No Blockers vzw
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Injury Prevention Program (IPP) No Blockers vzw

Introduction

We want to highlight why the Injury Prevention Program we recently started is so important and how it is based on sports science and volleyball practice. Prevention means fewer injuries and that means more playing time, better performance, lower treatment costs, and less physical and mental stress. As we shared in document “Stay Safe and Play Stronger,” volleyball is a high-demand sport. We jump, land, dive, swing overhead, and change direction constantly. If our bodies and minds are not well prepared, the risk of injury increases. we also shared how long recovery can take depending on the injury and we all know how frustrating it is to miss trainings and matches.

Research shows that injuries are common in volleyball, even at elite level and even in teams that already use prevention programs. So prevention cannot remove all injuries but it can GREATLY reduce how often they happen and how serious they are. For example, a study (Heming et al. 2025) on volleyball players show that shoulder injuries are linked to: limited shoulder flexibility, power strength, poor shoulder blade control, muscle imbalances, high volume of training, not enough sport-specific conditioning. This is exactly why our program includes strength, balance, agility, and plyometric exercises. These are proven to improve stability and reduce injury risk (Lauersen et al. 2014, Ozcan & Ozturk 2024, Peri et al. 2025, Wang et al. 2025).

But here is the most important part: athletes who regularly follow injury prevention programs have about 50% fewer injuries in a season (Viiala et al 2026). Shoulder-focused programs alone can reduce shoulder injuries by around 50% (Heming et al. 2025). So the exercises work. We can guide and support you, but you are the key factor. Your effort and consistency make the difference.

Another important element of this program, which is fully under your accountability, is listening to your body. The small exercises are designed to gradually build up to a level where we can safely increase the number of training sessions and matches. Last but not the least, listening to your body is closely connected to recovery. Do not rush or be inpatient to start playing again, proper recovery is part of the process.

We have already started our pilot prevention program and now we want to build on it together. Your dedication and adherence will help us stay healthy and competitive as a team. Let us briefly introduce our approach and how you can be part of it.

Approach

Monday I: injury prevention
Focused on preparing the body to handle volleyball demands:

- Proper warm-up, cool down and mobility
- Strength and stability (shoulder, ankle, and core)
- Proprioception and balance training
- Explosive work (jump variations, agility, change of direction, acceleration–deceleration)
- Landing control and safe mechanics

Monday II: volleyball-specific training
Focused on performance and team development:

- Technical skill training
- Team-oriented drills and game situations
- Volleyball-specific endurance

Thursday: light / recovery training
- Freshness and readiness
- Active recovery
- Tactical preparation and game focus

Remote: home training challenges
To support our program and improve its effectiveness, we are adding short daily home challenges. To start with:

- 3 exercises, 1 minute each, 30 seconds rest between
- Total time spent daily ≈ 5 minutes
- Exercises change every week

We will use the Home Training Tracker created by Fabio.
- Weekly exercises will be shared there
- Log each day you complete the challenge
- This helps with accountability, consistency and adherence

The goal is simple: keep everyone healthy, available, and performing at their best.

On behalf of the No Blockers vzw Coaching and Physiotherapist team
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