VOLLEYBALL SUMMER CONDITIONING PROGRAM

These are exercises you can do anywhere. There is no need for much equipment. Try to do a cardio activity (30 min) 4-5 X Week, Agility work 2-3 X Week, Plyometric exercises 2 X Week, Strength training 2-3 X Week. Don’t forget your volleyball skills as often as possible. Try some beach volleyball, summer camp, or just peppering with friends in your backyard. These are just some ideas. If you have a fitness club available to you, many of the strength training workouts can be completed there. Just remember .... If you are not strength training to fatigue, you won’t get the desired effect.

CARDIO

JUMP ROPE: a combination of regular, two-footed jumps; 1-footed jumps; "running" jumps (where you are actually running in place "thru" the jump rope - be careful that you are not skipping rope here, but actually running in place). You can also jump rope from one place to another (end line to net) or jump rope front and back or side to side over a line.

INTERVAL TRAINING: Interval training is an also an excellent technique for increase anaerobic ability, while also slightly developing greater aerobic ability. Intervals can be performed by running, on a stationary bike, or in some type of body weight circuit. walk 1 min, sprint 30 seconds, repeat 15X. Increase running time - walk 1 min, run 1 min, repeat 15X

LINE RUNNING: Starting on the end line sprint up to the ten- foot line, then sprint back to the end line. Next, sprint to the middle line, then back to the end line. Sprint to the far ten- foot line, back to the end line, and finally to the far end line and back. You should touch each line with your hand as you run.

HIT THE SLOPES DRILL: Hold hands together behind your back with feet shoulder-width apart. Jump side-to-side from right foot to left. When landing on the right foot, be sure to swing left foot out beyond the right-- making the drill even harder on your legs. Do this for 5-10 minutes and you’ll definitely feel the effects.

PLYOMETRIC EXERCISES: Explosion type exercises 10-15 reps

These exercise are quite difficult, and will take some time to get accustomed to. Just make sure to take things one day at a time. There is no reason to rush into an advanced routine if you haven’t built the proper foundation. (continued on next page)
A typical plyometrics routine should last about 30-40 minutes, and can be performed a maximum of two days a week.

vertical jumps
box jumps
depth jumps (broad jump like)
side-to-side box jump

AGILITY: Agility’s are designed to increase foot speed and quickness. In addition, these exercises are high intensity and will undoubtedly increase anaerobic capacity. Agility’s are also volleyball-specific because they replicate the quick non-linear movements involved within the sport.

AGILITY LADDER: The most effective exercises include agility ladder drills, cone drills, hurdles, jump rope, and dot drills. (you can also use chalk on a driveway). They will

CONDITIONING

GOING FOR THE BLOCK: Draw a line, or some other mark, on a wall equal to the height of the net. Jump up and down quickly, with arms raised like you attempting a block at the top of the net. Do this for a couple minutes (3-5) keeping a fast pace. Now slow it down, by doing full jumps from a squatting position with your backside parallel to your knees as you attempt the next jump.

PUSH UPS: 2 sets to fatigue

SQUATS WITH BODY WEIGHT: You can use an exercise ball if you have one. Otherwise just do it stationary. Place ball behind your back and squat 2X15, making sure your feet are far enough out so your knees don’t go past your feet

WALKING LUNGES: 2X30

BICEPS CURLS: 2X15

TRICEPS KICK BACKS: 2X15 each arm

BAND WORK: Rotator cuff, Rowing, Curls

AB WORK: Choose 2 (vary them)
- Crunches: 2X30
- Stability ball crunches: 2X30
- Roman twists with a ball: 2X25
- Planks: 2X30 seconds working up to 2X1 minute