

Sports Medicine: Youth Programs

Strikers: Volleyball Performance Enhancement

Program designed to condition, strengthen and overall improve each young athlete's performance and skills. It provides these skills in a way that peaks their interest keeping them motivated.

Program Objectives

- Improve cardiovascular endurance
- Improve agility and power
- Increase body core strength
- Develop custom warm-up and cool-down programs
- Increase vertical jump height

Program Focus

- Specialized exercises and drills designed to:
 1. Improve jump and landing
 2. Improve overall game performance
 3. Improve upper and lower body dissociation
- Hands-on stretching and treatment to improve muscle balance

Program Provides

- Six one-hour sessions over two weeks
- Jump progression training with video analysis
- Core strengthening
- Individual shoulder/arm strengthening routine

For more information contact:

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