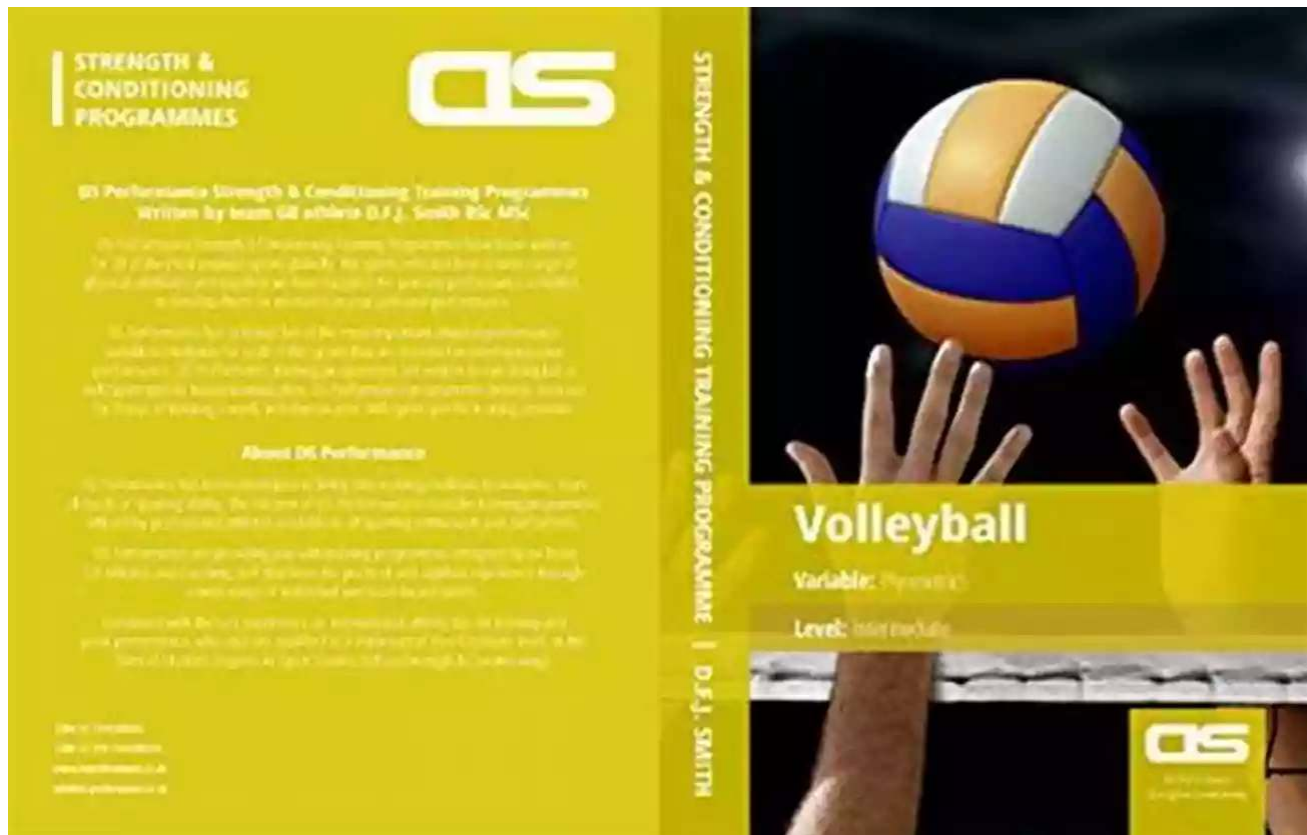


# The Ultimate Guide to DS Performance Strength Conditioning Training Program For Volleyball Variable

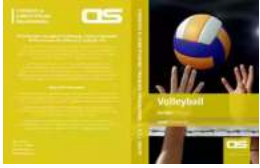


Are you looking to take your volleyball game to the next level? Have you heard about the DS Performance Strength Conditioning Training Program for volleyball variable? If not, you're in for a treat! This comprehensive training program is designed to help athletes of all levels improve their strength, power, agility, and overall performance on the volleyball court.

## Why Choose DS Performance?

DS Performance is a renowned name in the field of sports training and conditioning. They have developed numerous successful programs for athletes

across various sports. When it comes to volleyball, they understand the specific demands and requirements of the game and have created a training program tailored to address these needs.



## DS Performance - Strength & Conditioning Training Program for Volleyball, Variable-Plyometric, Level-Intermediate

by Lurlene McDaniel([Print Replica] Kindle Edition)

★★★★☆ 4.6 out of 5

Language : English

File size : 1371 KB

Screen Reader : Supported

Print length : 24 pages



Their training program focuses on building a solid foundation of strength, enhancing power output, improving agility and quickness, and reducing the risk of injuries. Whether you're a beginner or a professional volleyball player, this program can help you reach your full potential and excel on the court.

