

## 20 Dynamic Warm-Up Exercises for Volleyball

(Choose 5-10 exercises to do before practice)

**1. High knee hug for balance.** Stretches hip flexors used in volleyball and also adds a component of balance training for the opposite ankle.

2. High knees. Prepares the lower body for eventual explosive activity and creates single-leg balance training.

**3. High knees laterally.** Same as high knees, except it focuses on pushing muscles in the legs to prepare the body for explosive lateral activity.

**4. Sumo squat.** Dynamic stretch that opens up the hips and puts the body through a range of motion in low/medium volleyball positions.

5. Quad stretch. Dynamic stretch that warms up the leg muscles and adds a balance component for the opposite ankle.

**6. Baby skips.** Low-level plyometric activity that limits side-to-side hip sway thereby adding an aspect of core control and coordination.

**7. Spider-man exercise.** Warms up the core and shoulders while stretching the hips to prepare the body for the lunging motions used in volleyball.

8. Toes in, toes out. Wakes up ankles and foot fascia.

**9. Atlas.** Hits all three major components (core, balance, dynamic stretch) while opening up the hips and stretching through the hips and back.

**10. Speed skater.** A dynamic balance exercise that strengthens the muscles around the knee in a safe, low-level single leg plyometric exercise.

**11.** Lunge elbow tuck with hamstring stretch. This is the perfect all-in-one exercise. It stretches the hips, wakes up the ankles, prepares the posterior chain to fire, opens up the mid-back region for rotation and stretches the hamstrings.

**12. Hopscotch.** Plyometric activity that wakes up the lower leg as the player warms up for more explosive activities.

**13. Basic volleyball shuffle.** Dynamic movement that prepares the body for mid to low-level volleyball positions.

**14. Sumo shuffle.** Same as the basic volleyball shuffle but opens up the chest and shoulder girdle by adding the arms.

**15. Karaoke.** Gets the lower legs ready for explosive activity and focuses on a knee-drive component that prepares the range of motion for more explosive activities (i.e. jumping and transitioning from low to high positions used in volleyball).

**16. Backwards hip rotation.** Wakes up the glutes and other muscles that help stabilize the hips and lower leg during basic volleyball movements; strengthens the core by staying square.

**17. Front straight leg run.** Wakes up the ankles, muscles around the lower leg and posterior chain.

**18. Toy soldier.** Activates the hamstrings while also working on range of motion.

**19. Lateral lunge and skip.** Works on active stretching through the entire range of motion of a lunge transition move.

**20. High skips.** This plyometric exercise should be used when the body is warm. It prepares the body for full explosive movements (i.e. approach jumps).