

Salisbury University Volleyball Summer Workout 2010

Off	Plyometrics Weight Training 1.60yr shuttle-A	1.Full Court Sprints-A	Weight Training Long Run 10 min pace 45 min	1.300 yard shuttle-A	Plyometrics Weight Training 1.10:10-A	Off
Off	Plyometrics Weight Training 1.60 Yard shuttle-B	1.Full Court Sprints-B	Weight Training Long Run 10 min pace 45 min	1.300 yard shuttle-B	Plyometrics Weight Training 1.10:10-B	Off
Off	Plyometrics Weight Training 1.60 Yard Shuttle-C	1.Full Court Sprints-C	Weight Training Long Run 10 min pace 45 min	1.300 yard shuttle-C	Plyometrics Weight Training 1.10:10-C	Off
Off	Plyometrics Weight Training 1.60 Yard Shuttle-D	1.Full Court Sprints-D	Weight Training Long Run 10min pace 45 min	1.300 yard shuttle-D	Plyometrics Weight Training 1.10:10-D	Off
Off	Plyometrics Weight Training Linear 1.Up and Back-A 2.Short Court Sprints-A	Plyometrics Lateral 1.V-Drill-A 2. Approach Transitions-A	Weight Training Long Run Weight Training 10 min pace 45 min	Plyometrics Linear 1.Four Corners-A 2.Widths-A	Plyometrics Weight Training Lateral 1. Blocking Approach-A 2. Middle Back Drill-A	Off
Off	Plyometrics Weight Training Linear 1.Up and Back-A 2. Short Court Sprints-A	Plyometrics Lateral 1.V-Drill-A 2. Approach Transitions-A	Weight Training Long Run 10 min pace 45 min	Plyometrics Linear 1. Four Corners-A 2. Widths-A	Plyometrics Weight Training Lateral 1. Blocking Approach-A 2. Middle Back-A	Off
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All Conditioning days begin with a preparation including a dynamic warm up.

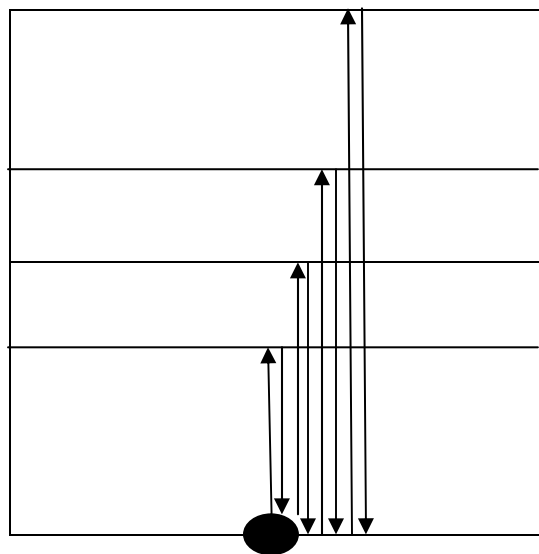
Tempo Drills

60 Yard Shuttle

Sprint to the 5 yard line. Sprint back to start.
 Sprint to the 10 yard line. Sprint back to start.
 Sprint to the 15 yard line. Sprint back to start.

- A. (7X3, 1:2)
- B. (6X4, 1:2)
- C. (5X4, 1:2)
- D. (3X6, 1:2)

Full Court Sprints



Weeks 1-4: Start at end court. Sprint to 10 foot line. Sprint back to end line. Sprint to mid court. Back to end line sprint to 10 foot line on other side of court. Sprint back to end line. Sprint to opposite end line. Sprint back to starting end line.

- A. (7X2, 1:1)
- B. (5X3, 1:1)
- C. (3X6, 1:1)
- D. (1X 7, 1:1)

300 Yard Shuttle

Place two cones 50 yards apart. Sprint from one cone to the other and back three full times without stopping to equal 300 yards.

