



Volleyball Strength & Conditioning

Beginner Strength & Conditioning (15-20 minutes)

Squat Jumps	2 sets	10 reps	Focus on getting a low squat, proper landing technique, & knee positioning
Lateral Line Jumps	2 sets	30 sec.	Quick feet; Center weight over line
Front/Back Line Jumps	2 sets	30 sec.	Quick feet; Center weight over line
Single-leg Bridges	2 sets	10 reps each leg	Keep foot in line with hip
Plank	2 sets	1 min.	Body in a straight line
Downward Dog Push-ups	2 sets	10 reps	From the downward dog yoga position do push-ups lowering your head closer to the ground
Russian Twists	2 sets	50 reps total	Legs & torso make a V; Rotate upper body side to side
Superman	2 sets	20 reps total	Lying prone, raise opposite arm & leg; Hold for 3 sec.

Intermediate Strength & Conditioning (25-30 minutes)

Push-ups	3 sets	8-12 reps	No bouncing; Full push-up; Modified = On knees
Lateral Lunges	3 sets	20 reps total	Keep knee in line with toes; Butt back
Squat Jumps	3 sets	10 reps	<i>Description Above</i>
Split Squat Jumps	3 sets	16 reps total	Lunge, then jump in air and switch legs; Lunge again and repeat
Flutter Kicks	3 sets	45 sec.	Lie supine, raise legs several inches from ground; Alternate legs up and down, slowly and controlled
Russian Twists	3 sets	50 reps	<i>Description Above</i>



Downward Dog Push-ups	3 sets	10 reps	<i>Description Above</i>
T-roll Push-ups	3 sets	10-12 reps	Do a push-up, then roll to one side pivoting on foot; Repeat and roll to other side

Advanced Strength & Conditioning (25-30 minutes)

Plank to Push-up	3 sets	45 sec.	Begin in plank position on elbows; Transition to plank on hands one at a time, then back to elbows
Lateral Line Jumps	3 sets	30 sec.	<i>Description Above</i>
Front/Back Line Jumps	3 sets	30 sec.	<i>Description Above</i>
Flutter Kicks	3 sets	45 sec.	<i>Description Above</i>
Russian Twists	3 sets	50 reps	<i>Description Above</i>
Downward Dog Push-ups	3 sets	12 reps	<i>Description Above</i>
Superman	3 sets	20 reps	<i>Description Above</i>
Squat Jumps	3 sets	12 reps	<i>Description Above</i>