your feet shoulder width apart. Bring your right knee up to waist level, and then slowly land on your feet. Then bring your left knee up to waist level. Continually switch legs for 30 seconds.
 - v. Butt Kicks: For 30 seconds, kick your heels back as far as you can. Try and touch your heels to your bottom.



2. Training

- a. Working on endurance and strength
 - i. Shuffle: For 30 seconds, shuffle from side to side for 30 seconds. If possible, shuffle at least 10 ft to each side.
 - ii. Run forwards and backwards: Run forward 10 feet and then run backwards 10 feet. Repeat this 3 times.
 - iii. Squats: 2 sets of 15 repetitions. Start with your feet shoulder width apart, bend your knees and lower your bottom until your knees are bent to 90 degrees (pretend like you are sitting down in a chair). Straighten your legs and repeat.



- iv. Squat Jumps: 2 sets of 10 repetitions. Perform the squat exercise, but when you stand back up, jump!
- v. Jumping Jacks: 1 minute
- vi. Repeat this circuit 2-3 times.

3. Cool Down

a. 5-minute walk

b. Stretch

- i. Standing Hamstring Stretch: Stand with your feet hip-width apart, knees slightly bent, arms by your sides. Exhale as you bend forward at the hips, lowering your head toward floor. Hold for 30 - 45 seconds. Bend your knees and roll up when you're done. Repeat 2-3 times
- ii. Standing Quad Stretch: Bend your left knee and use your left hand to pull your left foot toward your butt. Keep your knees together. If you need to, put one hand on a wall for balance. Hold for 30-45 seconds & repeat on the other leg.
- iii. Shoulder Stretch: Take your right arm straight across your chest and curl the left hand around your elbow, gently pulling on the right arm to deepen the stretch in the shoulders.
- iv. Calf Stretch: Stand facing a wall a bit more than arm's length away. Put one foot forward with a bent knee, and the other one back with a straight knee. Feet should point directly forward. Using your arms to brace yourself against the wall, keep your belly firm and lean until you feel the stretch in the calf muscle of your back leg. Try to keep both feet flat. Hold it for 20 to 30 seconds on each side.
- v. Lying Knee-to-Chest Stretch: Lie on your back and gently pull one knee toward your chest until you feel a stretch in your lower back. Leave the other leg bent if you have low back pain. Otherwise, choose what's more comfortable. Hold it for 30 seconds and then switch legs.



Week 2

Nutrition Focus

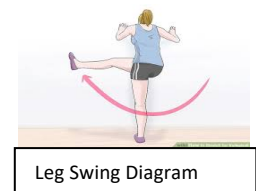
Now you know fruits and vegetables are important for your health, but sometimes it can be difficult to know what other foods you should be eating. Here is a list of the other food groups and some great choices in each group that make up a healthy meal or diet.

- Grains:
 - Brown or Wild, or Unpolished Rice
 - Oatmeal
 - Whole Grain Bread & Pasta
- Dairy:
 - Low-fat or Skim Milk
 - Low-fat Cheese
 - Low-fat, unsweetened yogurt (watch the sugar!)
 - Cottage Cheese
- Protein:
 - Lean Meats
 - Eggs
 - Fish (frozen, fresh or canned)
 - Nuts

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 - iv. Bump against a wall/pushups: If you have a volleyball, practice “bumping” the ball against the wall. This will work on your technique for bumping in a game! Work on for 2 minutes.
 - a. If you do not have a volleyball, do some pushups! Do 3 sets of 15 repetitions.
 - v. Set against a wall/Sit ups: If you have a volleyball, practice “setting” the ball against the wall. This will work on your technique for setting in a game! Work on for 2 minutes.
 - a. If you do not have a volleyball, do some sit ups! Do 3 sets of 15 repetitions.
- ii. Repeat circuit 2-3 times.

3. Cool Down

- a. 5 minute walk
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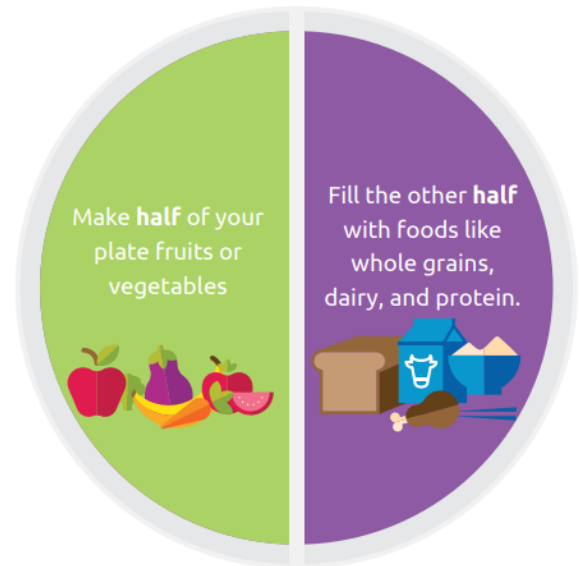


Week 3

Nutrition Focus

Now that you know what types of foods to eat here is how to build a healthy plate for a meal or for a snack.

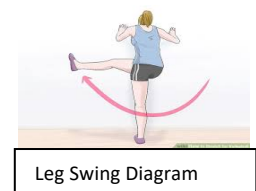
- Watch the amounts of food you put on your plate
- Save junk food like desserts, chips and sodas for special occasions.
- Make half of your plate fruits or vegetables (see diagram below).
- Fill the other half with foods like whole grains, dairy, and protein.
- Add more fruits and vegetables to your meals.
- Keep snacks healthy and small.



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 1. If you do not have a volleyball, do pushups. 3 sets of 20 repetitions.
 - v. Set in the air: Set the volleyball into the air, and try to see how many times you can hit it in a row! Work on for 2 minutes.
 1. If you do not have a volleyball, do planks. 30 seconds on, 30 second rest. Repeat 2 times.
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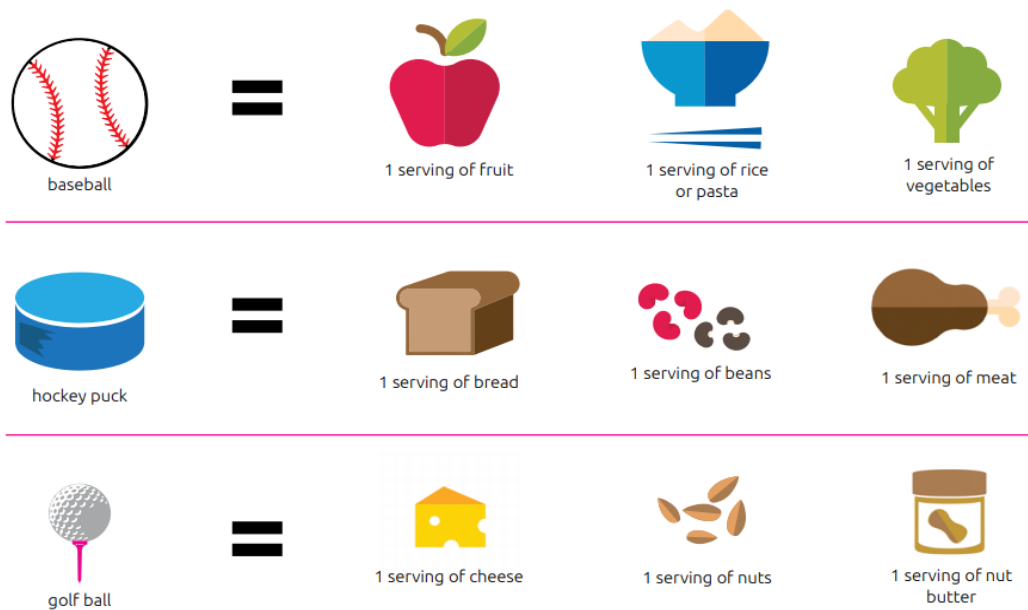


Week 4

Nutrition Focus

The amount of food you eat is one of the most important parts of building a healthy eating style. Choosing smaller portions can help you stay within your calories needs. Be aware of the amount of what you eat and drink during meals and snacks. Some commonly eaten foods can provide more calories than we realize. You can cut down on calories by choosing a smaller portion.

