

Playfit Movement Preparation “1-2-3” Pre-Practice/Game Plan

- 1) Loosen - The goal here is to increase soft tissue extensibility and quality in those muscles that are in an overactive, shortened position using soft tissue release therapies. While there are many professional-assisted soft tissue therapies/techniques, our focus will be on “do-it-yourself” techniques such as self-myofascial release using a foam roller and a lacrosse ball.
- 2) Lengthen – The goal here is to increase the length of overactive and shortened muscle tissues using active isolated stretching (AIS), rope assisted stretching, and mobility/active flexibility protocols.
- 3) Strengthen – The goal here is to address underactive and potentially weak muscles using techniques such as isolated muscle activation, integrated neuromuscular/reactive training, integrated stabilization and strength exercises, and elasticity training.

Pre-Practice/Game: Complete routine in the “Loosen-Lengthen-Strengthen” (1-2-3) order as illustrated. This should take you right into a volleyball specific warm-up. Athletes may like to run or do various movement drills at the beginning or within the mobility section of the Lengthen Phase but remember that volleyball athletes do not have to run very far or hard, so keep this to a minimum. Focus on acceleration or agility drills for “warm-up.”

Principle	Method	Day 1	Day 2	Day 3
1. Loosen	Foam Roll (~2 min)	IT Bands Glutes/Hips Adductors/VMO	TFL Lats/Terres Pectorals	Quads T-spine arch T-spine roll
	Lacrosse Ball (~2 min)	Pectorals Levator Scapulae/Traps Lats/Terres	Infraspinatus Lateral Deltoid Hip Flexors	Pectorals Supraspinatus Gastrocnemius/Soleus
2. Lengthen	AIS (~2 min)	Pectorals/Bicipes Hip Flexors/Quads 90-90 Stretch	Hip Flexors/Quads Pigeon 90-90 Stretch	Pectorals/Biceps Pigeon 90-90 Stretch
	Rope (~2 min)	Hamstrings/Gastroc Triceps/Internal rotators	Triceps/Int rotators Adductors/Groin	Hamstrings/Gastroc Adductors/Groin
	Mobility (~2 min) *pre-prac	Knee/Lunge/Twist/Drop Hand walk-out 3 point ankle mobility Lateral Lunge	Deep Squat/Hamstring Hand walk-out 45 degree Lunge Standing Hip Abd/Add	Knee/Lunge/Twist/Drop Deep Squat/Hamstring 3 point ankle mobility Standing Hip Abd/Add
3. Strengthen	Stability (~2 min)	Push-up (PU) Plus Bent-over T's T-band straight-arm fly	PU shoulder touch Bent-over Y's T-band multi-pulls (D)	PU march Bent-over W's T-band rows
	Rotator Cuff (~1 min)	T-band ext rot (horiz) Draw sword	T-band bent-arm fly Ext rot ball throw	T-band ext rot (vert) Arm swing (slow-mo)
	Core/Hips (~2 min)	Dead Bugs T-band (knees) side step	Front Bridge T-band 1-leg squat	Side Bridge T-band (knees) rotation
	Elasticity	Lateral hops (rapid) Split ankle jumps	Lateral bound (power) Base to-and-fro (box)	Base side-to-side (rapid) Base rotations (rapid)

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