

RHP Training Centre

PREMIUM OFF-SEASON VOLLEYBALL TRAINING (Players Manual)



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Program Overview

Description

The Premium Volleyball Development Program is a training program that is specifically designed to give athletes everything they need and more to be ready for their upcoming season.

This program is the ideal opportunity for any athlete to become more skilled, mobile, stronger and faster than ever before.

The program runs from July 3rd to September 6th and the 2018 edition of the program will be offered to female players in the 12U to 14U and 15U to 17U aged players currently participating at all levels.

The training for participants will be altered to each groups specific needs. The 15U to 17U category will be tested using methods that national-level and professional athletes are measured by.

Initially, athletes' movements will be evaluated using the Functional Movement Screen (FMS) and the Y Balance Test which are both standard tools used by the NHL, NFL, MLB and NBA. Athletes in the 12U to 14U division will be introduced to the FMS and Y Balance Test over the course of the program.

Performance will be evaluated using tests that prove where the athletes are currently and we will show them where they compare against standards set by athletes here at RHP.

The Training Program has been broken up into four components: Anatomical Adaptation, Compensation, Strength Phase, and Power Phase.

The results of the first test will give each player an indication of where they each stand and what opportunities they have improvement. Throughout the summer, we will work on all strengths and weaknesses that will give the players an opportunity to improve to be ready for the coming season.

At the conclusion of the summer, the same testing will be used to determine the player's progress during the program. Combined with the physical training component of the Premium Development Program, it is an ideal situation for maximum results leading into the season.



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Summary Breakdown

- **20 Dryland sessions**
- **10% discount on any RHP 10 pack of your choice, Personal Training or Small Group Training**

Our Goals For The Program

Below are our goals for the Premium Development Program and for each participant:

- **To Develop**
 - **To improve strength and vertical jumping height**
 - **To create more explosive players**
 - **To improve conditioning**
 - **To increase resistant to injuries**
 - **To compliment on court individual skills**
- **To Educate**
 - **Open athletes minds to how they compare in fundamental skills to their competition and across Canada**
 - **Proper lifting techniques**
 - **Proper age specific training best practices**
 - **Teach mobility techniques so they can recover between or after games**
 - **Teach training strategies that they will use the rest of their life**
- **To Raise Awareness**
 - **To raise each participants awareness of their skill level and physical ability and to track, improve and celebrate improvement**
- **To Promote Healthy Lifestyles**
 - **Nutrition advice and tracking**
 - **Access to Athletic Therapist, Certified Nutritionist and Sports Psychologists**
- **To Deliver A Positive Experience**
 - **Contribute to the players growth of passion and love for the game**
 - **Better and open communication with the athletes via group chat/social media group, so they get all the information they need to get the most out of the off-season**



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Strength, Power and Conditioning

Adaptation Set

Weeks 1-2

After the season ends, it's important to have time for proper recovery in order to be prepared for a successful summer of off season training. Weeks 1-2 workouts are specifically designed to ease the player back into things by adapting the player from being inactive and back into a training program.

The period begins with a very important Combine Testing day to assess their current performance. From there they will be assessed using the Functional Movement Screen and given a custom mobility program that they are to do on their own time.

Our coaches will be using this period to educate and introduce the players to basic movements that will be the basis of their strength and conditioning and will set the framework for the rest of the off-season program. Players will be taught basic footwork drills and proper landing mechanics for explosive power to provide a great base to improve on power training in later periods.

In addition to the training education, the program goes one step further by teaching players the importance of their nutrition. To help reinforce this message and in an attempt to create good habits for the players, players will also be introduced to their own personal nutrition and conditioning logbook. The logbook will be a requirement for them to have completed upon every training session.

For example, the player's logbooks for Thursday, Friday, Saturday, Sunday, Monday must be completed for the Tuesday training session and their daily logs for Tuesday and Wednesday will be completed for Monday's session. The Nutrition tracking will begin the first week of the program on July 3rd and will continue to the end of the program. This logbook will help the player and the coach in giving a clear picture of the athlete's commitment to their performance training and of their development throughout the summer.



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Compensation Set

Week 3-5

This period begins a 3 week weight training program to ensure players are ready for the next period, period 3, in training.

Players will perform exercises that will aid them in reducing the imbalances that they have and further reducing the likelihood of injuries during the season.

During week 3, players will begin to perform conditioning on their own as part of the program as outlined in their player handbook which they will receive on the initiation night.

Players will begin to fill in their Conditioning Tracker as advised during the initiation meeting. They will also keep filling their Nutrition Tracker as required from the first period.

Players will continue to perform the daily mobility training as outlined from the 1st period. They will be reassessed July 2nd to provide them with an up to date mobility program.

In addition, the footwork drills will begin to become more complex. Jumping, hopping and bounds over obstacles to progress power.

Strength Set

By the 6th week of the program we will begin a period of strength based training for the players. The stronger the player becomes, the better prepared they will be for the final period and also being stronger reduces the risk of injuries during the season as well.

The conditioning program will change in the second week to prepare them for interval training and to begin to build less on general capacity and make a change towards the beginning of shift endurance.

Both nutrition and conditioning trackers will still need to be filled, as they are vital parts to the success of the player.

During this period, the player will be lifting more and more as preparation for the final week of this phase, where 1 rep maximum training will occur. Testing day will also occur to ensure the player is improving their mobility and recovery, along with combine testing to show areas that the has made improvements in.

Footwork drills will start to include resistance with partners and bands, while the Explosive Power Training level of difficulty will be increased.



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Power Set

This period's focus of training is to make the player much more powerful with the objective to improve their speed.

The goal of the power phase is to move an optimal weight as fast as the player can. The program is designed in a way so that the player develops in stages throughout the summer to prepare them to get the most out of each phase week after week. All of their work will culminate in the phase of training and have it all come together for them to be the best conditioned they have ever been.

Advanced Explosive Power Drills will be introduced to ensure the player develops the most power that they can.

Explosive Power Drills will also move towards the player maintaining a much higher level of power using many advanced tools that we have here at RHP.

Footwork drills will be "overspeed" to maximize the players speed potential.

Conditioning will be moving to peaking the player to maintain the highest level of output along with shorter rest periods. This will prepare the player for the coming season and be at their max capacity.

Nutrition and Conditioning Trackers will be filled as they have been during the other periods. Upon exit, the player will keep the nutrition tracker as a guide on suggestions for what they should and should not be eating during the season.

Exit testing will be provided for the player to show the differences from start to exit



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Training Schedule

12U TO 14U Divisions

July 3rd to September 6th: Tuesday and Thursday 6pm - 7pm

15U TO 17U Divisions

July 3rd to September 6th: Tuesday and Thursday 7pm - 8pm



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