



Fuelling Fitness for Your Sport

Volleyball

About Volleyball (Indoor court)

There are 6 players on court with up to 12 players per side in an elite Volleyball Squad. This allows regular rotation of players as well as plenty of time to recover and refuel. Volleyball requires great strength and agility due to the predominance of anaerobic jumping and landing motions. Volleyball is a game of skill and accuracy where height is an advantage on court.

Competition Volleyball is played indoors on a wooden surface however also exists as an outdoor sport – beach volleyball. Depending on the level of competition one game is 3 or 5 sets of 15 points, with the final set won with a 2 point advantage. Each set may last anywhere from 20mins to half an hour. A typical week may consist of at least 3 training sessions focusing on court skills, plus weights sessions to build strength as well as one competition match. Tournaments are held regularly where several games will be played in one day.

Training Diet

A general healthy eating pattern is the back bones of a fit and trim volleyball player. To maintain strength and agility a diet high in carbohydrate and protein spread across at least 6 meals and snacks is a typical eating pattern. Considering the size and appetite of many players this can add up to a large amount of food. Individual requirements will be determined by frequency of training, size of athlete and adjustment for growth in younger athletes and should be discussed with an accredited practising Sports Dietitian. A growing young male will have energy requirements of 10000-15000kJ per day.

Players are often able to eat and drink during training and matches. This can aid in replenishing carbohydrate stores and maintaining muscle mass. Refuelling is vital after long training sessions and during tournaments.



Fluid Needs

Environmental conditions and individual sweat losses are the main determinants of fluid needs. Staying adequately hydrated is essential during longer games and hot weather to maintain a high level of concentration. It is important to maintain adequate hydration through regular fluid intake, and to replace any fluid debt accrued during training or a match. Water is a good option, although a sports drink required during warmer weather or for those who are heavy sweaters.

What Should I Eat Pre-Event?

A meal or snack should be consumed at least 2 hours prior to the start of activity and should be familiar to the individual. It is best to choose a food that sits well and does not repeat on you or cause any stomach upset. Carbohydrate loading is not essential due to the low level of aerobic activity and available time to eat between or within a game or training session. Eating regularly throughout tournaments is important to remain fuelled up. Typical high carbohydrate choices include:

- milk drink, Sustagen Sport or fruit smoothie
- jam, honey or fruit sandwich
- yoghurt and fruit
- rice pudding
- cereal or cereal based bars

What Should I Eat/Drink During Competition?

During a game lasting less than one hour water is appropriate. Familiar carbohydrate-rich choices may be consumed during a match of longer duration, but may not be required if a sports drink is used. There is usually enough time to eat during a match (if required) due to the large number of substitutes allowed on the bench.

What About Recovery?

Replenishing Muscle glycogen and minimising muscle damage is particularly important for Volleyball players. Recovery is important after both training and



games. A snack followed by a larger mixed meal of carbohydrate and protein provides the necessary components for recovery. Some initial recovery snack suggestions include:

- meat, fish or cheese sandwiches/roll.
- fruit smoothie,
- protein based cereal sports bar
- supplement drink such as sustagen sport

How to get involved

Contact your local Volleyball Association, Volleyball Australia or check if your school has a team www.volleyball.org

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