

PASS, SET, HIT

Player Education for Volleyball

Volleyball is one of the most popular sports for females, ranking No. 2 in team sports for both high schools (452,808 female participants) and the NCAA (17,471 female participants). Volleyball is also a growing sport for male athletes at both the high school and collegiate levels. In addition to school sports, there are more than 383,000 members who participate in USA Volleyball. There are three primary types of volleyball: indoor, beach/sand and Paralympic.

5 TIPS FOR VOLLEYBALL PLAYER HEALTH AND SAFETY

SETTING FOR A SCHOLARSHIP

Approximately 3.5% of males and 3.9% of female high school volleyball players advance to participating in the NCAA.

COMMON VOLLEYBALL INJURIES

Most Commonly Injured Body Parts

1. Ankle
2. Knee
3. Head/face
4. Hand/wrist

Most Common Injury Diagnosis

1. Ligament sprains
2. Muscle/tendon sprains
3. Concussions

DID YOU KNOW?

Ankle sprains are common in both the high school and collegiate setting among all positions. However, Liberos (a player specialized in defensive skills) have a high incidence of concussion. Liberos are not allowed to play the front row and rely on diving plays, which may increase their risk of concussion due to hitting the floor. This indicates a need for injury-prevention interventions specific to the level of competition and position.

- 1. Rest:** Athletes need quality rest to avoid burnout and overuse injuries and to maintain performance. Quality rest means allowing for adequate time off during each week and overall breaks in participation throughout the year.
- 2. Stretching and Recovery:** Athletes need to be sure to stretch and recover muscles. Stretching, rolling and manual therapy are important services that ATs provide their volleyball players on a daily basis. Make sure athletes are stretching and allowing their muscles to recover after training, practice and competition.
**Tip: You don't have to own an expensive foam roller – visit your local home supply store and purchase a PVC pipe. This is an inexpensive solution that still helps athletes recover.*
- 3. Cross Training and Strengthening:** Cross training is vital as it gives athletes time to rest and recover, while also helping them learn to use other parts of their body. Swimming is a great cross-training activity for volleyball players because it is low impact. Strengthening is important because volleyball is a high-intensity sport on the shoulders and knees due to the volume of swings and jumps. Strengthening the shoulder, core, legs and ankles is important for overall health.
- 4. Nutrition and Hydration:** Eat well and often. It's important to have more smaller meals throughout the day to keep energy up, especially for club volleyball players who may play four to six games a day.
- 5. Overall Health:** Take stock in your athlete's overall health – physical, emotional and mental health. If you notice signs or symptoms of mental health concerns, be sure they are seen by a professional.

Talk to your athletic trainer to learn more about health and safety tips for volleyball season.

Sources: Journal of Athletic Training, National Collegiate Athletic Association, National Federation of State High School Associations, University of the Pacific, USA Volleyball
Infographic handout provided by the National Athletic Trainers' Association.