### The Key Components of the Program

The DS Performance Strength Conditioning Training Program for volleyball variable consists of three key components:

1. **Strength Training:** This component focuses on developing overall strength in the major muscle groups used in volleyball. It includes exercises such as squats, lunges, deadlifts, bench presses, and shoulder presses. The program utilizes progressive overload to continuously challenge your muscles and stimulate growth.

2. **Power Training:** Power is crucial in volleyball, as it enables you to generate explosive movements such as jumping and hitting. The program includes exercises like plyometrics, Olympic lifts, medicine ball throws, and jump training to improve your power output.
3. **Agility and Speed Training:** Volleyball requires quick changes in direction, rapid accelerations, and decelerations. This component of the program focuses on enhancing your agility, speed, and reaction time through drills, cone exercises, ladder work, and agility ladder drills.

## The Benefits of the Program

Participating in the DS Performance Strength Conditioning Training Program for volleyball variable offers several benefits:

- **Improved Performance:** By following this program, you can enhance your strength, power, agility, and speed, which will directly impact your performance on the volleyball court. You'll be able to jump higher, hit harder, move quicker, and react faster.
- **Reduced Risk of Injuries:** Volleyball can be physically demanding, and injuries are quite common. However, by improving your overall strength and stability through this training program, you'll reduce the risk of injuries and stay on top of your game.
- **Increased Confidence:** As you see improvements in your performance and physical abilities, your confidence on the court will skyrocket. This newfound confidence can make a significant difference in your overall gameplay and mental approach to the sport.
- **Better Fitness and Conditioning:** The program will improve your cardiovascular endurance and overall fitness level. You'll be able to endure

longer and more intense games without feeling fatigued.

## **How to Get Started?**

If you're interested in joining the DS Performance Strength Conditioning Training Program for volleyball variable, here's what you need to do:

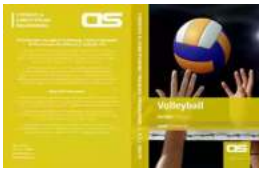
1. Visit the official DS Performance website and navigate to their volleyball training section.
2. Sign up for the program by providing your contact details and making the necessary payment.
3. Start your training program as per the given guidelines and instructions provided by the DS Performance team.
4. Track your progress, make adjustments as needed, and stay consistent with your training regimen.

Remember, consistency is key! To achieve the best results, make sure to follow the program diligently and maintain a healthy lifestyle that complements your training efforts.

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The DS Performance Strength Conditioning Training Program for volleyball variable is a game-changer for any aspiring volleyball player. Not only will it improve your physical abilities and performance on the court, but it will also instill discipline, dedication, and perseverance in you, which are essential qualities for success in any sport.

So, don't wait any longer. Take your volleyball game to new heights by joining the DS Performance Strength Conditioning Training Program today!



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DS Performance Strength & Conditioning Training Programmes

Sport: Volleyball

Variable: Plyometric

Level: Intermediate

Duration: 12 weeks

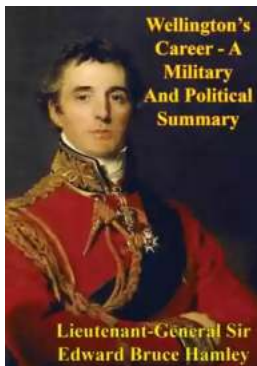
DS Performance has created an exclusive series of sport-specific, strength & conditioning training programmes that have to underpin, evidence-based training methods, which have been put in place to improve your performance for all ages and abilities. All programmes have been designed to develop each specific performance variable through the progression of intensity and volume.

This training program will focus specifically on plyometric training systems to:

- DS Performance training programmes are designed to run alongside a skill/sport specific based training plan. Our programmes provide sessions for 3 days of training a week, to alternate between your skill/sport-specific training sessions.

- Our 12-week strength and conditioning training program are broken down into 2 x 6-week cycles, with a de-loading between the two training blocks. This will allow the body to recover, prepare you for the second training phase and reduce any risk of injury.
- Along with your training program this book contains a supporting guide to mobility training. This guide uses myofascial release, static stretching and activation work to mobilise the major body parts used in training.
- Designed to reduce the risk of injury and avoid bad training habits through our sport-specific training programs. We provide training programmes designed by ex-team GB athletes and coaching staff that have practical and applied experience through a wide range of individual and team-based sports.
- Our program has been developed to bring elite training methods to everyone, from all levels of sporting ability. Our mission is to make training programmes utilised by professional athletes available to all sporting enthusiasts and performers.

Purchase your ideal training program today and start your performance development journey, so you can achieve all your goals.



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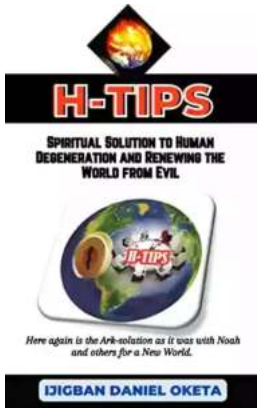
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