

HOW TO PREPARE FOR MAJOR LEAGUE QUADBALL

YOUR FITNESS GUIDE



Hey team! My name is Joanne. I've been a Quadball player for over a decade with experience playing for USQ, IQA & Canada Quadball. I'm also a personal trainer & coach in the health & wellness space (since 2017).

As Major League Quadball kickstarts a new season—with roster announcements & team pre-season underway—I've been reflecting on my MLQ journey.

Two seasons ago, after battling recurring ankle sprains (at practices, games, and even while walking), I decided it was time to train differently. I started working with a coach to guide me in how to improve my athletic performance—while also learning how to strengthen areas of my body to prevent injury. Even as a personal trainer, investing in Athletic Specific Training gave me a deeper understanding of my body, especially in relation to my Quadball-specific goals.

Within months of training with a coach, I noticed a difference in both my ankle stability and my performance on the field. My speed and agility improved drastically—a reflection of the training I was doing each week. Best of all—I didn't roll my ankle once throughout the MLQ season, on or off the field!

I've learned that when I train intentionally for an upcoming season, my gameplay improves, my body confidence skyrockets, and playing Quadball becomes even more fun! I've similarly pivoted my personal training practice to support athletes as they look to invest in a thoughtful approach to their off-field fitness programming.

This fitness guide was designed to serve as a starting place as you think about how you might want to train for the upcoming MLQ season. In the pages that follow, you'll read about four key components in a MLQ fitness routine, including:

1. Strength
2. Endurance
3. Agility
4. Breaking Falls

Of course, your body is nuanced, as are your MLQ goals! The components in this guide can be modified to ensure you get the outcomes you are hoping for. If you are curious about how to personalize the program for yourself, please don't hesitate to reach out to jamcoaching@gmail.com or DM [@thequadballcoach](https://www.instagram.com/thequadballcoach).

1 - Strength

The goal of strength training, also known as weight training or resistance training, is to improve muscle, tendon, and ligament strength. Other benefits include increased bone density, improved metabolism and joint function, and a reduced risk of injury.

Strength training translates into Quadball performance through a more powerful dodgeball beat, the ability to run through a tackle to dunk, and being able to shoot with enough power to zip past a Keeper's defence.

Below are a few examples of exercises to add to your fitness routine.

Upper Body	Dumbbell Incline Bench Press Single Arm Bent Over Row Standing Dumbbell Single Arm Press Eccentric Pull Up Sled Power Push
Lower Body	Single Leg Hip Thrust Heel Tap Step Down Deadlifts Lateral Lunge Split Squats Sled Push
Rotational Strength	Half Kneeling Cable Wood chops Split Stance Rotational Med Ball Slam Landmine Clean and Press Kettlebell or Dumbbell Windmill

Example of a Workout Structure for Beginners

*Note the rep ranges and structure can differ according to your goals & your training experience. As mentioned above, feel free to DM [@thequadballcoach](#) with your questions.

1. Pick 2 exercises from each category
2. Aim for 3-5 sets of 8-12 reps at an 8 RPE (see description below)
3. Repeat 2-3 times a week for a total weekly volume of 9-12 sets
4. Increase intensity (load or challenge) of each exercise weekly to see progress

FAQ:

- **How do we know when to increase intensity?** Increase your weight when you can complete 12 reps of the movement with ease (meaning you can still get in more reps if you wanted to).
- **What is Rate of Perceived Exertion (RPE)?** This is a measurement that refers to how hard you think you are pushing yourself during exercise. On a scale of 1-10, 1 being very easy, 10 being maximum effort.

2 - Endurance

Endurance, also known as aerobic exercise, are activities that increase your breathing and heart rate. Training endurance keeps our heart, lungs, and circulatory system healthy. More specifically for Quadball, it allows us to stay in the game longer, play harder, and experience less fatigue.

We typically think of endurance as how long you can last on the field, but it can be broken down into two categories:

1. **Aerobic endurance** - How long can you run on the field consecutively without needing to sub?
2. **Anaerobic endurance** - How many short intense bursts of effort can you sustain?

Both are vital, and both require different ways of training.

