

## 4 TIPS FOR PREVENTING BEACH VOLLEYBALL INJURIES

As with any sport at any level, injury prevention is possible for beach volleyball players, using these tips:

1. Since beach volleyball is played on an uneven surface, don't forget to include balance training in your conditioning schedule.
2. Focus on executing proper technique, and landing jumps appropriately, with the knees positioned over the toes.
3. Strengthening of the scapular muscles and rotator cuff can help guard the shoulder against overuse injuries in the hitting arm.
4. Performing lunges, squats, and glute bridges can help to strengthen leg muscles and aid in avoiding knee injury.

