



# Summer Volleyball Training



**2018**

## Summer Volleyball Workouts

Jump rope variations

Regular, alternate, boxer, jumping jacks, scissors, bells, skiers, high knees, high jumps

### Week 1

Day 1 **warmup** – 250 jump ropes (switch patterns every 30-50)

#### **Plyo and strength drills**

2 sets of 8 - Single leg cone hops – forward and backward, stick each landing

2 sets of 4 ea leg - Single leg medial 90 cone hops – stick the landing

2 sets of 4 ea leg - Single leg lateral 90 cone hops – stick the landing

2 sets of 30 sec wall sit

2 sets of 8 ea forward, backward, and lateral lunges

2 sets of 8 pushups

2 sets of 6 burpees

2 sets of 20 mountain climbers

2 sets of amap pull-ups

2 sets of amap hanging rows or band rows

Day 2 **warmup** – 25 yards each 2 x's

Jog, skip w/arm circles, skip w/ arms crossed, high knees, forward slide, backward slide, slide, carioca, backpedal, backward skip

**Quick feet drills:** Drills last for five seconds. You go as fast as possible on each drill. Perform each drill two times with a 20 – 30 second rest in between.

Line drill – Front/back

Lateral

Scissor

Single leg front back

Single leg lateral

10 yd – Slide

Carioca

Forward / backpedal

#### **Strength Training**

2 sets of 8 overhead squats (10 – 20 lbs)

2 sets of 8 single leg reach and touch

2 sets of 8 straight leg single leg deadlift

2 sets of 30 sec each – elbow plank, back plank, side plank

2 sets of 12 ea YTWL

2 sets of ankle bands <http://www.youtube.com/watch?v=zWy57JDjico>

## Week 2

Day 1 **warmup** – 300 jump ropes (switch patterns every 30-50)

### **Plyo and strength drills**

3 sets of 8 - Single leg cone hops – forward and backward, stick each landing

3 sets of 4 ea leg - Single leg medial 90 cone hops – stick the landing

3 sets of 4 ea leg - Single leg lateral 90 cone hops – stick the landing

2 sets of 45 sec wall sit

3 sets of 8 ea forward, backward, and lateral lunges

2 sets of 10 pushups

2 sets of amap pull-ups

2 sets of amap hanging rows or band rows

Day 2 **warmup** – 25 yards each 2 x's

Jog, skip w/arm circles, skip w/ arms crossed, high knees, forward slide, backward slide, slide, carioca, backpedal, backward skip

**Quick feet drills:** Drills last for five seconds. You go as fast as possible on each drill. Perform each drill two times with a 20 – 30 second rest in between.

Line drill – Front/back

Lateral

Scissor

Single leg front back

Single leg lateral

10 yd – Slide

Carioca

Forward / backpedal

### **Strength Training**

3 sets of 8 overhead squats (10 – 20 lbs)

3 sets of 8 single leg reach and touch

3 sets of 8 straight leg single leg deadlift

2 sets of 30 sec each – elbow plank, back plank, side plank

3 sets of 12 ea YTWL

2 sets of ankle bands

### Week 3

Day 1 **warmup** – 350 jump ropes (switch patterns every 30-50)

#### **Plyo and strength drills**

3 sets of 8 - Single leg cone hops – forward and backward, stick each landing

3 sets of 4 ea leg - Single leg medial 90 cone hops – stick the landing

3 sets of 4 ea leg - Single leg lateral 90 cone hops – stick the landing

2 sets of 30 second lateral cone hops

2 sets of 45 sec wall sit

3 sets of 8 ea forward, backward, and lateral lunges (add weight)

2 sets of 12 pushups

2 sets of amap pull-ups

2 sets of amap hanging rows or band rows

2 sets of five core wheel

2 sets of 20 bird dogs

1 set of 20 hip lifts

Day 2 **warmup** – 25 yards each 2 x's

Jog, skip, skip w/ arms crossed, high knees, forward slide, backward slide, slide, carioca, backpedal, backward skip, forward into backpedal

**Quick feet drills:** Drills last for five seconds. You go as fast as possible on each drill. Perform each drill two times with a 20 – 30 second rest in between.

