

## smoking and sports performance

smoking and sport don't mix. cigarettes contain chemicals that damage your health and reduce your sports performance. if you smoke you are less likely to participate in sport. when smokers do play sports, poisons from cigarettes, like carbon monoxide, nicotine and tar, reduce their ability to perform....

**carbon monoxide** reduces the body's ability to take in oxygen and supply it to body tissue, like muscles, during exercise.

**nicotine** increases the heart rate and blood pressure, which means the smoker's heart has to work much harder to produce the same effect as a non-smoker.

**tar** reduces the elasticity in the lungs making it harder to breath in and out.

during exercise smokers:

- are more easily exhausted
- suffer shortness of breath
- have reduced endurance
- are slower to react
- have poorer visual judgement

just one cigarette can increase breathing, heart rate and blood pressure. you can lose up to half of any potential fitness gains due to training because of smoking.

so when it comes to sport, smoking is pointless... but some people just can't see that.

**drug aware** - know what you're getting into...

# volleyball skills: the block

the most important thing with the block is to jump straight up and extend your arms to penetrate into your opponents court. key areas to remember for a successful block are:

- being alert and relaxed
- watch the ball and opponents
- react quickly to the ball and opponents
- move close and along the net
- jump straight up
- extend arms and hands towards opponents court.

## 1. arms wide, eyes on the ball

- arms should be slightly wider than shoulders
- hands should be up at or slightly above shoulders
- eyes should be watching the ball.



## 2. preparation

- move to position
- keeping arms and hands in position, squat down
- keeping eyes on the ball and/or the approaching hitter.



## 3. jump and extend arms fully

- jump straight up by extending legs
- keeping eyes on the ball, fully extend arms
- spread fingers and keep them taut, with thumbs pointing high
- without touching the net, push hands over the net.

