

Tallulah Falls School Volleyball Summer Program

4/25/07

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***See page three for explanation of abbreviations ***

	Monday BW + cardio + mobility	Tuesday Plyos + Speed	Wednesday Agility Endurance Time the shuttles!	Thursday BW + Cardio	Friday Plyos + Short Agility	Saturday Hills
Wk 1 May 28	BW 1 x 10 Cardio 15-30'	<u>Plyos</u> LA - 100 JOBS - 30 JOFFs - 30 Verts - 10 Hor - 10 <u>Speed</u> 5 x 20 yd	6 x 50 yd shuttle timed w/ 1' rest	BW 1 x 10 Cardio 15'	<u>Plyos</u> LA - 100 JOBS - 30 JOFFs - 30 Verts - 10 Hor - 10 Agility Cones 1 x # 1-7	Hills x 5 Or 10 x 100 yds w/ walk back
Wk 2 June 4	BW 1 x 12 Cardio 15-30'	<u>Plyos</u> LA - 110 JOBS - 33 JOFFs - 33 Verts - 12 Hor - 12 <u>Speed</u> 6 x 20 yd	8 x 50 yd shuttle timed w/ 1' rest	BW 1 x 12 Cardio 15	<u>Plyos</u> LA - 110 JOBS - 33 JOFFs - 33 Verts - 12 Hor - 12 Agility Cones 1 x # 1-7	Hills x 6 Or 2 x 100 yds w/ walk back
Wk 3 June 11	BW 2 x 10 Cardio 20-40'	<u>Plyos</u> LA - 120 JOBS - 36 JOFFs - 36 Verts - 15 Hor - 15 <u>Speed</u> 7 x 20 yd	10 x 50 yd shuttle w/ 1' rest	BW 2 x 10 Cardio 20'	<u>Plyos</u> LA - 120 JOBS - 36 JOFFs - 36 Verts - 15 Hor - 15 Agility Cones 2 x # 1-7	Hills x 7 Or 14 x 100 yds w/ walk back
Wk 4 June 18	BW 2 x 12 Cardio 20-40'	<u>Plyos</u> LA - 130 JOBS - 40 JOFFs - 40 Verts - 18 Hor - 18 <u>Speed</u> 8 x 20 yd	12 x 50 yd shuttle w/ 1' rest	BW 2 x 12 Cardio 20'	<u>Plyos</u> LA - 130 JOBS - 40 JOFFs - 40 Verts - 18 Hor - 18 Agility Cones 1 x # 1-7	Hills x 8 Or 3 sets of 5 x 100 yds w/ 50 walk and 2' between sets
Wk 5 June 25	BW 3 x 10 Test Cardio (mile test)	<u>Plyos</u> LA - 120 JOBS - 35 JOFFs - 35 Verts - 12 Hor - 12 <u>Speed</u> 9 x 20 yd	Test 1 x 300 yd shuttle	BW 3 x 10 Cardio 25'	<u>Plyos</u> LA - 120 JOBS - 35 JOFFs - 35 Verts - 12 Hor - 12 Test Agility Cones # 1-7	Hills x 5 Or off

Wk 6 July 2	BW 3 x 12 Cardio 25'	<u>Plyos</u> LA - 130 JOBS - 38 JOFFs - 38 Verts - 15 Hor - 15 <u>Speed</u> 10 x 20 yd	1 x 150 yd shuttle 2 x 100 yd shuttle 3 x 50 yd shuttle w/ 1' rest	BW 3 x 12 Cardio 25'	<u>Plyos</u> LA - 130 JOBS - 38 JOFFs - 38 Verts - 15 Hor - 15 Agility Cones 2 x # 1-7	Hills x 6 Or 3 sets of 5 x 100 yds w/ 50 walk and 2' between sets
Wk 7 July 9	BW 4 x 10 Cardio 30'	<u>Plyos</u> LA - 140 JOBS - 42 JOFFs - 42 Verts - 18 Hor - 18 <u>Speed</u> 10 x 10 yd	1 x 200 yd shuttle 2 x 150 yd shuttle 2 x 100 yd shuttle 3 x 50 yd shuttle w/ 1' between reps and 3' between sets	BW 4 x 10 Cardio 30'	<u>Plyos</u> LA - 140 JOBS - 42 JOFFs - 42 Verts - 18 Hor - 18 Agility Cones 2 x # 1-7	Hills x 8 Or 3 sets of 5 x 100 yds w/ 50 walk and 2' between sets
Wk 8 July 16	BW 4 x 12 Cardio 30'	<u>Plyos</u> LA - 150 JOBS - 45 JOFFs - 45 Verts - 20 Hor - 20 <u>Speed</u> 12 x 20 yd	2 x 300 yd shuttle w/ 5' rest	BW 4 x 12 Cardio 30'	<u>Plyos</u> LA - 150 JOBS - 45 JOFFs - 45 Verts - 20 Hor - 20 Agility Cones 1 x # 1-7	Hills x 10 Or 3 sets of 5 x 100 yds w/ 50 walk and 2' between sets
Wk 9 July 23	BW 5 x 10 Cardio 35'	<u>Plyos</u> LA - 165 JOBS - 48 JOFFs - 48 Verts - 22 Hor - 22 <u>Speed</u> 15 x 10 yd	2 x 300 yd shuttle w/ 5' rest + 1 x 150 yd shuttle	BW 5 x 10 Cardio 35'	<u>Plyos</u> LA - 165 JOBS - 48 JOFFs - 48 Verts - 22 Hor - 22 Agility Cones 2 x # 1-7	Hills x 12 Or 4 sets of 5 x 100 yds w/ 50 walk and 2' between sets
Wk 10 July 30	BW 2 x 20 Cardio 40'	<u>Plyos</u> LA - 180 JOBS - 50 JOFFs - 50 Verts - 25 Hor - 25 <u>Speed</u> 20 x 10 yd	2 x 300 yd shuttle	BW 2 x 20 Cardio 40'	<u>Plyos</u> LA - 180 JOBS - 50 JOFFs - 50 Verts - 25 Hor - 25 Agility Cones 3 x # 1-7	Hills x 15 Or 4 sets of 5 x 100 yds w/ 50 walk and 2' between sets
Wk 11 Aug 6	Testing Week Max push ups, dips, sit ups 1', Test mile RECORD ALL MARKS!	Test 3 SL hops 3 DL hops 3 Alt bounds ea leg	Test 2 x 300 yd shuttle w/ 5' rest	OFF or EZ on own	Test Agility Cones # 1-7	OFF

