



# VOLLEYBALL DYNAMICS

Every practice should begin with Corner-Up and Prayer, then Dynamics.

We use Dynamics as warm-ups to stretch and train key muscles essential to volleyball players. Always start with ACTIVE exercises, then the more PASSIVE/stretching activities.

At the beginning of the season these will be coach directed, by mid-season these should be player/captain directed.

**ACTIVE (options, pick 5 or combine for more variation):**

- **Jog to net/back RIGHT HAND**  
(jog to net, touch R-hand on net, keep **EYES ON NET** over RIGHT shoulder jogging back to baseline)
- **Jog to net/back LEFT HAND**  
(jog to net, touch L-hand on net, keep **EYES ON NET** over LEFT shoulder jogging back to baseline)
- **HIGH KNEES (HIGH KNEES LATERAL)**  
(fast steps, knees to chest forward on way TO net. Turn sideways, knee to chest, fast step BACK to baseline)
- **BUTT KICKERS**  
(Heels to buttox on way BACK to baseline.)
- **SUMO SHUFFLE (SHUFFLE HIGH)**  
(knees bent - side steps (wide feet, feet don't cross) swing arms in/out on way TO net)
- **VOLLEYBALL SHUFFLE (SHUFFLE LOW)**  
(Low shuffle/side steps (arms out, wide feet, back flat, bent over at hips, feet don't cross) BACK to baseline)
- **SKIP FOR HEIGHT**  
(skipping, but bringing knees high using arms to "lift")
- **SKIP FOR DISTANCE**  
(skipping, but stretching legs out – trying to get to/from net in 3 large skips – using arms)
- **FROG JUMPS**  
(propel body forward in jump using arms – 1 large jump forward, 2 hops back, repeat TO/FROM net)
- **APPROACHES**  
(LEFT-RIGHT-LEFT, Jump/Swing. Work on muscle memory for approach. Make sure ¼ turn on R-L steps.)
- **SPEED/AGILITY 50/100**  
(Jog 50% TO net, touch center line with hand – turn, RUN 100% TO baseline)
- **HOPSCOTCH**  
(quick feet...Two feet down (out), one foot (in) – straight line)
- **BABY SKIPS**  
(Fast, quick skipping steps, straight line to net).

**PASSIVE/Stretching (options, pick 5 or combine for more variation):**

- **QUAD STRETCH**  
(Opposite hand to opposite ankle. Pull up ankle to rear, reach high with opposite hand, come up on toe)
- **4's**  
(Ankle over knee, sit down, push on knee to stretch hip flexor)
- **OPEN GATE**  
(knee up to waist, turn out at 90°, back down, opposite side, two small skips, repeat)
- **CLOSE GATE**  
(knee out to side 90°, up to waist height, turn knee in, back down, opposite side, two small skips, repeat)
- **HIGH KNEE HUG**  
(Knee to chest, hug with arms, up on toe. Balance on opposite foot/toe.)
- **FORWARD LUNGE**  
(Bend knees, stretch one leg forward, dip back leg down – keep front knee at 90degrees above ankle)
- **LATERAL LUNGE**  
(Face sideways, wide feet, Lunge to Left, Lunge to Right, shuffle skip to turn around – knee 90° above ankle)
- **ATLAS LUNGE**  
(High knee hug, long step/lunge, arms up/reach back and high – core stretch)
- **TOY SOLDIER**  
(back straight, shoulders forward, both arms up/straight out, kick legs straight pulling toes toward nose)
- **INCH WORMS**  
(Walkout w/arms, reach up w/arm, head-eyes follow hand, repeat w/other arm, walk feet to hands, repeat)

<https://www.theartofcoachingvolleyball.com/20-dynamic-volleyball-warmup-exercises-with-marie-zidek/>

<https://www.youtube.com/watch?v=hjURLxQy9NI>