Line drill – Front/back

Lateral

Scissor

Single leg front back

Single leg lateral

10 yd – Slide

Carioca

Forward / backpedal

#### **Strength Training**

3 sets of 10 overhead squats (10 – 20 lbs)

3 sets of 8 single leg reach and touch

3 sets of 8 ea straight leg single leg deadlift

2 sets of 30 sec each – elbow plank, back plank, side plank

2 sets of 12 McGill curlup [www.youtube.com/watch?v=PTzpLIF1EHw](http://www.youtube.com/watch?v=PTzpLIF1EHw)

3 sets of 12 ea YTWL

2 sets of ankle bands

## Week 4

Day 1 **warmup** – 400 jump ropes (switch patterns every 30-50)

### **Plyo and strength drills**

- 3 sets of 5 - Single leg cone hops – set up cones, hop five in a row
- 3 sets of 4 ea leg - Single leg medial 90 cone hops – stick the landing
- 3 sets of 4 ea leg - Single leg lateral 90 cone hops – stick the landing
- 2 sets of 30 second lateral cone hops
- 2 sets of 60 sec wall sit
- 3 sets of 8 ea forward, backward, and lateral lunges (add weight)
- 2 sets of 15 pushups
- 2 sets of amap pull-ups
- 2 sets of amap hanging rows or band rows
- 2 sets of six core wheel
- 2 sets of 20 bird dogs
- 1 set of 25 hip lifts

Day 2 **warmup** – 25 yards each 2 x's

Jog, skip w/arm circles, skip w/ arms crossed, high knees, forward slide, backward slide, slide, carioca, backpedal, backward skip

**Quick feet drills:** Drills last for five seconds. You go as fast as possible on each drill. Perform each drill two times with a 20 – 30 second rest in between.

Line drill – Front/back

Lateral

Scissor

Single leg front back

Single leg lateral

10 yd – Slide

Carioca

Forward / backpedal

### **Strength Training**

- 3 sets of 10 overhead squats (add weight)
- 3 sets of 5 single leg reach and touch (set up 5 cones in an arc, reach and touch all five w/ea foot)
- 3 sets of 8 ea straight leg single leg deadlift (add weight)
- 2 sets of 30 sec each – elbow plank, back plank, side plank
- 3 sets of 12 McGill curlup
- 3 sets of 12 ea YTWL
- 2 sets of ankle bands

## **Week 5 – Recovery week (preferably Wednesday)**

Day 1 warmup – 200 jumps

### **Plyo and strength drills**

- 1 set of 8 - Single leg cone hops – forward and backward, stick each landing
- 1 set of 4 ea leg - Single leg medial 90 cone hops – stick the landing
- 1 set of 4 ea leg - Single leg lateral 90 cone hops – stick the landing
- 1 set of 30 sec wall sit
- 1 set of 8 ea forward, backward, and lateral lunges
- 1 set of 12 pushups
- 1 set of amap pull-ups
- 1 set of amap hanging rows or band rows

## **Week 6**

Day 1 **warmup** – 240 jump ropes (go through each pattern for 30 jumps as quickly as possible, rest 20 seconds and move to the next pattern)

### **Plyo and strength drills**

- 1 sets of 6 - Single leg cone hops – set up cones, hop 6 in a row
- 1 sets of 4 ea leg - Single leg medial 90 cone hops – stick the landing
- 1 sets of 4 ea leg - Single leg lateral 90 cone hops – stick the landing
- 2 sets of 6 Heidens
- 2 sets of 6 lunge jumps
- 2 sets of 6 squat jumps
- 1 set of 60 sec wall sit
- 3 sets of 8 ea forward, backward, and lateral lunges (add weight)
- 3 sets of 12 pushups
- 2 sets of amap pull-ups
- 2 sets of amap hanging rows or band rows
- 1 set of 8 ea single leg v ups
- 2 sets of seven core wheel
- 3 sets of 20 bird dogs
- 1 set of 25 hip lifts

Day 2 **warmup** – 25 yards each 2 x's

Jog, skip w/arm circles, skip w/ arms crossed, high knees, forward slide, backward slide, slide, carioca, backpedal, backward skip, forward into backpedal

**Quick feet drills:** Drills last for five seconds. You go as fast as possible on each drill. Perform each drill two times with a 20 – 30 second rest in between.

Line drill – Front/back

Lateral

Scissor

Single leg front back

Single leg lateral

T – drill – 3 x's each with 30 seconds rest

Pro agility – 3 times with 30 second rest

### **Plyo and Strength Training**

2 sets of 5 leap frogs

2 sets of 6 bench jumps

2 sets of 15 calf pops

2 sets of 10 squat to press (add weight)

1 sets of 5 single leg reach and touch (set up 5 cones in an arc, reach and touch all five w/ea foot)

2 sets of 6 single leg squats

3 sets of 8 ea straight leg single leg deadlift (add weight)

2 sets of 30 sec each –plank, back plank, side plank (arms extended)

2 sets of 10 back extensions

3 sets of 12 McGill curlup

3 sets of 8 ea YTWL (add very light weight)

2 sets of ankle bands

### **Week 7**

Day 1 **warmup** – 240 jump ropes (go through each pattern for 30 jumps as quickly as possible, rest 20 seconds and move to the next pattern)

