

# **Volleyball**

## **Summer Workout 2015**

### *Summer Program*

Hello Volleyball Team,

Welcome to 2<sup>nd</sup> annual summer conditioning program for Rams Volleyball. As you know the sport of Volleyball is a very explosive and fast paced sport. Every year players are jumping higher, and stronger. With faster and stronger athletes as your competition you as an athlete must be prepared. The importance of coming into the season in the best shape possible is at the utmost priority. By coming into a season out of shape you are already behind your competition that has been training for the whole off-season. This is what separates the good players from the mediocre ones. Championship teams and players come into the season in shape and only improve from then on. Mediocre players come into the season out of shape and are always trying to catch up with the winning teams the whole season. Remember you cannot play yourself into shape. You must prepare before you win a championship not prepare as you are trying to win a championship.

The importance of employing a summer conditioning program for volleyball is critical for the prevention of injuries. Scientifically based programs will get you into the best shape possible for the upcoming season. The following program will help you get into shape for the season and with a little luck will keep you injury free. Remember you do not help the team if you are on the sidelines nursing an injury that could have been prevented. Enjoy the program and enjoy your upcoming Volleyball season.

Good Luck and Have Fun,

Coach McCormick  
Head Strength & Conditioning Coach



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## ***Summer Workout 2015***

### **Phase I June 8<sup>th</sup> -July 8<sup>th</sup>**

#### **Monday**

##### **Warm-up Jump Rope 200**

AB circuit: Toe touches, leg raises, knee tucks  
Superman, 3x 20 reps

##### **Superset the following:**

Incline Bench 3x 8

Push- ups 3x 10

Back Squat 4 x 10

DB Bent- Over Row 4 x 10

DB Incline Bench Press 3x 10

Overhead Walking Lung 3 x10

Leg Curls 3x 12

Strength Ball Back Extensions 3x 15

#### **Tuesday**

##### **...Linear Speed**

Dynamic warm-up, attachment 3

Running Mechanics

10 yard starts x 10

20 yard sprints x 10

40 yard sprints x 10

#### **Wednesday**

##### **Warm-up Jump Rope 150**

Torso: Bridge series/MB wall throws

AB circuit: V-ups, sit-ups, Russian twist, 3x 20

##### **Superset the following:**

Dumbbell Push Jerk 3x 7

Split Squat Jumps 3x 6

DB Bench Press 3 x 10

Inverted Row 3x 8

Barbell RDL 3 x 10

Glute-Ham Raises 3 x 10

Tricep Bench Dips 3 x 10

Calf Raise 3 x 15

#### **Thursday**

**Torso:** Weighted Bridge series/ 3 minute ab

##### **Lateral Speed**

Dynamic warm-up attachment 3

Plyometric series-1, attachment 2

Pro-agility x 3 (r/l)

L-drill x 3 (r/l)

4 Cone drill (10 yards) back pedal, carioca, shuttle,  
sprint, 4x

#### **Friday**

##### **Warm-up jump Rope 5 min.**

Torso: Bridge series/MB wall throws

AB Circuit: Bicycle, crunches, Planks 3x :30 ea.

##### **Superset the following:**

DB Hang Snatch 3 x 5

Jumping Knee Tucks 3 x 5

Front Squats 4 x 10

DB Rev. Lunge 3 x 6ea

MB Over-Head Step Ups 3 x 10

DB Side Raises 3 x 10

DB Curl to Press 3 x 10

Calf Raise 3x 15

##### **Week One and Two:**

Perform regular Set and Repetition Scheme.

##### **Week Three thru Five:**

Drop repetitions to six and keep same amount of sets.

##### **Week Six and Seven:**

multi-joint exercise i.e. (squat, bench and olympic lifts) perform five set w/ two to three reps. Assistant exercises i.e. (V-ups, curls, and lunges) perform four sets three to five reps heavy as possible with correct form.

