Volleyball Sample Off-Season

DB = Dumbbell OH = Over Head
SB = Swiss ball MB = Medicine Ball
BB = Barbell CM = Counter Movement

Lower Body Power; Leg Strength

Program Variables				Sets & Reps					Weight	Rest	Comments
Day	Type	Order	Exercise	1st	2nd	3rd	4th	5th			
1	**WU**		bike, treadmill, rower, etc.	5-10 mins							
	Tissue		Foam Roller								
	Movement	1	Knee hug, lunge, pigeon pose, side squat								
		2	Pillar Rotations	10each							
		3	Leg Swings: Linear + Lateral	10each							
		4	Dowel Shoulder Rotations	10							Use towel if dowel not available
	Activation	1	Front Plank	30s							
		2	Side Plank	30s							
		3	Glute Plank (hold)	35s+							
		4	Clam Shells	12each							
	Power/	1	2" Runs	8s							
	SAQ/	2A	Hang Cleans	5	5	5	5	5	80-90%1RM	45s	Drive with hips
	Strength	2B	Drop Down Lateral Block Move w/ Block	3each	3each	3each	3each	3each	Small Box		
		2C	SB Reverse Crunch	15	15	15	15	15		2-3 mins	
		3A	DB Swings	6	6	6	6		40lb+ DB		
		3B	Sit to Jump over Hurdle	6	6	6	6				Use shoulder to lift DB
		3C	Pigeon Stretch	30s	30s	30s	30s			1min	
		4A	Deadlifts (w/ trap bar if available) **HEAVY**	6	6	6	6		85-90% 1RM		
		4B	Front Squat w/ Clean Grip (light weight)	10	10	10	10		40-50% 1RM		
		4C	Cross body Glute Stretch	30s	30s	30s	30s			1min	
	Recovery		Foam Roller								
			Stretch								

Rotational Power; Shoulders

Program Variables				Sets & Reps					Weight	Rest	Comments
Day	Type	Order	Exercise	1st	2nd	3rd	4th	5th			
2	**WU**		bike, treadmill, rower, etc.	5-10 mins							
	Tissue		Foam Roller								
	Movement	1	Knee hug, lunge, pigeon pose, side squat								
		2	Pillar Rotations	10each							
		3	Leg Swings: Linear + Lateral	10each							
		4	Dowel Shoulder Rotations	10							Use towel if dowel not available
	Activation	1	SB Rollouts	10							
		2	Front Plank Rotations	8each							
		3	Sng. Leg Glute Lifts	10each							
	Power	1A	OH MB Rapid Response	20	20	20	20		8-10kg MB		Against wall
		1B	Split Stance MB Torso Toss	8each	8each	8each	8each		8-10kg MB		
		1C	Internal/External Shoulder Rotation	8each	8each	8each	8each		low resistance	1 min	
	Condition	***	3m Line Touch	30s	30s	30s	30s				
		2A	Arnorld Shoulder Press **HEAVY**	6	6	6	6				
		2B	Renegade Twisters	8each	8each	8each	8each		20lb+		Drive using core
		2C	Side Plank	35s	35s	35s	35s			1 min	
	Condition	***	Treadmill Sprints: 10s on: 20s off: 10x: @ 12mph								
		3A	DB Shoulder Drop Decelerations	8each	8each	8each	8each		8-12lb DB		
		3B	Bentover Ts	8	8	8	8		12lb+ DB		
		3C	Turkish Get Ups (alternate shoulders)	8	8	8	8		10-25lb DB	1 min	
	Recovery		Foam Roller								
			Stretch								

Plyometrics; Glutes

Program Variables				Sets & Reps					Weight	Rest	Comments
Day	Type	Order	Exercise	1st	2nd	3rd	4th	5th			
3	**WU**		bike, treadmill, rower, etc.	5-10 mins							
	Tissue		Foam Roller								
	Movement	1	Knee hug, lunge, pigeon pose, side squat								
		2	Pillar Rotations	10each							
		3	Leg Swings: Linear + Lateral	10each							
		4	Dowel Shoulder Rotations	10							Use towel if dowel not available
	Activation	1	Dead Bug	10each							
		2	Push-up Plank w/ Elbow-Knee Touch	10each							
		3	Glute Bridge Marching	10each							
		4	Supine Rotational Stretch	10each							
	Power/	1A	2" Runs	8s	5s	5s	5s	5s			
	SAQ	1B	BB Push Press	6	6	6	6	6	80-90% 1RM		
		1C	CM Block Jumps	6	6	6	6	6		2-3 mins	
		2A	Med. Glute Leg Raises	10each	10each	10each	10each				Raise leg heel first, not toe
		2B	Depth Jumps (small box to high box)	8	8	8	8				
		2C	Supine Straight Leg Lowers	12	12	12	12			1min	
		3A	Single Leg Dead Lifts	6each	6each	6each	6each		85-90% 1RM		
		3B	Full Spike Approach w/ Max Jump	6	6	6	6				
		3C	Windshield Wipers	16	16	16	16			1min	Keep legs 90deg torso
	Recovery		Foam Roller								
			Stretch								

Upper Body Power; Upper Body Strength

Program Variables				Sets & Reps					Weight	Rest	Comments
Day	Type	Order	Exercise	1st	2nd	3rd	4th	5th			
4	**WU**		bike, treadmill, rower, etc.	5-10 mins							
	Tissue		Foam Roller								
	Movement	1	Knee hug, lunge, pigeon pose, side squat								
		2	Pillar Rotations	10each							
		3	Leg Swings: Linear + Lateral	10each							
		4	Dowel Shoulder Rotations	10							Use towel if dowel not available
	Activation	1	3 Point Plank	12							Slow and controlled movements
		2	Side Plank	25s+							
		3	Glute Bridge Pulses	12							
		4	Wall March w/ 2s Hold	10each							
	Power/	1A	MB Chest Pass Rapid Response	20	20	20	20		8-10kg MB		Against the wall
	SAQ/	1B	OH MB Slam	8	8	8	8		8-10kg MB		
	Strength	1C	1/2 Kneeling Lat Pull Down	6each	6each	6each	6each		75% 1RM	1 min	Maintain proper posture in torso
		2A	Bench Press **HEAVY**	6	6	6	6		80-90% 1RM		
		2B	DB Single Arm Row	8each	8each	8each	8each		30lb+ DB		
		2C	Hanging Reverse Crunch	10	10	10	10			1 min	
		3A	DB Inclined Pec Flys	8	8	8	8		20lb+ DB		
		3B	Bent Over Ws	6	6	6	6		10-12lb DB		
		3C	Thread the Needle	8each	8each	8each	8each			1 min	
	Recovery		Foam Roller								
			Stretch								