### **Plyo and strength drills**

1 sets of 6 - Single leg cone hops – set up cones, hop 6 in a row

1 sets of 4 ea leg - Single leg medial 90 cone hops – stick the landing

1 sets of 4 ea leg - Single leg lateral 90 cone hops – stick the landing

2 sets of 6 Heidens

2 sets of 8 lunge jumps

2 sets of 8 squat jumps

1 set of 60 sec wall sit

3 sets of 8 ea forward, backward, and lateral lunges (add weight)

3 sets of 15 pushups

- 2 sets of amap pull-ups
- 2 sets of amap hanging rows or band rows
- 2 set of 10 ea single leg v ups
- 2 sets of eight core wheel
- 3 sets of 20 bird dogs
- 2 set of 25 hip lifts

Day 2 **warmup** – 25 yards each 2 x's

Jog, skip w/arm circles, skip w/ arms crossed, high knees, forward slide, backward slide, slide, carioca, backpedal, backward skip, forward into backpedal

**Quick feet drills:** Drills last for five seconds. You go as fast as possible on each drill. Perform each drill two times with a 20 – 30 second rest in between.

Line drill – Front/back

Lateral

Scissor

Single leg front back

Single leg lateral

T – drill – 4 x's each with 30 seconds rest

Pro agility – 4 times with 30 second rest

**Plyo and Strength Training**

2 sets of 5 leap frogs

2 sets of 8 bench jumps

2 sets of 20 calf pops

3 sets of 10 squat to press (add weight)

1 sets of 5 single leg reach and touch (set up 5 cones in an arc, reach and touch all five w/ea foot)

2 sets of 8 single leg squats

3 sets of 8 ea straight leg single leg deadlift (add weight)

2 sets of 30 sec each –plank, back plank, side plank (arms extended)

2 sets of 15 back extensions

3 sets of 12 McGill curlup

3 sets of 8 ea YTWL (add very light weight)

2 sets of ankle bands



## **Week 8 - 9**

Day 1 **warmup** – 240 jump ropes (go through each pattern for 30 jumps as quickly as possible, rest 20 seconds and move to the next pattern)

### **Plyo and strength drills**

- 1 sets of 6 - Single leg cone hops – set up cones, hop 6 in a row
- 1 sets of 4 ea leg - Single leg medial 90 cone hops – stick the landing
- 1 sets of 4 ea leg - Single leg lateral 90 cone hops – stick the landing
- 3 sets of 6 Heidens
- 3 sets of 8 lunge jumps
- 3 sets of 8 squat jumps
- 1 set of 60 sec wall sit
- 3 sets of 8 ea forward, backward, and lateral lunges (add weight)
- 3 sets of 15 pushups
- 2 sets of amap pull-ups
- 2 sets of amap hanging rows or band rows
- 2 sets of nine core wheel
- 3 sets of 20 bird dogs
- 2 set of 25 hip lifts

Day 2 **warmup** – 25 yards each 2 x's

Jog, skip w/arm circles, skip w/ arms crossed, high knees, forward slide, backward slide, slide, carioca, backpedal, backward skip, forward into backpedal

**Quick feet drills:** Drills last for five seconds. You go as fast as possible on each drill. Perform each drill two times with a 20 – 30 second rest in between.

Line drill – Front/back

Lateral

Scissor

Single leg front back

Single leg lateral

Box drill – 4 x's each with 30 seconds rest

Pro agility – 4 times with 30 second rest (2 times slide, 2 times carioca)

### **Plyo and Strength Training**

- 3 sets of 5 leap frogs
- 3 sets of 6 bench jumps
- 2 sets of 30 calf pops
- 4 sets of 8 squat to press (add weight)
- 2 sets of 15 ea single calf raises (do on stairs)
- 1 sets of 5 single leg reach and touch (set up 5 cones in an arc, reach and touch all five w/ea foot)
- 3 sets of 8 single leg squats

- 3 sets of 8 ea straight leg single leg deadlift (add weight)
- 2 sets of 30 sec each –plank, back plank, side plank (arms extended)
- 2 sets of 20 back extensions
- 3 sets of 12 McGill curlup
- 3 sets of 10 ea YTWL (add very light weight)
- 2 sets of ankle bands

### **Week 10 -Recovery week**

Day 1 warmup – 200 jumps

#### **Plyo and strength drills**

- 1 set of 8 - Single leg cone hops – forward and backward, stick each landing
- 1 set of 4 ea leg - Single leg medial 90 cone hops – stick the landing
- 1 set of 4 ea leg - Single leg lateral 90 cone hops – stick the landing
- 1 sets of 30 sec wall sit
- 1 sets of 8 ea forward, backward, and lateral lunges
- 1 sets of 12 pushups
- 1 sets of amap pull-ups
- 1sets of amap hanging rows or band rows

Questions – email me at [jsoemer@friendshipchristian.net](mailto:jsoemer@friendshipchristian.net)

Youtube - most exercises are on youtube

Exrx.net or magazine.stack.com