

# VOLLEYBALL ATHLETES

## STRENGTH/CONDITIONING WORK OUT

Listed below is a simple workout schedule that anyone can do anywhere, at home, at a school gym, or a public gym. As you become familiar to each workout you can increase weight and number of sets as you move towards the next level of competition.

### Monday

Morning workout-Sand workout (running if no sand) -weight workout- evening workout

### Tuesday

Morning workout-medicine ball workout- pool workout-evening workout

### Wednesday

Morning workout-running workout-weight workout-evening workout

### Thursday

Morning workout-medicine ball workout-pool workout-evening workout

### Friday

Morning workout-Sand workout (running if no sand)-weight workout-evening workout

### Saturday

Morning workout-evening workout

### Sunday

Day to rest

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## MORNING AND EVENING WORKOUTS

DO EVERY MORNING WHEN YOU GET UP AND IN THE EVENING JUST BEFORE BED

Stretch – sit and stretch legs, lower back, shoulders 2-3 minutes

### START UP

Jump rope - 10 both 5 right 5 left 10 both 5 right 5 left 10 both  
You really do not need a jump rope just do the jumps on the balls of your feet.  
DO 2 SETS and REST 15 seconds between sets.

### UPPER BODY

10 Push ups – 20 crunches – 5 push ups – 20 crunches  
DO 2 SETS and REST 15 seconds between sets.

### LOWER BODY

Lie down on back with hands under your bottom.  
Raise legs 6 inches above floor keeping legs straight and toes pointed towards your head.  
Spread legs out for 10 times and then roll to left side.  
Lift leg as high as you can for 10 times and then roll to right side.  
Lift leg as high as you can for 10 times and then return to back.  
This is 1 SET. Do 2 SETS and REST 15 seconds between sets.

# **BALL HANDLING**

DO ONCE A DAY

Stand facing the wall about 12 inches away. Set ball against the wall 50 times.  
Do 3 sets and REST 15 seconds between sets.

Sit with back against the wall and elbows on knees and set ball to the floor 50 times.  
Do 3 sets and REST 15 seconds between sets.

Get on knees facing the wall about 3 feet away and pass ball against the wall 20 times. Do 3 sets and REST 15 seconds between sets.

Get on knees facing the wall about 3 feet away and set ball against the wall 20 times. Do 3 sets and REST 15 seconds between sets.

Stand facing the wall about 3 feet away and pass ball against the wall 20 times. Do 3 sets and REST 15 seconds between sets.

Stand facing the wall about 3 feet away and set ball against the wall 20 times. Do 3 sets and REST 15 seconds between sets.

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# **MEDICINE BALL WORKOUT**

If you don't have a medicine ball then use an old back pack and put some heavy books in it up to about 10-12 lbs.

Warm up – 50 jumping jacks 25 squat thrusts

Sit flat with legs spread wide and touch ball on right side/then mid/side then left side then mid side then right side. This counts as 1. Do 20 then rest for 20 seconds. Repeat 2 more times.

Lay on back with legs straight up in the air. Touch opposite hand to opposite toe 20 times then rest for 20 seconds. Repeat 2 more times.

Half lay back with knees bent and feet not touching the floor. Touch medicine ball side to side 20 times then rest for 20 seconds. Repeat 2 more times.

Stand with arms out front and elbows at your side with palms facing down. Do a slow high step-in-place jog bringing knees up to your palms for 3 minutes. Rest for 20 seconds. Then same for 2 minutes. Rest for 20 seconds. Then same for 1 minute.

Stretch down.

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## **POOL WORKOUT**

You should be standing in water at mid-chest in depth. PLEASE WEAR A ONE-PIECE SUIT OR AT LEAST A T-SHIRT TUCKED IN REAL GOOD.

Start with jump rope motion of 20-10-10-20-5-5-10-5-5-20. Next do 10 jumping jacks. Next stand still, drop down and touch the bottom with your fingers and then jump upward swinging your arms in a blocking motion. As soon as your feet hit the bottom drop down again immediately. Jump 5 times. This equals 1 set.

Do 5 sets and one set equals jump rope, jumping jacks, and 5 jumps with 30 seconds rest between.

Rest for 3 minutes.

Next go to water just below your shoulders while in a blocking position. Start with the 3 step crossover to your left holding your hands at head high. At the 3<sup>rd</sup> step drop down to touch the bottom and then jump in a blocking motion. When you come back down you will do the 3 step crossover to your right and then jump again.

Do 5 sets and one set equals 3 times to the left and 3 times to the right with 30 seconds rest between.

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## **SAND WORKOUT**

Run about 3-4 minutes at a medium jog pace around the sand courts.

Stretch legs, arms, and shoulders for about 3 minutes.

Do a medium jog with high knees for 20 yards (length of volleyball court). Rest for 10 seconds. This is 1 set. Do 3 sets.

Stand with feet just under shoulders. Swing arms and broad jump as far as you can. As soon as you land, jump and swing arms again. Go 20 yards. Rest for 10 seconds. This is 1 set. Do 3 sets.

Karaoke for 20 yards with arms straight out to the side. Rest for 10 seconds. This is 1 set. Do 3 sets.

Do 10 approach jumps.

Put a mark in the sand every 5 yards. Run to each mark and back just like you would run lines in the gym. Do 3 sets with 10 seconds rest in between.

This next step is without stopping until the end. Start with a fast sprint for 20 yards, turn and medium jog for 10 yards, turn and do high knee steps for 10 yards, turn and fast sprint for 20 yards. Rest for 30 seconds. Do 4 sets.

Do 10 approach jumps.

Stretch and cool down.

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## **RUNNING WORKOUT**

If you can get to a field or a football field with yard markers that would be great otherwise just estimate the correct distance.

Do a slow to medium jog out 20 yards and back for 6 trips or if you are at a football field do 1 full lap.

Stretch legs and arms.

Hold palms out with elbows tucked in to your body and do high knee steps touching your palms for 20 yards. Work on a steady pace of consistency of hitting your palms on every step. Rest 10 seconds. Do 4 sets.

Karaoke for 20 yards with arms straight out to the side. Work on keeping knees high. Rest for 10 seconds. This is 1 set. Do 4 sets.

This next step is without stopping until the end. Start with a fast sprint for 20 yards, turn and medium jog for 10 yards, turn and do high knee steps for 10 yards, turn and fast sprint for 20 yards. Rest for 30 seconds. Do 4 sets

Jog for 20 yards. Do 10 jumping jacks. Rest for 10 seconds. This is 1 set. Do 6 sets.

Sprint for 20 yards. Do 5 pushups. Rest for 10 seconds. This is 1 set. Do 6 sets.

Cool down with a slow walk back and forth for 20 yards 6 times.

Stretch down.

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## **WEIGHT ROOM WORKOUT**

Try to arrange your circuit alternating upper body then lower body. Do 3 sets of 8 at 85% for the first 3 weeks then 3 sets of 10 at 70% for the last 3 weeks.

Upper body should consist of:

- Bench Press

- Lateral pull down

- Tricep extensions

- Bicep curls on dumb bells

- Military press or dumb bell press (take dumb bell in one hand and hold just below knee cap of same side of body-lift quickly using legs and arms and hold for about a second and return down)

Lower body should consist of:

- Leg press

- Leg extensions

- Hamstring curls

- Calf raises

- Hip flexors