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Training To Be A Better Court Volleyball Player

By Gray Rollins

To be a great court volleyball player you need to be powerful, energetic, graceful, and able to

handle the ball with finesse. This kind of spectrum of requirements calls for a unique training regimen. There are a lot of different ideas about how to best accomplish this goal, but most coaches and experts agree that it is important to undergo a course of training that includes a wide variety of different kinds of exercises that will help you develop all of these abilities. Training for an upcoming season of competitive court volleyball requires a diverse regimen of strength training, endurance building, and technique improvement.

Many people who want to improve their volleyball game spend a lot of time practicing important moves like serving and spiking the ball. These are the fundamentals of the game, and unless you can serve accurately and spike with a lot of force, you will probably not be able to lend your team very much support. It is important to gain some mastery of these elements of volleyball before you start to focus on other, less crucial aspects of your performance.

Once you have a solid grasp on the key maneuvers of the game, it is time to move on to making sure that you are the strongest, quickest athlete you can be. Having a great spike won't prove to be very useful if you can never get to the ball! It is important to train both the lower and the upper body to be a great volleyball player. You will need strong arms and shoulders in order to send the ball flying, so weight lifting to improve your biceps and other upper body muscles is a key part of any volleyball training regimen. It is also important to spend some time developing your legs and lower body, especially the calves and glutes because this can help you send your jumps sky high. Strong legs are the powerhouse that fuel a good volleyball team member. A player who has the time and dedication to improve all of these different muscle groups will have quite an advantage over a competitor who has concentrated solely on one or the other.

Once you have improved your strength and your skill, it is time to focus on agility. The lighter you can be on your feet, the safer and more effective a player you will become. Court volleyball is very much about being able to move quickly while avoiding collisions with other players. Any volleyball athlete can benefit from improving his or her reflexes.

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Most injuries on the court happen when players crash into each other while running, jumping, or diving for the ball. If you can learn to respond instantaneously to the movements of other players you will be able to protect yourself and your teammates from this kind of common, and often painful, mishap.

Gray Rollins is a featured writer for VolleyballAdvice. To learn more about volleyball, visit

<http://www.volleyballadvice.com/>

and

<http://www.volleyballadvice.com/volleyballtip/>

Making Volleyball Drills Effective

By Bryan Watson

The volleyball drill is supposed to do several things. First, it should train the players to develop a set of skills that they can not get without repetition and continuous training. Second, it should teach your team to play well together making them unstoppable. Thirdly, it should help to develop muscle tone and strength in the necessary areas. And, the volleyball drill is also necessary to teach players how to react during a game in certain situations. But, why is it then that players hate to do the volleyball drill?

One reason for this is the repetition. No one likes to do the same thing over and over again. But, it could be that they do not understand what they are trying to learn from the volleyball drill either. In this case, provide them with the knowledge they need and they will improve faster during the volleyball drill.

There are several types of volleyball drills that need to be considered for every level of player.

* Attacking is one volleyball drill every player needs to have. In this case, some volleyball drills that could be done include approach and attack, drills that will teach middles to follow ball and beat ball to setter, cover self, defense to hitting transition as well as others.

* A key element that should be taught through a volleyball drill or two is control. There are many types of drills here including 2 X 2 tip drill, 4 X 2 Pepper as well as cross court pepper and a number of others all to teach ball control through volleyball drills.

* Defense volleyball drills are crucial to the successful game. From teaching aggressiveness, to practice digging balls to the responsibilities of players, these volleyball drills are necessary.

* Other important skills that your volleyball team needs to learn through the volleyball drill includes blocking, passing, serving and setting.

Probably the most important of all volleyball drill options is the team drill. All teams need to learn to work together, not to work individually, at making the team a success. Only then can a volleyball drill

be effective at teaching students how to win. Both players and coaches can find awesome drills to use to teach these techniques online.

Bryan Watson has enjoyed over 35 years of fresh air leisure pursuits, and has a passion to help as many people enjoy the great outdoors life to the fullest. He therefore has built a site dedicated to providing as much practical and helpful advice to help other people do the same. Volleyball Drill



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