CEV

Coaches Convention

Confédération Européenne de Volleyball

curly coach

SCHOOL VOLLEY BALL

play volleyball grow with it

Viana do Castelo, Portugal
12 -14 June 2026
CEV Coaches Convention



Rosana Krajnc

Confédération Européenne de Volleyball

CEV Coaches Convention

SCHOOL VOLLEY BALL

play volleyball grow with it

Structured team warm up without equipment

Neuro stimulation in pairs

Pattelar tendon and hip activation

Dynamic warm up – court

Final part – activation

Confédération Européenne de Volleyball

Curly coach

SCHOOL VOLLEY BALL

play volleyball grow with it

Basic movement patterns

Squat, OH Squat, Front squat

Lunge, Side lunge

Hip hinge, SL hip hinge

Pull – horizontal, vertical

Push – horizontal, vertical

Plank, Side plank

Confédération Européenne de Volleyball

Curly coach

SCHOOL VOLLEY BALL

play volleyball grow with it

Example of strength training model

Part 1 Explosivness

Medicine ball slams, landmine oh press w jump, high pull, power snatch, power clean etc.

Plyometrics – box jump, pogos, SJ, CMJ, DJ etc.

Rotational power variations - pallof press with hip turn, medicine ball rotational toss etc.

Confédération Européenne de Volleyball

SCHOOL VOLLEY BALL

play volleyball grow with it

Part 2 Posterior chain (cca 2 times more than anterior)

Dead lift, hip thrust, SL dead lift, KB swings etc.

Vertical pulls – pull ups, chin ups, latissimus pull down etc.

Hip bridges, knee curls (slide, fit ball, roller)

Horizontal pulls – bent over row, face pull, trx row, trx reverse butterfly

Core antiextension (in between)

Confédération Européenne de Volleyball

SCHOOL VOLLEY BALL

play volleyball grow with it

Part 3 Anterior chain

Squat, lunge, Bulgarian split s. SL squat etc.

Horizontal push – push ups, chest press etc.

Side lunges

Vertikal press – OH presses

Core antilateroflexsion – side planks, Palloff presses OH etc. (in between)

Confédération Européenne de Volleyball

SCHOOL VOLLEY BALL

play volleyball grow with it

Part 4 Ankles

Calf raises standing, kneeling

Toe raises – tibialis anterior strengthening

Pogo hops

Confédération Européenne de Volleyball

SCHOOL VOLLEY BALL

play volleyball grow with it

Shoulder joint

Mobility – over head, thoracic mobility

Scapular stability

Rotator cuff – dynamic stabilisation

Confédération Européenne de Volleyball

SCHOOL VOLLEY BALL

play volleyball grow with it

Ankle joint (lateral ankle sprain)

Strength (feet and toe muscles)

Ankle mobility

Strength – calves, tibialis anterior, peroneus muscles

Plyometrics

Confédération Européenne de Volleyball

SCHOOL VOLLEY BALL

play volleyball grow with it

Knee joint (pattelar tendinitis)

Mobility, flexibility (quadriceps, hamstrings, ankle joint)

Strength – gluteus medius muscle – knee stability

Isometric and eccentric strength (quadriceps muscle)

Knee stability, proprioception

Strength – hamstrings, gluteus maximus

Landing mechanics

Confédération Européenne de Volleyball

SCHOOL VOLLEY BALL

play volleyball grow with it