

Huston Tillotson University
2015 Summer Speed/Agility/Conditioning Program Volleyball

Week 1 start June 2

Day 1 (Monday)

Warm-up 150 jump rope, 1.) shoulder pre-hab work, 2.) External Rotation, 3.) Scap Push Up, Standing T raises thumbs ups 3x 12

1. MB slam combo Rt twist, Lt twist, 3x12
Box Jump 3x 8
Depth Jump 3x6
Standing Broad Jump 3x6
Lateral Broad Jump 3x6
2. 10x20 yard sprints
5x40 yard sprints
30s rest between each sprint
3. ½ mile jog

Day 2 (Wednesday)

Warm-up 150 jump rope, 1.) shoulder pre-hab work, 2.) External Rotation, 3.) Scap Push Up, Standing T raises thumbs ups 3x 12

1. Seated strength ball chest press Throw 3x10
Split Jump 3x6
Side to Side Ankle Hops 3x6
Knee Tucks 3x8
Barrier Jump 3x6
2. 10x Pro Agility-Place three cones 5 yards apart. Start with your hand on the middle cone. Turn and sprint towards one of the end cones (it does not matter which one). Touch the end cone, then turn and sprint to the other end cone. Once you touch the second end cone, turn back towards the middle cone and finish the drill by sprinting through where you started.
Rest 1 minute between each.
3. 1/2 mile jog

Day 3 (Friday)

Warm-up 150 jump rope, 1.) shoulder pre-hab work, 2.) External Rotation, 3.) Scap Push Up, Standing T raises thumbs ups 3x 12

Some sort of active rest – bicycling, jogging, swimming, racquetball, etc. At least 30 mins of any activity you enjoy.

“Victorious warriors win first and then go to war, while defeated warriors go to war first and then seek to win.” Sun Tzu

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Week 2

Warm-up 150 jump rope, 1.) shoulder pre-hab work, 2.) External Rotation, 3.) Scap Push Up, Standing T raises thumbs ups 3x 12

Day 1 (Monday)

1. MB Overhead Throw 3x10
Cycled Split Jumps 3x6
Skater Plyos 3x 15
Zig Zag Hop 3x6
Lateral Box Jump 3x6
2. 12x20 yard sprints
6x40 yard sprints
20s rest in between each sprint
3. 1/2 mile jog

Day 2 (Wednesday)

Warm-up 150 jump rope, 1.) shoulder pre-hab work, 2.) External Rotation, 3.) Scap Push Up, Standing T raises thumbs ups 3x 12

1. Back Squats 3x12
Squat Jumps 3x6
Side to Side +Vertical Jumps 3x6
Depth Jump 3x6
Broad Jump 3x 5yds
2. 12x Pro Agility
3. 1/2 mile jog

Day 3 (Friday)

Warm-up 150 jump rope, 1.) shoulder pre-hab work, 2.) External Rotation, 3.) Scap Push Up, Standing T raises thumbs ups 3x 12

Some sort of active rest – bicycling, jogging, swimming, hiking, racquetball, etc. At least 30 mins of any activity you enjoy.

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Week 3

Day 1 (Monday)

Warm-up 150 jump rope, 1.) shoulder pre-hab work, 2.) External Rotation, 3.) Scap Push Up, Standing T raises thumbs ups 3x 12

1. MB Around the Head 3x 10
Squat Box Jumps 3x6
Single Leg Vertical Jump 3x6
Depth Jump 3x6
Lateral Pushoff 3x6
2. 8x 80yds sprints, jog back for your recovery rest 15 sec. repeat. Make sure you sprint all at for the allotted distance.
2xBackwards Circuit
3. 1/2 mile jog

Day 2 (Wednesday)

Warm-up 150 jump rope, 1.) shoulder pre-hab work, 2.) External Rotation, 3.) Scap Push Up, Standing T raises thumbs ups 3x 12

1. Overhead Throw 3x 10
Squat Jumps 3x6
Side to Side Vertical Jumps 3x6
Box Depth Jump 3x6
Weighted DB Box Jump 3x6,
2. 6 Cone Page 1 x 2 Times Each Drill
3. 1/2 mile jog

Day 3 (Friday)

Warm-up 150 jump rope, 1.) shoulder pre-hab work, 2.) External Rotation, 3.) Scap Push Up, Standing T raises thumbs ups 3x 12

Some sort of active rest – bicycling, jogging, swimming, basketball, racquetball, etc. At least 30 mins of any activity you enjoy.

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Week 4

Day 1 (Monday)

Warm-up 150 jump rope, 1.) shoulder pre-hab work, 2.) External Rotation, 3.) Scap Push Up, Standing T raises thumbs ups 3x 12

1. MB Side Throws 3x10
Box Jump 3x10
Depth Jump 3x10
Standing Broad Jump 3x10
Lateral Broad Jump 3x10

2. 2x 12 Push-ups
10x 20 yard sprints
2x 20yds.

*Backwards Dynamic Circuit/

High knees

Carioca

A-skip

B-skip

Rev. Lunge

3. 1.5 mile jog

Day 2 (Wednesday)

Warm-up 150 jump rope, 1.) shoulder pre-hab work, 2.) External Rotation, 3.) Scap Push Up, Standing T raises thumbs ups 3x 12

1. MB Russian Twist 3x10
Split Jump 3x10
Side to Side Ankle Hops 3x10
Knee Tucks 3x10
Barrier Jump 3x10

2. 6 Cone Page 2 x 2 Times Each Drill

3. 1. Mile Jog

Day 3 (Friday)

Warm-up 150 jump rope, 1.) shoulder pre-hab work, 2.) External Rotation, 3.) Scap Push Up, Standing T raises thumbs ups 3x 12

Some sort of active rest – bicycling, jogging, swimming, touch football, racquetball, etc.
At least 30 mins of any activity you enjoy.