- A. (8X2, 1:2)
- B. (6X3, 1:2)
- C. (4X5, 1:2)
- D. (3X6, 1:2)

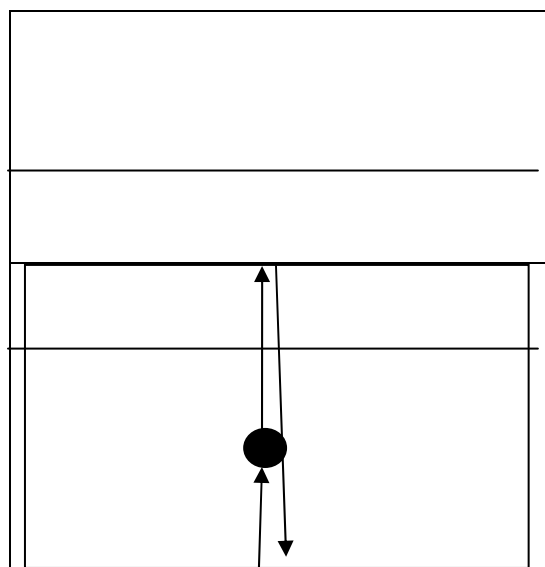
10:10

Sprint for 10 seconds. Rest for 10 seconds

- A. (10X3, 1:1)
- B. (8X4, 1:1)
- C. (6X5, 1:1)
- D. (4X8, 1:1)

Day 1 Linear

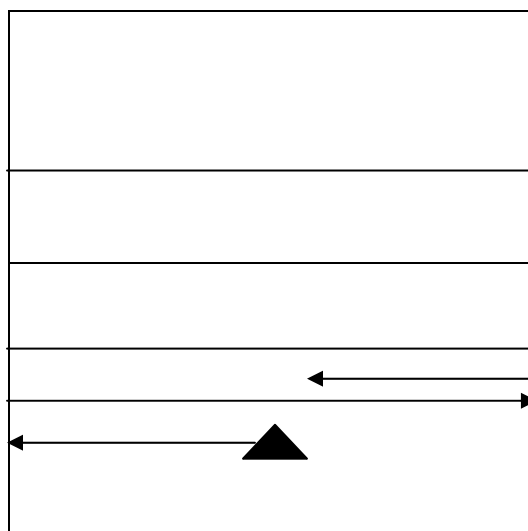
Up and Backs



A. Start in the center mid court. Sprint to the net. Laterally turn with the body facing the court. Sprint to end court line. Sprint back to starting position. (5 X 3, 1:1)

B. Start in the center mid court in "ready" base position. Sprint to the net. Block Jump. Back pedal to starting cone. Turn and sprint to the back line. Touch line and Sprint back to starting position. (3 X 6, 1:1)

Short Court Sprints

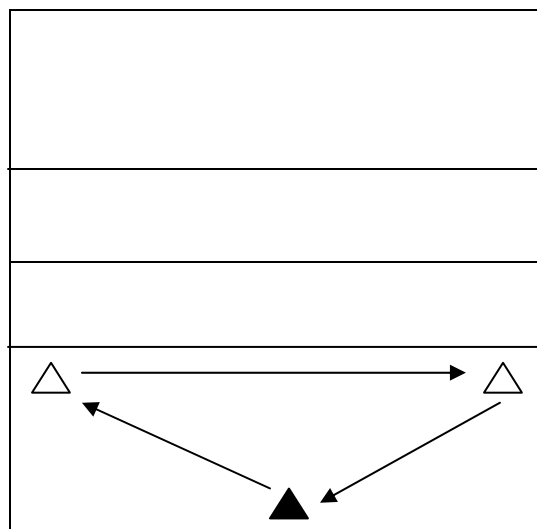


A. Start in middle back position. Turn and sprint to the left. Touch the side line. Turn and Sprint to the other sideline. Touch the line. Turn and Sprint back to center. Start in middle back position. Turn and sprint to the right. Touch the side line. Turn and Sprint to opposite sideline. Touch the line. Turn and sprint back to center. (6 X 2, 1:2)

B. Same as weeks 1 to 6. However instead of touching the end lines practice diving as in during emergency situations during the game. (2 X 5, 1:2)

