

Components of fitness

Agility - The ability to change direction at speed

Speed - How quickly an individual can move

Reaction time - The time between the presentation of a stimulus and the onset of a movement.

Principles of overload:

Frequency - How OFTEN you train

Intensity - How HARD you train

Time - How LONG to train for

Type - What TYPE of exercise you do



CALCULATIONS

Maximum Heart Rate (Max HR) = 220 - age

Aerobic (with oxygen) training zone - 60-80% of Max HR

Anaerobic (without oxygen) training zone - 80-90% of Max HR

Physical Training Volleyball Year 8 1 SBU



Fitness Testing

Illinois agility test - On the 'Go' command the stopwatch is started, and the athlete runs around the course in the direction indicated to the finish line, at which the timing is stopped. Athletes should complete the course as quickly as possible.

Advantages

- Simple test to carry out
- Small amount of equipment needed

Types of training

Interval training - Periods of high-intensity effort with periods of low-intensity effort.

Advantages:

- Can mix aerobic and anaerobic exercise which replicates team games

Disadvantages:

- Can become boring

Fartlek training - This training involves running at different speeds.

Advantages:

- Good for sports that need changes in pace

Disadvantages:

- Can be difficult to see how hard someone is trying