Here is a fun way to remember how much to eat when you have a serving. The size of sports equipment on the left is about the same size as one serving of the foods on the right:



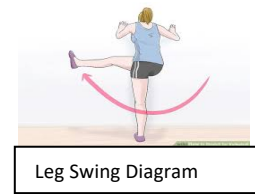
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2. Training

- a. Working on endurance and strength
 - i. Lunges: 3 sets of 10 repetitions with each leg. Stand upright, and step forward with one foot. The toes of both feet should be facing straight ahead. Lower your back knee towards the floor, then push back up to the starting position.
 - ii. Wall Sits: 30 seconds on, 30 second rest. Repeat twice. Lean your back against the wall and act like you are sitting in a chair.
 - iii. Jump rope: 30 seconds on, 30 second rest. Repeat twice. If you do not have a jump rope, do small standing jumps for the time.
 - iv. Shuffle: For 30 seconds, shuffle from side to side for 30 seconds. If possible, shuffle at least 10 ft to each side.
 - v. Jumping Jacks: 1 minute
 - vi. Repeat circuit 2-3 times

3. Cool Down

- a. 5 minute walk
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- v. Lying Knee-to-Chest Stretch: Lie on your back and gently pull one knee toward your chest until you feel a stretch in your lower back. Leave the other leg bent if you have low back pain. Otherwise, choose what's more comfortable. Hold it for 30 seconds and then switch legs.



Week 5

Nutrition Focus

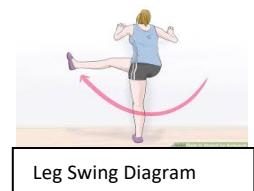
Snacking is a great way to make sure you are full of energy. It is important to keep your snacks healthy. Here are a few ideas for tasty snacks that are packed with fruits and vegetables.

- Apple slices dipped in peanut butter
- Low-fat unsweetened yogurt with berries
- Low-fat cottage cheese with tomatoes or fruit
- Carrots or peppers dipped in hummus
- Celery topped with peanut butter and raisins

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vi. Repeat this circuit 2-3 times.

3. Cool Down

a. 5 minute walk

b. Stretching

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Week 6

Nutrition Focus

Water is another important fuel for sports and for life. Drinking the right amount of water is important for your health and can also help your athletic performance. Your goal is to drink 5 bottles of water every day! Your water bottle should be 16-20oz.

Water helps to keep your body working properly. You lose water when you go to the bathroom, sweat, exercise or even breathe. If you lose too much water without drinking more, your body won't work as well. This is called dehydration. Signs of Dehydration include: •

- You feel thirsty
- You are tired or sluggish
- You have a headache
- Your mouth is dry
- Your urine is dark yellow or brown

Staying hydrated is easy when you know the best times to drink water! Use the guide below to help you reach your goal every day.





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3. Cool Down

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Week 7

Nutrition Focus

There are many beverage options available, but some of them are healthier choices than others.

- Sodas, energy drinks, and sports drinks are NOT good beverage choices because they have extra sugar and can make you gain weight. Energy drinks and many sodas also have caffeine. Caffeine does not help you stay hydrated.
- Moderate amounts of low-fat milk and 100% juice are also good choices in small amounts. Low-fat milk and 100% fruit juice are good choices with meals. Keep serving sizes small. No more than 3 cups of milk and 1 cup of juice per day.
- Water is the best choice for a beverage! Drink water every day! If you like flavored drinks, try sparkling water or add a few pieces of fruit into your water bottle.

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Week 8

Nutrition Focus

Now that you have learned what food and drinks you should be consuming, let's take a look at how you can tell what's in the products you are buying. All packaged food and drinks come with a nutrition label meant to tell you exactly what you're consuming. Understanding what's in the foods you eat helps you make healthier choices.

Important parts of a food label:

- **Serving size:** Always start with the serving size amount, the rest of the information on the label is based on that. Pay attention to the serving size when you are preparing your meal. For example, if you buy a bag of pretzels and the label says that 1 serving is 15 pretzels, be sure to limit yourself to that amount.
- **Calories:** A calorie is a way to measure how much energy a food provides to your body. The number on the food label shows how many calories are in one serving of that food. The amount of calories a person needs depends on their age, weight, gender, and activity level. Visit <https://www.lifespanfitness.com/fitness/resources/calories-calculator> to see how many calories you should consume each day.
- **Fat:** Our bodies need a little fat every day because it is an important source of energy. Unsaturated fats, which are found in vegetable oils, nuts and fish, are often called “good fats” because they don’t raise cholesterol levels. Saturated fats and trans fats are considered “bad” so you want to try and avoid products high in trans fats.
- **Fiber:** Fiber is important for your digestion. Fiber has no calories and can help you feel full. Ideally you should select foods that have at least 3 grams of fiber per serving.
- **Added Sugars:** An added sugar is a sugar type that doesn’t occur naturally within the product and has been added to sweeten the packaged food item. Try to avoid products with added sugars or look for smaller numbers.

