Seminar Title: Bridging the Gap between the weight room and the court

Speaker(s): Leslie Flores-Cloud

Learning Objectives:

1. Understand what type of athletes you have, build their body to withstand multiple years physically, protect against common injuries, and increase balance.

Key Points:

Multiple sport athlete’s v Single sport athletes

Body types- Square, Inverted Triangle, Hourglass, Pear shape

The muscle groups make an explosive volleyball player

Balancing your volleyball players bodies

Deceleration – You do not get hurt jumping, you get hurt landing

Conclusion: