



Volleyball Combine Testing

COST: \$35 Member and \$45 Non-Member

Saturday March 4th at 1pm until completed

To register email: coachnev@blockoutacademy.com along with your daughters name, DOB, High School and Club Team.

Height- Use a standard tape measure.

Standing reach- Is a measure of how high someone can reach while standing in place with their dominant hand.

Standing vertical jump- Using a Vertec this exercise allows a coach to measure how high someone can jump standing in place. This is a good indicator of lower body strength and the top point a player can reach with no momentum.

Approach jump- Using a Vertec allows a coach to accurately measure a volleyball player's top height of her jump when she approaches the net. The player starts a few steps back and uses volleyball approach to get to the highest point on the Vertec.

Blocking Jump: Using a Vertec allows a coach to measure a volleyball player's top height of her jump when she uses her two hand block jump.

Broad jump- Using a standard tap measure this exercise helps determine lower body explosive power. The player lines up on a marker and attempts to jump as far as they can while landing on both feet without falling backwards.

5-10-5 drill- Uses a hand stop watch to determine the time. This drill allows coaches to assess a player's quickness. Start in the middle, allow the player to choose whether to run to the left or right touch the line with a hand, sprint to the far cone, and then sprint back to the middle cone.

T-drill- Uses a hand stop watch to determine the time. This Drill is used to assess agility. Start with cones 5 yards apart in a T shape. The player starts at the bottom of the T Sprints to the middle cone, touches it. Lateral Shuffle to either way, touch the cone. Laterally shuffle 10 yards to the far cone, touch the cone. Lateral shuffle back to the middle, touch the cone and then back pedal through the cone the player started.

Push-ups- This exercise tests a player's upper body strength. Hands underneath shoulders and are slightly wider than shoulder width. While keeping elbows tight to the body the elbow needs to reach a flexion of 90 degrees. WATCH for elbows flaring out, common compensation for a weak chest.

Sit-ups- In this exercise you need a partner to hold the ankles. This tests a player's core strength and hip flexor endurance. Have the player place hands behind their head (WATCH for players pulling on their necks, can cause neck injury) or across their chest. Curl up to an appropriate height (either what the coach decides or until elbows can reach the knees)