



## Sports Performance Center



CATZ is the official strength & conditioning & physical therapy provider for the US Men's National volleyball team



**USA Volleyball**  
National Team

# Performance Training for the Female Athlete

## CATZ TRAINING | Volleyball / the benefits

Develop total body explosive power to improve your blocking height and hitting force.

Develop a quicker first step explosion and more powerful acceleration to enhance your individual defensive skills.

Improve reactive ability for higher quality digs from hits and tips.

Develop decision-making skills and focus for more accurate blocks, hits, and dinks/tips.

Improve strength for more powerful hits, stronger serves, and better blocks.

Improve conditioning and recovery to play as hard the third game as you did the first.

The CATZ training program features “train-like-sport” techniques that focus less on traditional fitness equipment and more on a fast-paced simulation of sport activity, driven by a participating coach.

