

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).