Aerobic Endurance	<p>The ability to run (or exert effort on any other conditioning equipment, row, ski, bike, etc.) for an extended period at a steady sustainable pace. Our goal is to increase this pace week by week to increase our aerobic endurance.</p> <p><u>Example:</u></p> <p>Run 20 minutes at 8km/hour</p> <p>Row 20 minutes at 2:45/500-meter pace</p>
Anaerobic Endurance	<p>This includes Sprints, HIIT (High-intensity interval training), or Tabata, all of which can be used to train for short intense bursts of effort. Exercise selection and choice are important here as we do not want to reach muscle fatigue before we reach a threshold for heart rate conditioning.</p> <p><u>Example:</u></p> <p>100-meter sprints with 1-2 minute rest</p>

Tips

- Even 1 day a week of aerobic endurance goes a long way (challenging your ability to sustain activity at a 60-70% heart rate)
- Try to hit your MAX heart rate at least 3 times a week. This will help not only your athletic aspirations but is also very beneficial for your heart health.
- Not feeling like a run? Don't underestimate the power of a brisk walk in the middle of your work day!
 - In 2019, [Rodriguez-Hernandez](#) studied the impact of continuous walking activity versus intermittent walking activity in sedentary employees. Results concluded both produced similar benefits including an increase in lean mass and fat free mass. All to say – if you only have small breaks in your day, intermittent walking can help increase your endurance!

FAQ:

- **How do we know what our max heart rate is? How do we know what feels like 60-70%?**
 - A few different options: You can use the **RPE scale** (as mentioned in the previous section). On a scale of 1-10, aim for a 7 out of 10. You should find it hard to have a full conversation without catching your breath, but also feel enough ease to continue your workout without having to stop abruptly.
 - Alternatively, you can use a **heart rate tracker** (Apple Watch, Garmin, etc.). During your short burst of high-intensity work, look to hit your estimated max heart rate. If you know your max heart rate, aim to get to 60-70% of that number.
 - To **estimate your max heart rate** you can use this calculation from the [Centres for Disease Control and Prevention](#) (CDC):
 - Subtract your age from 220.
 - Example: I am 33. years old, 220 - 33 = 187 beats per minute as my max heart rate.

3 - Agility

The ability to be agile and move fluidly on the field is important in Quadball. Agility is the ability to accelerate, decelerate, stabilize, and quickly change directions without losing speed.

On the field, we often run, start, stop, then start again. We are constantly changing directions to shake off a defensive player, dodge or catch dodgeballs... not to mention we are moving in surprising ways in an attempt to confuse the flag runner.

The following are a few agility drills you can add to your routine:

5-10-5 Shuttle Run	<div><div><div>SKLZ</div><div>Instructions for the Pro Agility Test (5-10...</div><div><div></div></div><div><div></div></div><div>Watch on <div>YouTube</div></div></div><div>https://youtu.be/z-wV9O8y-a0?si=-jsH4RLXPVcx4ACj</div></div>
Lateral Shuffle Drill	<div><div><div>SIMPLE SPEED COACH</div><div>Lateral 'Shuffle' Cut Lateral Step & Agilit...</div><div><div></div></div><div><div></div></div><div>Watch on <div>YouTube</div></div></div><div>https://www.youtube.com/watch?v=IMVtip30M-0</div></div>
Sprint, Backpedal, Sprint, Backpedal	<div><div><div>CORRECT</div><div>Sprint, backpedal, sprint, backpedal</div><div><div></div></div><div><div></div></div><div>Watch on <div>YouTube</div></div></div><div>https://www.youtube.com/watch?v=wClHgiGQym8</div></div>

4 - Breaking Falls

As a full contact sport, tackling and getting tackled is a huge part of the Quadball game.

Are you comfortable making contact with the ground? Do you know how to use your body to absorb unexpected landings? Learning how to fall is one of the most important skills we can learn not only for Quadball, but also as we build the skills to age well.

Those with rugby, hockey, gymnastics, soccer, or American football experience may have a base skillset that transfers to Quadball. However, if it is your first time playing a full contact sport, or if it's been a while since you've been on the ground, the sensation of being tackled can be jarring.