**Train Hard, Stay Focused, and  
Visualize your teams' goal!!**

**Out Train Your Opponents!!**



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### **4 Keys to Summer Training**

#### **1. Train Frequently\**

- Three/Two workouts per week with higher intensities but lower volumes. Intensity is the key to training, not volume, and this applies even more during the season.
- Never skip a summer workout.
- 30-45 minute depending on playing schedule

#### **2. Work Lower-body Strength and Power In-Season**

- Don't "save the legs." If you save them in June, July, August they will fail you in November.
- High intensity, low volume. One or two sets of an Olympic lift and one or two sets of a squat or variation go a long way.

#### **3. No Excuses**

- Only listen to "workers," not "whiners."
- Athletes hate summer lifting. It's like going to the dentist. Painful, but necessary.

#### **4. No Optional Workouts**

- Don't make excuses with "choices" of lifts, or phantom injuries that get you out of working your lower body.
- We need to comment to the summer workout, can't have you coming back in the fall injured. You'll be amazed how well you play when you are in shape.



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## ***Summer Workout 2015***

### **Phase II July 13<sup>th</sup> -August 17<sup>th</sup>**

#### **Monday**

##### **Warm-up Jump Rope 200**

AB circuit: Toe touches, leg raises, knee tucks  
Superman, 3x 20 reps

##### **Superset the following:**

Hang Clean 4 x 5  
Squat Jumps 4 x 5

Back Squat 4 x 10  
DB Bent- Over Row 4 x 10

DB Incline Bench Press 3x 10  
MB Overhead Walking Lung 3 x10

DB Bicep Curls 3 x 10  
Strength Ball Hypers 3 x 10

#### **Tuesday**

##### **Linear Speed**

Dynamic warm-up, attachment 3  
Running Mechanics  
Plyometric series 1, attachment 1  
100 yard sprints x 10  
20 sec each rest 45 sec repeat

#### **Wednesday**

##### **Warm-up bike 10 min.**

AB circuit: 100 sit-ups, 50 leg raises  
Torso: Single leg Hip raises

##### **Superset the following:**

Dumbbell Split Jerk 4 x 5  
Split Squat Jumps 4 x 5

Barbell Bench Press 4 x 10  
Inverted Row 4 x 10

Barbell RDL 3 x 10  
Glute-Ham Raises 3 x 10

MB Slam 3 x 10  
Calf Raise 3x 15

#### **Thursday**

**Torso:** Weighted Bridge series/ 3 minute ab

##### **Lateral Speed**

Dynamic warm-up, attachment 3  
Running mechanics  
Plyometric series 2, attachment 2  
Pro-agility x 5 (r/l)  
L-drill x 5 (r/l)  
4 Cone drill (10 yards) back pedal, carioca, shuttle,  
sprint, 4x

#### **Friday**

AB circuit: Single leg Toe touches, Leg raises, Knee tucks, T-swings 3x 15

Torso: Hip raises/MB wall throws

##### **Superset the following:**

Kettlebell swings 4 x 10  
Burpees 3 x 10

Front Squats 4 x 10  
Chin-Ups 4 x 5

MB Over-Head Step Ups 3 x 10  
Cable Press Downs w/ Rope 3 x 10

D.B. Curl to Press 3 x 10  
Calf Raise 3-4 x 15

#### **Week One and Two:**

Perform regular Set and Repetition Scheme.

#### **Week Three thru Five:**

Drop repetitions to six and keep same amount of sets.

#### **Week Six and Seven:**

multi-joint exercise i.e. (squat, bench and olympic lifts) perform five set w/ two to three reps.  
Assistant exercises i.e. (pull ups, curls, and lunges) perform four sets three to five reps heavy as possible with correct form.



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### **2015 Red River Champs!!**

#### **Attachment:1**

Plyometric series 1

MB slam combo Rt twist, Lt twist, 3x12  
Box Jump 3x 8  
Depth Jump 3x6  
Standing Broad Jump 3x6  
Lateral Broad Jump 3x6

#### **Attachment:2**

Plyometric series 2

Seated strength ball chest press Throw  
3x10  
Side to Side Ankle Hops 3x6  
Knee Tucks Jumps 3x8  
Barrier Jump 3x6

#### **Attachment:3**

Dynamic Flex Warm-up

High knees      2x 20 m  
Carioca            2x 20 m  
A-skip             2x 20 m  
B-skip             2x 20 m  
Rev. Lunge        2x 20 m