Day 2 Lateral

V-Drills

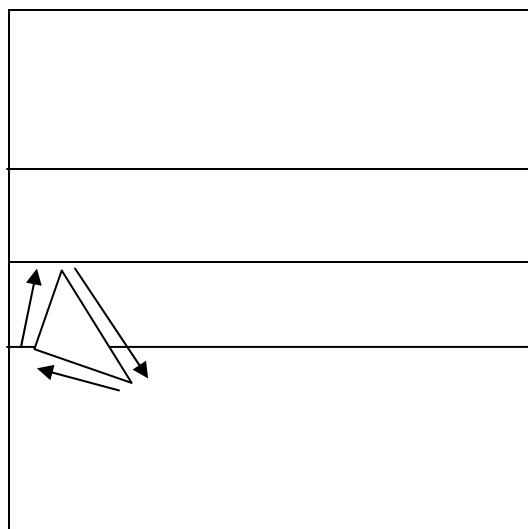


A: Sprint to the left. Laterally Shuffle to the right. Back pedal to starting cone. Sprint to the right. Laterally Shuffle to the Left. Back pedal to starting cone. (5 X 3, 1:1)

B. Start in pancake position. Get up. Sprint to the left. Laterally shuffle to the right. Back pedal to starting cone. Start in pancake position. Get up. Sprint to the right. Laterally shuffle to the left. Back pedal to starting cone. (4X4, 1:1)

C. Pancake chaos: start in pancake position. While in pancake position have partner shout left or right and proceed to sprint in that direction and complete the drill as previously performed. (3X6, 1:1)

Approach Transitions

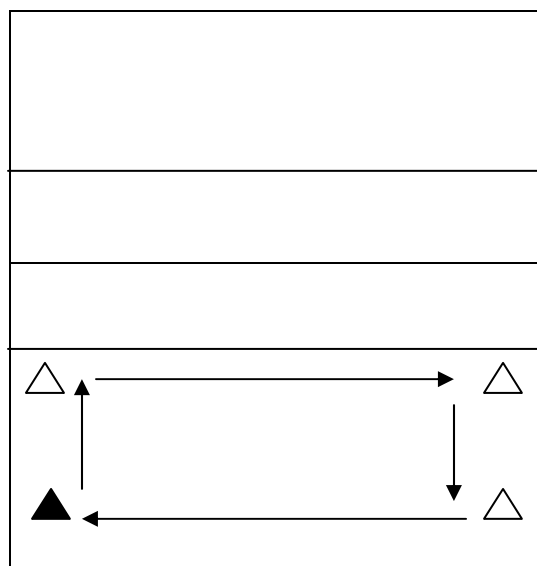


A: Start in either left, middle or right front. Do a hitting approach to the cone at the net. Stop and get in block position. Jump and Block. Back pedal to cone which is past the 10 foot line. Lateral shuffle back to the starting cone. (7X 2, 1:1)

B: Start in either left, middle or right front. Do a hitting approach to the cone at the net. Stop and get in block position. Jump and Block. Turn, lunge, and reach as if to get a tipped ball and shoulder roll to cone past the 10 foot line. Stand up. Lateral shuffle back to the starting cone. (3X6, 1:2)

Day 3 Linear

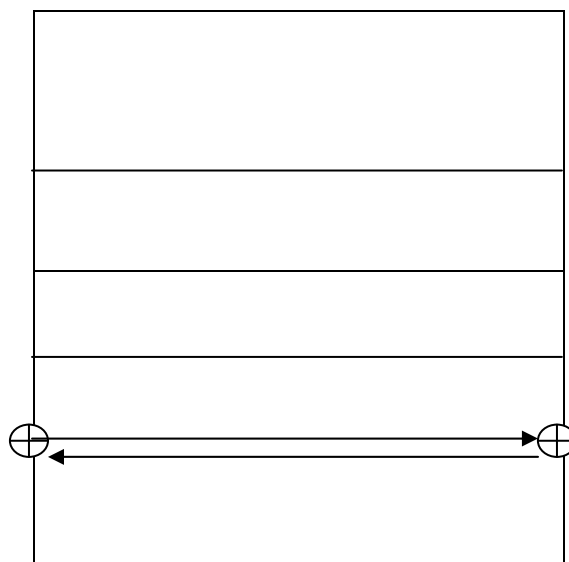
Four Corners



A: Start at cone in left back of court. Sprint linearly to cone in front. Turn to the right. Sprint to next cone. Follow pattern until all cones have been reached and you are back to starting cone. (5X3, 1:1)

