

Using Open Wall Space for Strength and Endurance

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1. Basic Wall Sit (Isometrics)
 - a. Feet shoulder width
 - b. Knees over feet at 90° with weight mid foot
 - c. Keep knees from “going in”
 - d. Push small of back against wall (pull stomach in)
 - e. Sit tall with shoulders and head back
 - f. Arms relaxed at side
 - g. Options:
 - i. Rock feet to toes then back to heels, keeping correct posture
 - ii. Move feet in and out working abductors, keeping correct posture
 - iii. Move feet to center of body, extend one leg out alternating legs (start with weaker leg)
 - iv. Add weights
 1. Hold weights in hands at side
 2. Move hands to shoulders
 3. Extend arms out at shoulder height
 4. Extend arms overhead slightly forward as in blocking position
 5. Add weights on top of lap (leg or legs)
2. Active Wall Sit
 - a. Start leaning on wall with feet correctly positioned from the wall
 - b. Keeping shoulders and back (pull stomach in) slide down wall to 90° leg bend, slide back up to start position, repeat
 - c. Keep knees in line with ankles
 - d. Options:
 - i. Move feet to center of body, extend one leg out alternating legs (start with weaker leg)
3. Cross Leg Wall Sit (helps open hip muscles)
 - a. Move feet to center of body, cross one leg by bending knee and placing ankle on other
 - b. Hands on hips, keep hips level
 - c. Add weights as before with arm or on lap
4. Split Squat
 - a. Face away from wall, place back leg foot up on around waist high
 - b. Lower body, back leg knee drops toward floor goal – front leg to 90°
5. Forward Wall Squat
 - a. Face wall, toes a couple inches from wall
 - b. Arms in “stationary” block position (elbows in, hands head high or above head)
 - c. Work on proper technique for a basic squat

Using the wall for technique training

6. Wall Blocking (mark the height of the net on wall)
 - a. Face wall, toes a couple inches from wall
 - b. Arms in “stationary” block position (elbows in, hands head high - OH or above head - MH)
 - c. Load legs keeping arms in position
 - d. Jump leading with arms, pushing flat hands against wall at top of jump
 - e. Land on two feet, absorbing impact with slightly bent knees
 - f. Repeat either immediately or reset position
 - g. Add blocking foot work:
 - i. one step in loaded position and jump – left and right, repeat
 - ii. cross-over step – left and right, repeat
 - iii. swing blocking steps and arm swing
7. Wall spiking (reduce the amount of forward movement from take-off)
 - a. Place a line on the floor that is an arm distance from the wall
 - b. Approach at an angle, work on hips “open” to the imaginary setter
 - c. Focus on foot pattern, arms position at take-off and at top of jump
 - d. Have them start at 50% speed working up as skill improves
 - e. Have player transition correctly off net and repeat
 - f. Remind each player “the wall will hurt you”

Push-ups – keep core muscles tight, body flat, head in line with body

Move feet away from wall further for increase difficulty

- a. Regular wall push-ups with palms on wall
 1. options
 - a. Push off wall push-ups
 - b. One-handed with arm behind back
 - c. Using ball at chest height
 - i. Keep feet in same position as push up, hands in diamond grip on ball
 - ii. Do a regular push up on ball
 - iii. For scapula muscles strengthening: Move feet back and extend arms straight out, keeping arms locked out - roll the ball up and down, counterclockwise and clockwise
 1. To increase difficulty, try this using one hand on ball
 - d. Fist push-ups
 - i. Use a small towel to cushion between fist and wall
 - ii. Keep torso engaged
 - iii. Do push-up with elbows moving out for pecs strengthening
 - iv. Do push-up with elbows in for triceps strengthening
 - v. Maintain head in neutral position in line with body

Bridge with feet on wall

Knees bent at 90°

Extend arms on floor beside body

Bridge hips up

References

Dr. Gretchen Hawley PT, DPT, MSCS

Margaret Martin PT

Nicole Davis ACE, Certified Personal Trainer

Stone Clinic PT

Seattle Chiropractor (name forgotten)

Years of experience, research and knowledge shared from many top coaches through-out the years