

Women Volleyball Team Summer Workout

Each player will be responsible for the following objectives and must be able to complete upon return to the Fall Semester. Upon return, a series test will be conducted for each player by Coach. Failure to complete each test, will impact the team. If do not know how to perform a movement, please ask teammate or look online.

1. Before every workout, Dynamic Warm-Up & after work out a 5-10-minute cool down
2. Static stretching and foam rolling on Active Rest Day
3. 1RM on Bench, Squats, and Deadlifts
4. Successfully perform 10 tennis ball drops in front of Coach
5. Be able to complete 7 minutes of Heaven (ab circuit) 3x for 30 seconds non-stop
6. For evert SAQ days, Tennis ball drop and Sprints are required for every session and select 2 different drills.
7. Must complete 5 workouts every week (6th workout is optional)
8. Download Nike Training Club App

Phase I

Week 1-3 (5/20 - 6/9)

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Upper body (push)	SAQ Abs	Legs	Upper Body (Pull)	SAQ Abs	Optional workout (NTC)	Active Rest

Week 4-6 (6/10 – 6/30)

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Upper Body (push) Abs	SAQ	Legs Abs	SAQ	Upper Body (Pull) Ab Circuit	Optional workout (NTC)	Active Rest

Phase II

Week 7-9 (7/1 - 7/21)

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Upper body (Pull) SAQ	Core Ab Circuit	Upper Body (push) SAQ	Core AB Circuit	Legs SAQ	Optional Workout (NTC)	Active Rest

Week 10-12 (7/22 – 8/11)

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<ul style="list-style-type: none"> • SAQ • Legs • Ab Circuit 	Recovery stretch & foam roller	<ul style="list-style-type: none"> • SAQ • Upper (Pull) • Ab Circuit 	Recovery stretch & foam roller	<ul style="list-style-type: none"> • SAQ • Upper (push) • AB Circuit 	Active Rest	Active Rest

Phase 1

Hypertrophy (week 1 – 6)

Plyometric

Movement	Sets	Reps	Recovery (seconds) between sets
Burpees	3	10 – 12	90
Squat jumps	3	10 – 12	90
Tuck Jumps	3	10 – 12	90

Upper body Push

Movement	Sets	Reps	Recovery (seconds) between sets
Flat dumbbell press	3	8 – 10	60
Dips	3	4 – 6	60
Cable Crossovers (low/high)	3	8 – 10	60
Skull Crushers	3	5 - 10	60
Curve Bar tricep extension	3	8 – 10	60
Push-ups (optional bosu ball)	3	5 - 10	60

Abs

Circuit (Repeat twice)

Crunches	15s
Reg. Planks	15s
Bicycles	15s
Alternate Leg Planks	15s
Scissors	15s
Alternate Arm Planks	15s
Scoops	15s

Ploys

Movement	Sets	Reps	Recovery (seconds) between sets
Box jumps	3	10 – 12	90s
Single Stair hops	3	1 flight of stairs (half on both legs)	90s
Depth Jump	3	10 – 12	90s

Legs

Movement	Sets	Reps	Recovery (seconds) between sets
Squats	3	8 – 10	60
Calf Raises (seated & Standing)	3	8 – 10	60
Pistol Squats	3	5 - 10	60
Abductor/adductor Machine	3	8 – 10	60
Leg Curls	3	8 – 10	60
Leg Extension	3	8 – 10	60
Bosu ball Squats	3	8 – 10	60

Abs (w/ resistance)

Movement	Sets	Reps	Recovery (seconds) between sets
Russian Twist	3	10 – 15	45
Mountain Climbers (optional TRX straps)	3	10 – 15	45
Seated torso rotation	3	8 – 12	45
Swiss Ball V-Up	3	8 - 12	45

Ploys (use 5 hurdles)

Movement	Sets	Recovery (seconds) between sets
Jump & pause	3	45
Jump Continuously	3	45
Quick jumps	3	45
Lateral Jumps	3	45
Single leg lateral jumps	3	45

Upper body (pull)

Movement	Sets	Reps	Recovery (seconds) between sets
Deadlift	3	8 – 10	60
Shoulder Press	3	8 – 10	60
Shrugs	3	8 – 10	60
Lat Pull Downs	3	8 - 10	60
Reverse Flies	3	8 – 10	60
Bicep Curls Curve Bar	3	8 – 10	60
Single arm dumbbell curl	3	8 – 10	60
Ropes	3	10 – 15 seconds (small/big ropes)	60

Abs (with resistance)