B. Start at back left of court in base "ready" Position. Sprint to cone in front. Stop, turn and mimic a pass to setter target. Turn and Sprint to cone on right side of court. Stop. Face setter target position. Mimic a pass. Backpedal to back right cone. Stop mimic a pass. Turn to the left and sprint back to starting cone. (3X6,1:1)

Widths

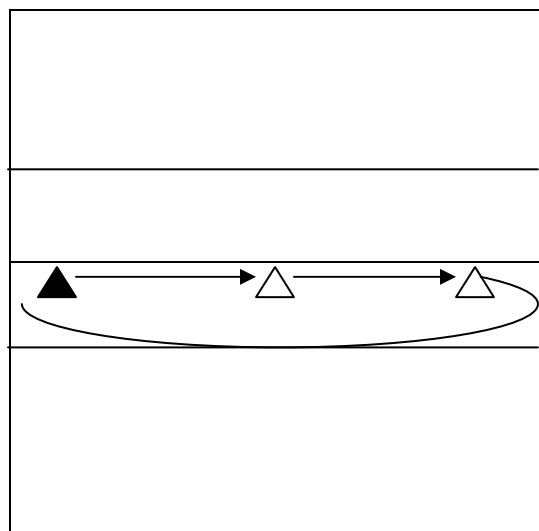


A. Start on left side line. Turn and Sprint to opposite sideline. Touch line. Turn and sprint back to starting cone. Start on right sideline. Turn and sprint to opposite sideline. Touch line. Turn and sprint back to starting cone. (6X2, 1:1)

B. Start on left side line in lateral left lunge position. Turn and sprint to right sideline. Dive as to mimic retrieving a ball. Stand up and get in lateral right line position. Turn and sprint to starting left sideline. Start on right side line in lateral right lunge position. Turn and sprint to left sideline. Dive as to mimic retrieving a ball. Stand up and get into lateral left lunge position. Turn and sprint to starting right sideline. (2X6, 1:2)

Day 4 Lateral

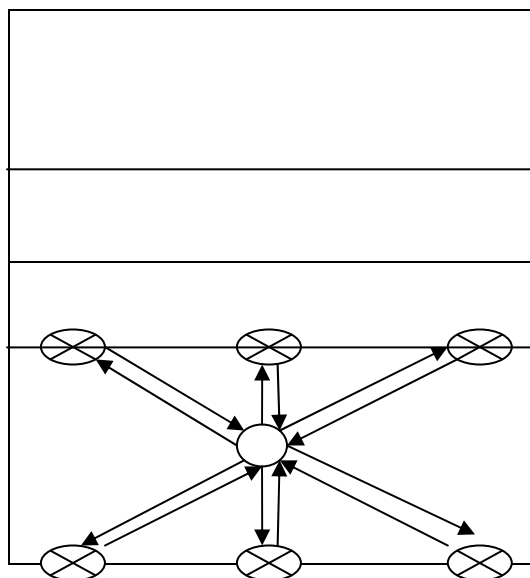
Blocking Approach



A: Start in left front blocking position. Block. Turn and sprint to middle front. Turn to the net. Block. Turn and Sprint to right front position. Turn to the net. Block Turn and sprint back to starting cone. (8X2, 1:1)

B. Start in left front blocking position. Turn and sprint to middle front. Turn to the net. Block. Turn and Sprint back to left front. Block. Turn and sprint to right front. Block. Turn and Sprint back to middle front. Block. Turn and Sprint back to right front. Block. Turn and sprint back to starting cone. (3X4, 1:1)

Back Middle



A. Start in center middle back position. Go in clockwise direction to each cone; sprinting up and backpedaling to return to center cone. Then do the same in counterclockwise direction. (5X2, 1:2)

B: Random: Start in pancake position. Use the position numbers 1-6 on the court. Have someone should which position cone you are to sprint to. Return to center cone. (1X5, 1:2)