

Volleyball 5-week workout plan

Since our school year was unexpectedly cut short we thought we would provide you with some workouts that you can do in order to stay in shape. You should do each of these workouts 3 times a week. You do not have to do them in the order they are listed but you should do all of the exercises listed.

Week 1

Strength/Agilities	Individual Position
<p>Standard Push Up - 3x5 Wide Pushup - 3x5 hands out wide Tricep Dip - 3x15 use a chair or couch Arm Circles - 40 seconds in both directions Sit Ups - 3x15 Crunches - 3x15 Burpees - 3x20 Standing Squat - 3x25 Single leg Lunge - 3x15 do both legs Calf raise - 3x15 Wall sit - 45 seconds Run in place - 45 seconds Back pedal - 3x for 8 seconds Shuffle - 3x for 10 seconds Wall Jump - 3x 10 per time</p>	<p>Hitters Footwork- Right left right footwork or Left right left footwork- Jump- keep tracking hand up and make hitting hand come around. The idea is to work on armwork and footwork.</p> <p>In addition to above- you can add a pair of socks to really work on flicking your wrist. The flick of the wrist adds power to your hit.</p> <p>Setters This drill can be done in different ways. To help start with working on control of your set, try setting the ball while lying on your back. Make sure to have your knees bent. Have your hands 6 to 8 inches above your face, with your hands on the ball in the proper setting position. Your thumb and forefingers should form a triangular window. Push up through the ball. Try to set the ball over 50 times without having to move.</p> <p>Defensive Specialist (passers) Practice your passing skills with this helpful drill. Get into passing position and pass the ball straight up in the air to yourself. Keep the ball from hitting the ground. To work on maintaining control, try to keep your feet stationary. From here, move on to re-positioning your feet and moving back and forth or side to side.</p>

Week 2

Strength	Agilities
<p>Standard Pushup - 3x10 Arm Circles - 45 seconds in both directions Sit Ups - 3x20 Crunches - 3x20 Superman - 40 seconds Standing Squat - 3x30 Single leg Lunge - 3x20 do both legs Calf raise - 3x20 Wall sit - 50 seconds Run in place - 45 seconds Back pedal - 3x 10 seconds Shuffle - 3x 10 seconds Mountain climbers - 3x 12 per time. Moi Wall Jump - 3x 12 per time Step Up - 45 seconds</p>	<p>Hitters Footwork- Right left right footwork or Left right left footwork- Jump- keep tracking hand up and make hitting hand come around. The idea is to work on armwork and footwork.</p> <p>In addition to above- you can add a pair of socks to really work on flicking your wrist. The flick of the wrist adds power to your hit.</p> <p>Setters This drill can be done in different ways. To help start with working on control of your set, try setting the ball while lying on your back. Make sure to have your knees bent. Have your hands 6 to 8 inches above your face, with your hands on the ball in the proper setting position. Your thumb and forefingers should form a triangular window. Push up through the ball. Try to set the ball over 50 times without having to move.</p> <p>Defensive Specialist (passers) When you are alone, a wall can be helpful. Many people have found use in passing against a wall in their backyard, garage, and in the house. This drill allows you to get feedback on your passing control and keeps you focused on your proper passing form. As the ball comes back off of the wall, you want to try to keep the ball up every time. Set a goal before this drill starting with 5 passes in a row and keep increasing the number every time you reach it. To increase the difficulty of this drill, you can place marks on the wall with black tape and practice passing to that mark.</p>

Week 3

Strength	Agilities
<p>Standard Pushup - 3x15 Wide Pushup - 3x15 Arm Circles - 45 seconds in both directions Sit Ups - 3x25 Crunches - 3x25 Burpees - 3x25 Standing Squat - 3x30 Single leg Lunge - 3x20 do both legs Calf raise - 3x25 Wall sit - 50 seconds Run in place - 50 seconds Back pedal - 3x12 Shuffle - 3x12 Mountain climbers - 3x14 per time Wall Jumps - 3x14 Step Up - 50 seconds</p>	<p>Defensive Specialist</p> <p>Pass into a corner - With the corner in front of you and to your right, throw a ball off the wall in front of you so it rebounds back as if it were being served near or at you. Move to the ball, and pass it with - settable ball flight into the corner, as if to the setter. Get the ball and do it again.</p> <p>Tip or Spiker Coverage – Every garage seems to have a basketball hoop. What every slanted roof, above a garage or not, can be is a fun training device to practice digging the ball UP, off of a tip or - blocked spike. Alone, you just throw the ball up on the roof, then run to near the roof-line and when the ball rolls off, you play it up, as if it were a tip – or even as if you were in spiker coverage. Play it up high, so the setter would have time to move in, or so the hitter is given the time needed to back up and hit again. You can play it into a trash can – the setter, and give yourself points for each ball canned.</p>

Week 4

Strength	Agilities
<p>Standard Pushup - 3x20</p> <p>Tricep Dip - 3x25</p> <p>Arm Circles - 50 seconds in both directions</p> <p>Sit Ups - 3x30</p> <p>Crunches - 3x30</p> <p>Superman - 50 seconds</p> <p>Standing Squat - 3x35</p> <p>Single leg Lunge - 3x25 do both legs</p> <p>Calf raise - 3x30</p> <p>Wall sit - 55 seconds</p> <p>Run in place - 55 seconds</p> <p>Back pedal - 3x14</p> <p>Shuffle - 3x14</p> <p>3 point stance to a sprint - 3x16</p> <p>Mountain climbers - 3x16</p> <p>Wall Jump - 3x20</p> <p>Step Up - 55 seconds</p>	<p>This can be done with passing, setting, and spiking</p> <p>Pass the ball at different objects to improve your accuracy.</p> <p>After you've gotten good at passing to yourself, work on your accuracy. Pick a specific object or point. Then toss the ball up and pass it towards that point. Get as close as possible to improve your accuracy.</p> <p>Use both passing types for this exercise to improve your overall accuracy.</p> <p>Get creative with the targets you choose. Try drawing multiple chalk spots on the ground and a brick wall. Try to hit each point one right after the other.</p> <p>For very precise passing, try getting the ball into a garbage can or similar container.</p>

Week 5

Strength	Agilities
<p>Standard Pushup - 3x20</p> <p>Tricep Dip - 3x20</p> <p>Arm Circles - 50 seconds in both directions</p> <p>Sit Ups - 3x30</p> <p>Crunches - 3x30</p> <p>Burpees - 3x30</p> <p>Standing Squat - 3x35</p> <p>Single leg Lunge - 3x25 do both legs</p> <p>Calf raise - 3x25</p> <p>Wall sit - 50 seconds</p> <p>Run in place - 55 seconds</p> <p>Back pedal - 3x10 seconds</p> <p>Shuffle - 3x15 seconds</p> <p>Mountain climbers - 3x16</p>	<p>Serve the volleyball against the wall. Stand 10–15 feet away from the wall and get into your serve position. Then toss the ball up and serve it towards the wall. Aim to get it over the line that you drew so you know that your serve would've gone over the net.</p> <p>Work on your serving aim by picking a specific spot on the wall to aim for. Draw a circle on that spot if you need help visualizing it.</p>

Wall Jump - 3x20 Step Up - 55 seconds	
--	--

Sources:

<https://www.ussportscamps.com/tips/volleyball/one-man-volleyball-drills-you-can-do-at-home>

<https://www.teamusa.org/USA-Volleyball/SportKit/Players/Training-without-a-net-or-friends>

<https://www.wikihow.com/Practice-Volleyball-Without-a-Court-or-Other-People>