

Power²

Athletic Performance[®]

PowerVolleyball

Power Volleyball is an eight-week preseason training program for boys and girls ages 13-18. This program is specially designed by our nationally Certified Strength and Conditioning Specialists[®] to improve the key athletic principles for the sport of volleyball. Power Volleyball training sessions include:

Quickness Training

Volleyball is a sport of multidirectional quickness. Improve your lateral speed and first step quickness. Power Volleyball will teach you to decelerate and change direction quickly and safely, with proper technique, as well as improve your mobility and balance on the court.

Power Training

Serve with more velocity and over-power your opponent at the net. This program will add inches to your vertical jump and help you develop athletic strength and striking power through a progressive, whole-body power training program.

Strength Training

Strength is the foundation of athletic ability. Improved strength benefits all areas of athleticism. The Power Volleyball strength program includes exercises to improve lower and upper body strength and core stability in a 100% supervised training environment.

Endurance Training

No more miles. Volleyball is not a sport of miles. It's a series of sprints. Work with our expert performance coaches in improving your on-court stamina. Power Volleyball will help you last in those long rallies and produce power deep into the match.

Injury Reduction Training

Nobody wants to be sidelined with an injury. If an injury does occur, stronger, better conditioned athletes recover faster. The athletic performance team at UW Health Sports Medicine's Power² Athletic Performance has created a program that addresses shoulder, back, knee and ankle injuries common in the sport of volleyball.

Other Training Options:

- Individual Training
- Team Power Volleyball Training
- 20 week Total Performance Training
- Strength & Power Training