Nutrition Facts:	
Serving size: 1oz (28g)	
Servings per container: about 14	
Amount/Serving	% DV*
Calories 150	Fat Cal. 80
Total Fat 8g	12%
Sat. Fat 1g	6%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carb. 12g	3%
Dietary Fiber 3g	12%
Sugars 10g	
Protein 6g	
Vitamin A 2%	Vitamin C 5%
Calcium 3%	Iron 6%
<i>*Percent Daily Values (DV) are based on a 2,000 Calorie diet.</i>	

INGREDIENTS: Cranberries (Sugar, Sunflower Oil), Dried Mango (Sugar, Citric Acid) [product of Thailand], Roasted Almonds (Sunflower Oil), Walnuts, Pumpkin Seeds [product of China].

ALLERGY INFORMATION: Contains Tree Nuts (Almonds, Walnuts). Manufactured in a facility that processes peanuts/tree nuts. Our products may contain occasional pit, shell pieces, and other naturally occurring objects.



Training

1. Warm up

- a. 3 minutes of walking, then increase your speed to a jog for 2 minutes.
- b. Dynamic Stretching
 - i. Arm Circles: 30 seconds forward, 30 seconds backwards. Start with small circles and slowly make them bigger and bigger.
 - ii. Arm swings: 30 seconds. Pretend like you are giving yourself a big hug, then pull your arms back as far as you can. Repeat this for 30 seconds.
 - iii. Leg Swings: Put your hands against the wall for balance, then swing your leg from side to side under your body. 30 seconds each leg.
 - iv. High Knees: Stand straight with your feet shoulder width apart. Bring your right knee up to waist level, and then slowly land on your feet. Then bring your left knee up to waist level. Continually switch legs for 30 seconds.
 - v. Butt Kicks: For 30 seconds, kick your heels back as far as you can. Try and touch your heels to your bottom.



2. Training

- a. Working on endurance and strength
 - i. Lunges: 3 sets of 10 repetitions with each leg. Stand upright, and step forward with one foot. The toes of both feet should be facing straight ahead. Lower your back knee towards the floor, then push back up to the starting position.
 - ii. Wall Sits: 30 seconds on, 30 second rest. Repeat twice. Lean your back against the wall and act like you are sitting in a chair.
 - iii. Jump rope: 30 seconds on, 30 second rest. Repeat twice. If you do not have a jump rope, do small standing jumps for the time.
 - iv. Shuffle: For 30 seconds, shuffle from side to side for 30 seconds. If possible, shuffle at least 10 ft to each side.
 - v. Jumping Jacks: 1 minute
 - vi. Repeat circuit 2-3 times

3. Cool Down

- a. 5 minute walk
- b. Stretching
 - i. Standing Hamstring Stretch: Stand with your feet hip-width apart, knees slightly bent, arms by your sides. Exhale as you bend forward at the hips, lowering your head toward floor. Hold for 30 - 45 seconds. Bend your knees and roll up when you're done. Repeat 2-3 times
 - ii. Standing Quad Stretch: Bend your left knee and use your left hand to pull your left foot toward your butt. Keep your knees together. If you need to, put one hand on a wall for balance. Hold for 30-45 seconds & repeat on the other leg.



- iii. **Shoulder Stretch:** Take your right arm straight across your chest and curl the left hand around your elbow, gently pulling on the right arm to deepen the stretch in the shoulders.
- iv. **Calf Stretch:** Stand facing a wall a bit more than arm's length away. Put one foot forward with a bent knee, and the other one back with a straight knee. Feet should point directly forward. Using your arms to brace yourself against the wall, keep your belly firm and lean until you feel the stretch in the calf muscle of your back leg. Try to keep both feet flat. Hold it for 20 to 30 seconds on each side.
- v. **Lying Knee-to-Chest Stretch:** Lie on your back and gently pull one knee toward your chest until you feel a stretch in your lower back. Leave the other leg bent if you have low back pain. Otherwise, choose what's more comfortable. Hold it for 30 seconds and then switch legs.