Name _____

Spike the Risk: Preventing and Treating Volleyball Injuries

Short Answer

1. What are the four steps of the RICE method for treating minor injuries?

2. Why is proper technique important in preventing volleyball injuries?

3. Name one way to prevent volleyball injuries through strength and conditioning.

4. Why should players allow their bodies time to recover between practices and matches?

5. What protective gear can volleyball players wear to reduce the risk of injury?

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