



**Center for Athletes**

*Don't Miss the Action!*

# Volleyball Training Program

## ***About the Program***

The Seacoast Center for Athletes Volleyball Training Program is a high-intensity training program for all levels of the volleyball athlete. This program is geared specifically toward improving agility, power, vertical jump and strength for the volleyball athlete.

Agility, power, plyometrics and strength are essential tools for volleyball and should be the primary focus of any effective volleyball-training program. The SCFA Volleyball Training Program targets each component of training. We present each component in a volleyball-specific form using multiple training techniques. On the first and last day of the program we perform an evaluation measuring strength, power and agility of each volleyball athlete. The program begins with training each athlete to use proper technique during each component to avoid injury and will progress to higher intensities throughout the summer.

***This method eliminates over-training, makes each session exciting for the athlete and produces maximum results!***

**Warm up:** Every session begins with a dynamic warm-up routine to focus on flexibility, balance and core musculature activation. A dynamic warm up routine is essential to preparing the body for activity and reducing injury.

**Strength:** We employ a variety of free-weight training and sport-specific body weight exercise to develop primary muscle groups and improve core stability.

**Power:** Power is always the ultimate goal. Power is the product of strength and speed. We train power with upper and lower body plyometric training as well as power lifting techniques.

**Speed/  
Agility:** Quickness is essential for every volleyball athlete. Volleyball athletes are constantly moving throughout each play. Footwork and change-of-direction drills are a daily component of the SCFA Volleyball program.

## *Train Like the Pro's*

### **What our program can do for you**

The SCFA Volleyball Training Program can help you achieve your goals for this upcoming volleyball season. Whether your goal is to make varsity or getting ready for the college level we will help you excel at your position by improving overall conditioning and reducing your risk of injury.

Seacoast Center for Athletes has been training a variety of athletes for over 10 years. The following numbers are typical of what athletes can expect when participating in a Center for Athletes summer training program.

**40 yrd Dash:** An average of .2 -.3 seconds faster

**Vertical Jump:** An average of 2 inches higher

**Broad Jump:** An average of 6-8 inches farther

**Pro-agility:** An average of .4 -.6 seconds faster

If your goal is to gain the attention of college coaches and play volleyball at the college level then the SCFA Volleyball Training Program will help you reach your goals. The SCFA Volleyball Training Program will give you the edge you need to succeed at the next level.

### **About the Center for Athletes**

Rehab 3 Center for Athletes is a state-of-the-art facility boasting a highly trained and certified staff. Our 6,000 square foot building contains several Olympic platforms with power stations, thousands of pounds of free weight, medicine balls, sports cords, and specialized training equipment. In the last year an outdoor field and sprint track were added to our facility. Locker rooms, a pool and a basketball court compliment our facility.

Call for Pricing and Schedule Times! (Team rates are available)

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