

Stretches for Volleyball

Stretching exercises should only be performed after a thorough warm up is conducted. A thorough warm up will prepare your muscles for the following stretching exercises by increasing blood flow, which in-turn increases the delivery of oxygen and nutrients to the working muscles. A thorough warm up should consist of light physical activity for about 10 minutes and result in a light sweat.

Download "Warm-up/Cool-down Routine."

Perform each stretch gently and slowly and avoid any bouncing or jerky movements. Stretch only to the point where you can feel tension in the muscle group and never stretch to the point of pain or discomfort. Breathe slowly and deeply while performing each stretch.

After reading the description and viewing the accompanying picture move your body into the stretch position and hold each stretch for 20 to 30 seconds. Relax for 10 to 15 seconds between each stretch and perform each stretch 2 to 3 times.

Stretch #1, Bent-over Chest Stretch is for the muscles of the Shoulders

Face a wall and place both hands on the wall just above your head. Slowly lower your shoulders as if moving your chin towards the ground.



Stretch #2, Reaching-up Shoulder Stretch is for the muscles of the Shoulders

Place one hand behind your back and then reach up between your shoulder blades.

Stretch #3, Kneeling Forearm Stretch is for the muscles of the Upper Arms

While crouching on your knees with your forearms facing forward and hands pointing backwards, slowly move rearward.



Stretch #4, Sitting Knee -up Rotation
Stretch is for the muscles of the Lower Back

Sit with one leg straight and the other leg crossed over your knee. Turn your shoulders and put your arm onto your raised knee to help rotate your shoulders and back.



Stretch #5, Kneeling Face-down Adductor
Stretch is for the muscles of the Adductors

Kneel face down with your knees and toes facing out. Lean forward and let your knees move outwards.

Stretch #6, Standing Heel-back Achilles
Stretch is for the muscles of the Lower Calves

Stand upright and take one big step backwards . Bend your back leg and push your heel towards the ground.



Stretch #7, Sitting Knee -up Rotation
Stretch is for the muscles of the Lower Back

Sit with one leg straight and the other leg crossed over your knee. Turn your shoulders and put your arm onto your raised knee to help rotate your shoulders and back.

Stretch #8, Double Heel-drop Calf Stretch,
is for the muscles of the Upper Calves

Stand on a raised object or step. Put the toes of both of your feet on the edge of the step and keep your legs straight. Let your heels drop towards the ground and lean forward.



Stretch #9, Palms-out Forearm Stretch is for the muscles of the Forearms & Wrists

Interlock your fingers in front of your chest and then straighten your arms and turn the palms of your hands outwards.



Stretch #10, Standing Toe-up Hamstring Stretch is for the muscles of the Hamstrings

Stand with one knee bent and the other leg straight out in front. Point your toes towards your body and lean forward. Keep your back straight and rest your hands on your bent knee.

Stretch #11, Lying Side Quad Stretch is for the muscles of the Quadriceps

Lie on your side and pull your top leg behind your buttocks. Keep your knees together and push your hips forward.



Stretch #12, Standing Heel-back Achilles Stretch is for the muscles of the Lower Calves

Stand upright and take one big step backwards . Bend your back leg and push your heel towards the ground.

Stretch #13, Kneeling Leg-out Adductor
Stretch is for the muscles of the Adductors

Kneel on one knee and place your other leg out to the side with your toes facing forward. Rest your hands on the ground and slowly move your foot further out to the side.



Stretch #14, Assisted Triceps Stretch is for the muscles of the Upper Arms

Stand with your hand behind your neck and your elbow pointing upwards . Then use your other hand to pull your elbow down.