

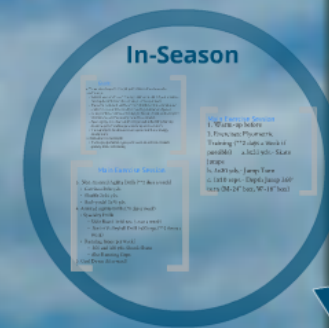
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Spike's Indoor Beach Volleyball and Rock Climbing Inc.



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Introduction to Volleyball

Introduction:

Women's beach volleyball is a growing collegiate sport. Strength and conditioning of this developing sport will be important to consider when training these athletes. In this project we will discuss pre-season, in-season, post-season, off-season, and workout periodization plans.



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Description of Beach volleyball

Rules of Play:

1. Every mistake is a point for the other team.
 - If you miss a serve, a hit, or a block, the other team gets a point.
2. Each game has 3 sets, and each set goes to 21. Except the third game, which goes to 15.
 - To make sure the game is fair (under weather conditions or sun rays) the teams change sides every 7 points.
3. You have 3 chances to get the ball over the net.
 - As long as you hit the ball, do not carry it, and it lands in bounds, then it counts.
 - If you block the ball, but it still comes over, then it is considered one of your three hits. Your team must then manage to be successful with only 2 hits left.

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Description (cont.)

- a. Positions: The members of a beach volleyball team do not have specialized positions.
- b. Specific skill sets: Run, jump, and cut, as well as set, spike, serve, and dig the ball
- c. Number of athletes: Each squad is required to have 5 doubles teams, equating to a minimum of 10 athletes
- d. Specific Movement Patterns:
 - Side shuffling, back pedaling, forward running, vertical jumps, and digs
- e. Metabolic Demands:
 - The average play in volleyball lasts about 6 seconds and is followed by an average rest period of 14 sec
 - With many breaks during matches, demand for oxygen is much less than many other team sports
- f. Primary and secondary energy systems used:
 - Phosphagen and Anaerobic Glycolytic

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Testing

Purpose: Thecasesolutions.com

- A. Helps athletes and coaches assess athletic talent and identify physical abilities and areas in need of improvement; should also be performed at the end of off-season to evaluate the program, plan for pre-season program, and detect improvements.
- Goal setting – test scores can be used as a way for athletes to individually set goal to achieve throughout the season as well as coaches setting goals for the athletes to achieve throughout the season (take group or team objectives)
 - Assessment of athletic talent – testing is a way to assess the athletes individual talent as well as helping the coach determine the talent of their athletes
 - Identification of physical abilities in need of improvement – testing also helps coaches and athletes determine the areas of which need improvements

Selection of Tests: Thecasesolutions.com

- B. Make sure the athletes are cleared by physicians before they can participate
- Testing order:
1. Non-impacting
 - Body composition – Skinfold testing: excess body fat would affect the volleyball player's ability to move freely around the court, and it would also increase fatigue during training and games as the extra weight does not benefit the sport
 - Flexibility – sit and reach – for lower back and hamstring flexibility. The flexibility tests should be specific to the actions of volleyball. Better flexibility enables greater range of movement in the direction of spiking and movements around the court may be easier. Good flexibility may also reduce the incidence of injury in the long term.
 2. Agility
 - T-test
 - Pro-agility test (also called the 30 yard shuttle)
 - An observant and agility are very important in volleyball, for moving with balance quickly around the court.

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Selection of Tests (cont.)

1. Maximum power and strength
 - Vertical jump test: 20 x 18 inches net height
 - Med ball throw test: 10 x 4 lbs medicine ball
 - Maximal force test: 10 x 10 lbs medicine ball
 - Grip test: 10 x 10 lbs medicine ball
 - Low molecular resonance testing
 - Parallelogram test

Temp (cont.)

Temperature testing is used to assess an athlete's ability to tolerate heat and cold. This is important for athletes who play in hot or cold environments. Testing is done by measuring the athlete's core temperature before and after a period of exercise in a hot or cold environment. This helps to determine if the athlete is able to tolerate the conditions and if they need to be conditioned for the environment.

Assessment of Tests

Assessment of tests is used to determine the reliability and validity of the tests. This is done by comparing the results of the tests to known values or to the results of other tests. This helps to ensure that the tests are accurate and that they are measuring what they are intended to measure.

Reliability of Tests

Reliability of tests is used to determine if the tests are consistent. This is done by repeating the tests and comparing the results. If the results are similar, then the tests are reliable. This helps to ensure that the tests are measuring what they are intended to measure.

Validity of Tests

Validity of tests is used to determine if the tests are measuring what they are intended to measure. This is done by comparing the results of the tests to known values or to the results of other tests. This helps to ensure that the tests are accurate and that they are measuring what they are intended to measure.

Purpose: **Thecasesolutions.com**

A. Helps athletes and coaches assess athletic talent and identify physical abilities and areas in need of improvement; should also be performed at the end of off-season to evaluate the program, plan for pre-season program, and detect improvements.

- Goal setting – test scores can be used as a way for athletes to individually set goal to achieve throughout the season as well as coaches setting goals for the athletes to achieve throughout the season (take group or team objectives)
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Selection of Tests:

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B. Make sure the athletes are cleared by physicians before they can participate

Testing order:

1. Non-fatiguing
 - Body composition – Skinfold testing; excess body fat would affect the volleyball player's ability to move freely around the court, and it would also increase fatigue during training and games as the excess weight does not benefit the sport
 - Flexibility– sit and reach - for lower back and hamstring flexibility. The flexibility tests should be specific to the actions of volleyball. Being flexible enables greater range of movement in the execution of spiking, and movements around the court may be easier. Good flexibility may also reduce the incidence of injury in the long term.
2. Agility
 - T-test
 - Pro agility test (also called the 20 yard shuttle)
 - a. Acceleration and agility are very important in volleyball, for moving with balance quickly around the court.