A few tips for breaking your falls:

- Tuck Your Chin *KEY*!
- Distribute Your Weight
- Try not to tense up or hold your breathe as you are falling

Check out one of my favorite guides to break falls for more tips and a few exercises to get comfortable on the ground:

A Beginner's Guide to the Back Breakfall Technique - MovNat: Natural Movement Fitness

How to Fall Backwards and Engage the Ground Safely (Even on Hard Surfaces) By Alex Schenker, MovNat Master Trainer The breakfall is a fun, practical movement that most people unfortunately... [Read More](#)

 MovNat / Sep 5, 2019

<https://www.movnat.com/back-breakfall-beginners-guide/>

Another way to become comfortable with falling or being on the ground is practicing any type of ground based movement. This includes various ways of crawling, rolling, getting up and down from the ground, etc. A few exercises you can start with to sprinkle into your work outs are the following (many of which are a part of the [Animal Flow](#) modality):

- [Bear crawls](#)
- [Crab crawls](#)
- [Crab Reach](#)
- [Crocodile Crawl](#)
- [Side kick throughs](#)
- [Rolling.get ups](#)

Tips:

How to implement these into your work out will depend on the perceived level of difficulty of each exercise. Pick 2-3 of the above, and start with 30-40 seconds of each exercise. As you become more comfortable with it, you may add duration, do multiple sets of a specific rep range, etc.

If it's your first time with ground based movements, you may experience some discomfort or soreness in the wrist. This is because our wrist is not familiar with the load of our body as we crawl. Adjust your intensity accordingly to allow your wrist to adapt slowly.

READ THROUGH THE GUIDE BUT FEEL LIKE YOU NEED MORE SUPPORT?

MEET THE QUADBALL COACH & SCHEDULE YOUR FREE CONSULTATION TODAY!

Hi! I'm Joanne & I'm the Quadball Coach. Combining my decade of Quadball experience and strength & conditioning knowledge, I am dedicated to helping you become a stronger, faster & more powerful Quadball athlete.

RAPID MOVEMENT CONSULT (15 minutes)

Meet the Quadball Coach for a 15 minute consultation. This is your chance to come with 2-3 questions to be addressed.

Examples: Do you often roll your ankle every few weeks, and you're unsure how to strengthen it once and for all? Are you a small power & would like tips of how to build fitness to your advantage?

DETAILED TRAINING PLAN (60 minutes)

This is a comprehensive hour long session for all the questions you may have. Review your current fitness plan, receive tips & suggestions on how to adjust.

LIMITED TIME OFFER FOR THE DETAILED TRAINING PLAN: BOOK BEFORE MAY 31ST AND RECEIVE A 2 MONTH TRAINING PROGRAM FOR THE SUMMER SPECIFICALLY DESIGNED FOR YOU!

Book now

Rapid Movement Consult - [15 MIN](#)

Detailed Training Plan - [60 MIN](#)

Disclaimer

The Quadball Coach will not be held responsible in any way for the information that you request or receive through the training plans or services. We are not liable to any party for any direct, indirect, special, incidental, equitable or consequential damages for any use of, or reliance on this training plan or support, including, without limitation, any personal or business interruptions, personal injuries, accidents, misapplication of information or any other loss, malady, disease or difficulty.

Reference of links in this training plan to any other business or entity's information, opinions, advice, programs, services or products do not constitute our endorsement or recommendation. We are not responsible for the contents of any off-site web pages, companies or persons linked or referenced within.

The Quadball Coach strongly recommends that you consult with your physician before beginning your training plan. The Quadball Coach is not a licensed medical care provider and represents that it has no expertise in diagnosing, examining, or treating medical conditions of any kind, or in determining the effect of any specific exercise on a medical condition.

You should understand that when participating in any exercise or training plan, there is a possibility of physical injury. You agree to follow this training plan at your own risk, are voluntarily participating in the workouts, assume all risk of injury to yourself, and agree to release and discharge The Quadball Coach from any and all claims or causes of action, known or unknown, arising out of this training plan.