

Bump, Set, Spike: Youth Volleyball Injury Prevention

Work on your Core Strength

Do all the exercises below about **3 times a week**. Do **3 sets** of each, with **10 reps** per set.

Planks

Assume a modified push-up position with your elbows bent 90 degrees and both forearms resting on the floor. Position your elbows directly underneath your shoulders and look straight toward the floor. Your body should form a straight line from the top of your head to your heels.



Bridges

Lie faceup on the floor with your knees bent and your feet flat on the floor. Lift your hips off the ground, without using your arms, until your knees, hips, and shoulders form a straight line. Hold for a few seconds and ease into starting position.

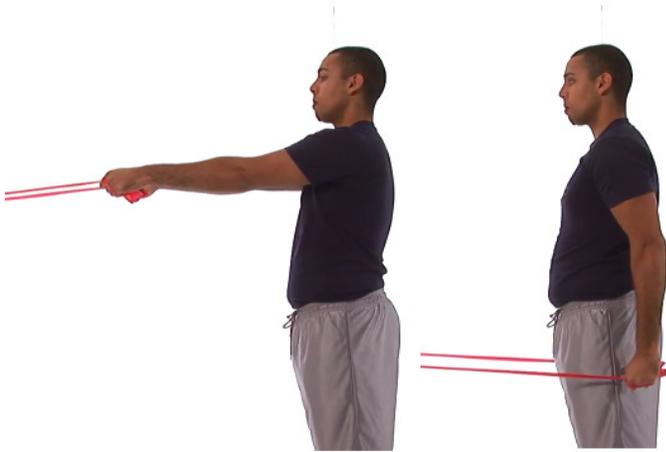


Lats, Rhomboids and Traps

Do all the exercises below about **3 times a week**. Do **3 sets** of each, with **10 reps** per set.

Shoulder extensions

Begin by placing an exercise band securely in a doorway at chest height. Grab a hold of both ends of the exercise band and place your arms straight out in front of you. Slowly bring your arms back to your sides, keeping your elbows straight and squeezing your shoulder blades down and together. Slowly return to starting position. Repeat as directed.



Lat Pull Down

Hold an elastic band with both arms in front of you and with your elbows straight. Your arms should be elevated. Next, pull the band downwards and back towards your sides as you bend your elbows. Keep torso elevated as you extend your arms back to starting position.



Rows

If you use a band, you should stand upright. Begin by placing an exercise band securely in a doorway at chest height. Grab a hold of both ends of the exercise band and place your arms straight out in front of you. Slowly bring your arms back to your sides, bending at your elbows and squeezing your shoulder blades together as you do. Repeat as directed.



Hips and Knees

Do all the exercises below about **4 times a week**. Do **3 sets** of each, with **10 reps** per set.

Sidesteps with a Theraband

Stand with a mini band around your knees. Push your hips back and lean forward at your waist. Sit down into a mini squat position and then step sideways, stretching the elastic. Step back and forth across the room. Repeat as prescribed. Be sure to always keep tension on the band, you will feel the fatigue on the outside of your hips.



Lateral shuffling

Starting position is standing with feet hip-width apart, knees and hips slightly bent. Bring hands up in front of your chest. Begin exercise by moving your right foot to the right and following with your left in a quick manner. Repeat these steps until you have covered the desired distance, then repeat going the opposite direction. Keep your chest up and abdominals tight as you move. Repeat specified number of repetitions.



Squats:

Stand straight with your feet shoulder width apart, squat down by pushing your knees apart and down and moving your hips back. Continue squatting until your hips are lower than your knees and slowly ease yourself back up.

