



Volleyball Strength & Conditioning

Volleyball Specific Warm-Up (Choose 4-6 exercises + hitting approaches, transition and/or blocking footwork, sprawls, etc. for a 10 minute warm-up)

Side Shuffle	20 reps each direction	Knees bent, hips bent
Push-ups	10-12 reps	No bouncing; Full push-ups; Modified = on knees
Lateral Lunges	10 reps each leg	Keep knee in line with toes; butt back
Oblique Crunches	20 reps each side	Feet in air, knees bent; Avoid pulling neck; Look towards ceiling not legs
Lunges	10 reps each leg	Front knee should not extend past toes; Back knee should be 2-3 inches from ground
Plank	30 sec. hold	Body should be held in a straight line
Russian Twists	30 reps total	Legs & torso make a V; Rotate upper body side to side
Bicycle Crunches	30 reps total	Lie supine with hands behind head; Touch elbow to opposite knee and extend other leg straight out, then alternate
Squat Jumps	10 reps	Focus on getting a low squat, proper landing technique, & knee positioning
Squats	15 reps	Try to get thighs parallel to the ground; Keep knees in line with toes; Avoid knees extending past toes
Side Planks	30 sec. each side	Stack feet one on top of the other; Keep shoulders in line; Lift hips
Speed Skaters	20 reps total	Keep weight on 1 foot, then hop to other foot; Tap foot without weight behind foot being balanced on
Leg Raises	15 reps	Lying supine with legs in air, lower legs slowly stopping inches from ground repeat