Movement	Sets	Reps	Recovery (seconds) between sets
Sit ups	4	8 – 12	45
Superman	4	8 – 12	45
Single leg hip thrust	4	8 – 12	45
Lower back extensions	4	8 - 12	45

Phase 2

Strength Building (Week 7 – 12)

Upper body Push

Movement	Sets	Reps	Recovery (seconds) between sets
Bench	3	4 – 6	90
Dips	3	4 – 6	90
Front Flies	3	6 – 10	90
Dumbbell pullover	3	5 - 10	90
Flat dumbbell press	3	4 – 8	90
Curve Bar tricep extension	3	4 – 8	90
Push-ups (optional bosu ball)	3	failure	90

Abs

Circuit (Repeat twice – three)

Crunches	30s
Reg. Planks	30s
Bicycles	30s
Alternate Leg Planks	30s
Scissors	30s
Alternate Arm Planks	30s
Scoops	30s

Ploys

Movement	Sets	Reps	Recovery (seconds) between sets
Burpees	3	10 – 12	90
Squat jumps	3	10 – 12	90
Tuck Jumps	3	10 – 12	90
High Knee Skips	3	10 – 12	90

Lower body

Movement	Sets	Reps	Recovery (seconds) between sets
Squats	3	4 – 6	120
Calf Raises (seated & Standing)	3	4 – 8	120
Pistol Squats	3	8 - 10	120
Abductor/adductor Machine	3	4 – 8	120
Leg Curls	3	4 – 8	120
Leg Extension	3	4 – 8	120
Bosu ball Squats	3	8 – 10	120

Abs

Movement	Sets	Reps	Recovery (seconds) between sets
Russian Twist (w/ weight ball)	3	15 – 20	90
Mountain Climbers (optional TRX straps)	3	15 – 20	90
Seated torso rotation	3	8 – 12	90
Swiss Ball V-Up	3	8 - 12	90

Ploys

Movement	Sets	Reps	Recovery (seconds) between sets
Box jumps	3	10	120
Stair hops	3	2 flights of stairs	120
Depth Jump	3	10	120

Upper body (pull)

Movement	Sets	Reps	Recovery (seconds) between sets
Deadlift	3	4 – 6	120
Shoulder press	3	4 – 6	120
Shrugs	3	4 – 6	120
Lat Pull Downs	3	4 - 8	120
Reverse Flies	3	4 – 8	120
Bicep Curls Curve bar	3	4 – 8	120
Single Arm dumbbell curl	3	4 – 8	120
Ropes	3	15 – 20 seconds (small/big ropes)	120

Abs

Movement	Sets	Reps	Recovery (seconds) between sets
Sit ups (w/ weighted ball)	4	10 – 15	90
Superman	4	10 – 15	90
Single leg hip thrust	4	10 – 15	90
Lower back extensions (w/ weighted ball)	4	10 - 15	90

Ploys (use hurdles)

Movement	Sets	Recovery (seconds) between sets
Jump & pause	3	45
Jump Continuously	3	45
Quick jumps	3	45
Lateral Jumps	3	45

Plyo (w/ hurdles)

Movement	Sets
Jump Pause	2 – 3
Continuous Jumps	2 – 3
Quick Jump	2 – 3
Lateral Jump	2 – 3
Single leg jump	2 – 3
Single leg lateral Jump	2 – 3

Plyo (no hurdles)

Movement	Sets/Reps
Tuck Jump	15 – 30
Burpees	15 – 30
Squat Jump	15 – 30
Box jump	10 – 15
Stairs Hops	1 – 2 flights of stairs
Depth Jump	10 - 15

SAQ (website <https://www.theartofcoachingvolleyball.com/agility-exercises-for-volleyball-players/>)

Movement	Sets	Reps	Recovery (seconds) between sets
Figure backpedal w/ Sprint	3	3 – 5	45 – 60
Cone Hop w/ backpedal	3	3 – 5	45 – 60
Forward Lateral backpedal	3	3 – 5	45 – 60
T Drill	3	3 – 5	45 – 60
Y drill	3	3 – 5	45 – 60
4 Square	3	3 – 5	45 – 60
Tennis Ball Drop	3	3 – 5	45 – 60
Sprint (10 (15 second hard)	45s rest

Ab Circuit (7 minutes of Heaven 2 Variation)

Crunches
Reg. Planks
Bicycles
Alternate Leg Planks
Scissors
Alternate Arm Planks
Scoops

V Ups
Spider Planks
Bicycles
Superman
Leg Drops
Arm & Leg Planks
Russian Twist