Physical Training Volleyball Year 8 2 SBU

Components of fitness

Agility – The ability to change direction at speed

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

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:

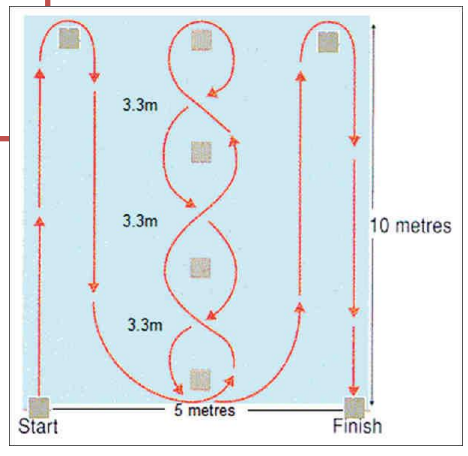
- Can become boring

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

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.



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