BW = Body Weight Exercises

1. Push ups (any variation)
2. Sit ups (any variation)
3. Chair Dips Triceps (push on a chair with your arms bending while feet are out front)
4. Ab Twists (hold onto a water jug and turn side to side)
5. Squats w/ arm raises (raise arms to the side shoulder height w/ soup can or jug)
6. Lunge (stationary, step, or walk) w/ shoulder press overhead
7. Water jug pullovers (lay on a bench, reach back with a jug and pull up and over chest)
8. Mountain Climbers
9. Squat out/in/fwd/bk (drop down with legs wide, come up w/ legs narrow)
10. Superman (lift both legs and arms at same time)
11. Step ups (keep same leg on top)

Cardio choices: Run, Mountain Bike (MtB), Hike, Road Bike (RB), Swim, Stationary Bike, Stair Climber, Treadmill, etc. Walking does NOT count.

Mobility: Straight Leg Swings Fw/bk/sides, Bent Leg Swings, Prone scissors fw/bk/sides, Inverts (lay down & put legs above head and scissor f/b & s/s), Rollovers (lay down and roll leg over head and touch ground),

Speed: very short distance, but as fast as possible. Always with a walk back to starting line rest.

Endurance Agility: shuttle runs to help in long volleys, multiple games, etc. 50-300 yd shuttles (25 yds down and back)
You can substitute the length of a gym for 25 yds, so a 50 yd shuttle would be sprint the length of the gym and back.

Quick Agility: Quick change of directions, primarily using cones or anything (empty bottles). Set up cones 3-5 yds apart or the length of the free throw lane.

1. 1 cone = down forward, backwards back
2. 2 cones in a line = figure 8 circle around each cone. Down forward, backwards back
3. 3 cones in a triangle = sprint to each cone
4. 4 cones in a square = sprint, shuffle, backpeddle, shuffle
5. 5 cones in a star = sprint to each cone
6. 6 cones in a M or W = sprint, shuffle, sprint, shuffle facing other direction, backpeddle
7. 7 cones in small circle the length of the free throw lane. Run around the circle one way, then the other way

Hills: Short in distance or duration, but done very fast with a walk down.

Plyos: plyometrics. These are jumping activities in which you try to get off the ground explosively.

LA = Low Altitude = Jump Rope (JR), Pogos (straight leg jumps), Lunge Switches (scissors in air), Skipping knee to elbow

JOBS = Jumps onto Box = jump up and STEP down (don't jump down!). Use as high of a box/step/etc. that you can SAFELY do.

JOFFs = Jump OFF something of low height (no more than 18"). Land on the WHOLE foot and keep knees over or behind toes. Stick rear out

Verts = vertical jumps = 1) Tuck jumps. Jump off both legs and bring knees to chest and back down again. Impulse (as fast off ground as possible) 2) Squat jump (squat down and jump as high as possible)

Horiz = 1) bounding (like a lunge in the air) 2) SLH (single leg hop)

Warm Up: Always warm up before speed workouts! 2-6 x 20-40 yds (½ court – full court) of the following both forward and backward: jog, carioca (grapevine), skip, gallop L-R), side shuffle, R-R-R-L-L-L, side cross over, jumping jacks, jumping jack f/b split jumps. Add 1 x 1-5 of a BW exercise at each end.

Flexibility: Stretch *AFTER* the workout when the body is warm. Stretch hams, quads, groin, calves, achilles, hip flexors, low back, shoulders. Hold for 12-15 seconds each.

Hydration: ALWAYS have plenty of water/sports drink w/ you! Drink before you are thirsty! Drink throughout the day!