

Volleyball England

Coaching Conference

Dave Hembrough & Gary Hutt.

Strength & Conditioning Coaches.

‘Building better athletes’.

Introductions

- US
- YOU
- THE NEXT 60 MINUTES

Session Objectives

Learn about physical training for volleyball.

Understand some specific approaches and drills to improve players performance.

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But also... Enjoy, collaborate, learn, teach,
understand, IMPLEMENT.

But first...

Some philosophy and epistemology

MARX

FREUD

JUNG

SKINNER

Marx
Environment

Freud
Feelings & Values
Thoughts & beliefs

Jung
Culture

Skinner
Actions &
behaviours

But first...

Epistemology - how we learn. How do we know what we know?

The 70-20-10 principle.

The singer, the song and the audience.

Beware of the guru.

Internet gurus through immediately accessible information that creates instantaneous geniuses.

The paradox of choice.

Conformation bias and cognitive dissonance
(values hierarchy).

The Opposite of Right?

No right or wrong. Its just stuff.

It all works, some stuff better than other stuff. Its just 'stuff'.

Environment and culture is the key.

Breakout Tasks:

In small groups:

Decide on key frustrations and challenges of physical training in volleyball...

What are the 5 key questions we're trying to answer?

Frustrations and challenges of physical training in volleyball:

- Time and priorities
- Individualisation
- Apathy / buy in from players
- Planning, progression and periodisation
- Dealing with dysfunctional / injured players / returning players to training & playing

Tight rope theory:

Dynamic tension:

- challenge and support.
- give them autonomy and accountability.

Practical

- Assessments > Training.
- General > specific.
- Take videos, photo and notes...

- Building a physical fitness foundation.
- Court speed, agility and endurance.
- Developing an explosive player.

Building A Physical Fitness Foundation.

- Hard work pays off.
- Work Rest Ratios (WRR) are important.
- Mixed methods works well - some physical & some volleyball.
- Gambetta leg circuit & Jumpmetrics are good go to programmes.

A Simple Method:

- Squats x 12-25
 - Lunges x 8-12 es
 - Step ups x 8-12es
 - Rebound jump squats x 8-12
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- For time or on time
 - 3-5 sets
 - Prescribed rest as required.

Court Speed, Agility and Endurance.

- Extensive > intensive
- General > specific
- Use specific footwork patterns.
- Rotate players around 'stations'

Court speed, agility and endurance.

- EXTENSIVE:
- 2-4 minutes of content work.
 - ie 3-4 drills of 15-20 sec x 3 rotations
- INTENSIVE:
- <90 sec of intermittent work.
 - ie 15 sec on / 15 sec off x 6-8 reps.

Developing an explosive player.

- Produce > reduce > transfer
- Dynamic Vs Elastic
- Jumping on to > jumping over > jumping off.

Integration

- The plan is to get a plan.
- The main thing is keeping the main thing the main thing.

Key Take homes:

- New learnings
- Confirmed learnings
- Next steps...

Recommended Reading

- Vern Gambattas books. The Functional Path.
- Jumpmetrics

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Thank you for listening

- Any questions?

