

# Volleyball Training Benefits

Ever wonder how to take your game to the next level? Just practicing and playing volleyball games will only carry the athlete so far. Making yourself a complete player will give you the edge you need to excel in volleyball. Have greater hand-eye coordination, quicker reaction time to a spike, improved footwork, and a vertical even gravity can't bring down. Game 7 will assist you in getting a jump on your game. Our program will challenge every athlete physically and mentally. Whether you're an athlete who wants to succeed in your youth sports program, a high school athlete who wants to excel at the varsity level, an athlete who has aspirations of playing collegiate sports, or playing professionally, Game 7 can help you gain the edge to meet your goal. Our training programs will help volleyball players develop speed, power, strength, a lightning quick first step, increased vertical, improved hand-eye coordination, instant reaction, and explosiveness. Our mission is to make you the most complete volleyball player you can be.

**With Game 7 the athlete will Increase speed, quickness, agility, vertical, strength, power, hand-eye, coordination, quicker reaction, and explosiveness.**

With Game 7 the volleyball athlete will develop the following:

- 1) **Speed, Quickness, & Agility:** Whether its defense or offense, having a quick first step will determine who has the advantage. Accelerate to the ball quicker, be quicker to react and position yourself on a spike or poor pass. Game 7 will train you to develop the proper mechanics necessary to develop quick foot speed. We'll train you through a variety of agility & speed drills to increase your speed.
- 2) **Vertical & Explosion:** An offensive or defensive player must be able to explode to the net and catch the ball at its highest point whether to spike or block a ball. Game 7 will train you to shorten the distance between you and the volleyball and maximizing your leaping ability to increase your vertical. Game 7 will use a variety of muscle recruitment methods and resistance training methods to help increase your vertical and explosion to the volleyball.
- 3) **Coordination & Increased Reaction Time:** Being quick with your body is critical in volleyball. This will allow you to react quicker to spikes. Game 7 will train the individual through multiple coordination drills to improve reaction time.

**Pass, Set, Spike, Win with Game 7**

[www.game7sports.com](http://www.game7sports.com)