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Week 5

Day 1 (Monday)

General & Bodyweight Warm-Up
Conditioning, Footwork/Agility, Plyometrics, & Core Work

1. Overhead Throw 3x10
Cycled Split Jumps 3x10
Skater Plyos 3x 15
Zig Zag Hop 3x10
Lateral Box Jump 3x10
2. 10x 20 yard Sprints
100yd yo-yo sprint 10yds back pedal 10yds, sprint 20yds back pedal 20yds.,
sprint 30yds back pedal 30yds etc. complete 100yds. 1x
3. 1/2 mile jog

Day 2 (Wednesday)

General & Bodyweight Warm-Up
Conditioning, Footwork/Agility, Plyometrics, & Core Work

1. MB Overhead Throw 3x10
Squat Jumps 3x10
Side to Side Vertical Jumps 3x10
Depth Jump 3x10
Lateral Box Jump 3x10
2. 6 Cone Page 1 x 2 Times Each Drill
3. 1.5 Mile Jog

Day 3 (Friday)

General & Bodyweight Warm-Up
Conditioning, Footwork/Agility, Plyometrics, & Core Work

Some sort of active rest – bicycling, jogging, swimming, etc. At least 30 mins of any activity you enjoy.

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2015 Volleyball
Week 6

Day 1 (Monday)

1. Around the Head Toss 3x10
 Squat Box Jumps 3x10
 Single Leg Vertical Jump 3x10
 Depth Jump 3x10
 Lateral Pushoff 3x10
2. 1xForm Circuit Page
 12x20 yard sprints
 1xBackwards Circuit
3. 1.5 mile jog

Day 2 (Wednesday)

1. Overhead Throw 3x10
 Squat Jumps 3x10
 Side to Side Vertical Jumps 3x10
 Depth Jump 3x10
 WT Box Jump 3x10
2. 6 Cone Page 1&2 x 2 Times Each Drill
3. 1.5 Mile Jog

Day 3 (Friday)

Some sort of active rest – bicycling, jogging, swimming, touch football, racquetball, etc.
At least 30 mins of any activity you enjoy.

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2015 Volleyball
Week 7

Day 1 (Monday)

1. Seated Twist Throw 3x10
Box Jump 3x10
Depth Jump 3x10
Standing Broad Jump 3x10
Lateral Broad Jump 3x10
2. 12x20 yard Resisted Sprints (Tire Pulls)
Backwards Circuit x 1
3. 1.5 mile jog

Day 2 (Wednesday)

1. Seated Twist Throw 3x10
Split Jump 3x10
Side to Side Ankle Hops 3x10
Knee Tucks 3x10
Barrier Jump 3x10
2. 6 Cone Page 1&2 x 2 Times Each Drill
10xPro Agility
3. 1.5 Mile Jog

Day 3 (Friday)

Some sort of active rest – bicycling, jogging, swimming, touch football, racquetball, etc.
At least 30 mins of any activity you enjoy.

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Week 8

Day 1 (Monday)

1. Overhead Throw 3x10
Cycled Split Jumps 3x10
Skater Plyos 3x10
Zig Zag Hop 3x10
Lateral Box Jump 3x10
2. 15x20 yard sprints
5x40 yard sprints
30s rest in between each sprint
3. 1.0 mile jog

Day 2 (Wednesday)

1. Overhead Throw 3x10
Squat Jumps 3x10
Side to Side Vertical Jumps 3x10
Depth Jump 3x10
Lateral Box Jump 3x10
2. 6 Cone Page 1&2 x 2 Times Each Drill
10xPro Agility

Day 3 (Friday)

Some sort of active rest – bicycling, jogging, swimming, touch football, racquetball, etc.
At least 30 mins of any activity you enjoy.

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Week 9

Day 1 (Monday)

1. Seated Twist Throw 3x10
Box Jump 3x10
Depth Jump 3x10
Standing Broad Jump 3x10
Lateral Broad Jump 3x10
2. 14x20 yard Resisted Sprints (Tire Pulls)
Backwards Circuit x 1
3. 1.5 mile jog

Day 2 (Wednesday)

1. Seated Twist Throw 3x10
Split Jump 3x10
Side to Side Ankle Hops 3x10
Knee Tucks 3x10
Barrier Jump 3x10
2. 6 Cone Page 1&2 x 2 Times Each Drill
10xPro Agility
3. 1.5 Mile Jog

Day 3 (Friday)

Some sort of active rest – bicycling, jogging, swimming, touch football, racquetball, etc.
At least 30 mins of any activity you enjoy.

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Week 10

Day 1 (Monday)

1. Overhead Throw 3x10
Cycled Split Jumps 3x10
Skater Plyos 3x10
Zig Zag Hop 3x10
Lateral Box Jump 3x10
2. 15xResisted Sprints
2xBackwards Circuit
3. 1.5 mile jog

Day 2 (Wednesday)

1. Overhead Throw 3x10
Squat Jumps 3x10
Side to Side Vertical Jumps 3x10
Depth Jump 3x10
Lateral Box Jump 3x10
2. 12xPro Agility
5x4-Cone Drill Pack
3. 1.5 Mile Jog

Day 3 (Friday)

Some sort of active rest – bicycling, jogging, swimming, touch football, racquetball, etc.
At least 30 mins of any activity you enjoy.

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Week 12

Day 1 Monday

1. Single Arm Toss 3x10
Squat Jump 3x10
Box Jump 3x10
Depth Jump to Box Jump 3x6
Pushoff 3x10
2. 2.5 Mile Jog

Day 3 Wednesday

Some sort of active rest – bicycling, jogging, swimming, touch football, racquetball, etc.
At least 30 mins of any activity you enjoy.

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