COLUMBIA VOLLEYBALL

INDIVIDUAL OFF-SEASON CONDITIONING

Conditioning

- Run a mile or bike 3 miles 3-5 times per week.
- Crunches: 5 reps of 50 three days per week
- Push-ups: 5 reps of 20 three days per week
- Knee-Jumps (from your stomach): 3 reps of 10 three days per week
- Tuck-Jumps (from your feet): 3 reps of 15 three days per week
- Sprints (agility style to work on quick, low turns): 6 sets three days per week
- Playing volleyball on a sand court is great for conditioning the legs
- Plyometrics: 2-3 days per week
  - Back & Forth (Left and Right Foot) – as quick as you can for 20 seconds on each foot
  - Two-Feet over line – as quick as you can for 20 seconds
  - Side to Side Jumps with Load – two feet, as high as you can - 6 on each side (12 total)
  - Side to Side Jumps without Load – two feet, as high as you can – 6 on each side (12 total)
  - Back & Forth Jumps with Load - two feet, as high as you can – 6 each (12 total)
  - Back & Forth Jumps without Load – two feet, as high as you can – 6 each (12 total)
  - Single Leg Pick-up – bending knee, not back/waist - 6 with each leg
  - Side to Side Alternating Jumps – on one foot, switching quickly to other foot – 20-30 seconds
  - V’s (hop-scotch style – 6 total)

Ball Handling

- Passing – against wall or with a friend (focus on proper body positioning, arm positioning, stepping forward to target, and talking). 3 to 5 days per week.
  - 100 passes with body straight on
  - 100 passes on angles (50 with left angle and 50 with right angle)
  - 50 pass to self, turn around and pass backwards
  - 50 passes – ball high
  - 50 passes – ball low
  - 50 passes with some one else spiking or throwing ball hard toward you

- Setting – against wall or with a friend (focus on proper body, hand positioning, stepping forward to target, and talking). 3 to 5 days per week. Designated team setters should do more than is listed below (i.e. – more meaning – 75 to100 quick sets instead of 25)
• 25 quick sets against the wall with both hands (move feet slightly)
• 25 quick sets against the wall with one hand – left then right
• 25 quick sets against the wall with both hands while doing squats
• 25 quick sets against the wall with one hand (left & right) while doing squats
• 50 low sets against wall or with friend (proper body and hand positioning)
• 50 high sets against wall or with friend (proper body and hand positioning)
• 50 sets to self, then to wall or friend
• 50 sets to self, then turn and back set to wall or friend

• Spiking – against wall or with a friend (focus on footwork, deep knee bends, “gather” with both arms coming up, “pull chain”, quick arm swing, high elbow, snap wrist, follow through with swing) 3 to 5 days per week.
  o 30 spike approaches (no ball)
  o 30 arm swings – focus on lay back of arm, snapping arm forward (elbow lead), snapping wrist, and follow through
  o 30 snaps with a ball (arm extended at all times; wrist snaps with ball down)
  o 30 spike approaches with tennis ball, knee pad, etc.
  o 30 spikes against the wall with ball with each arm
  o 30 spikes with self toss
  o 30 spikes off some one’s toss
  o 20 Slide spike approaches (no ball) – 3 step
  o 30 spikes and digs with a friend

• Blocking – (focus on footwork, arms are a “wall” (no swatting at ball), squeeze ears w/shoulders, spread fingers, strong shoulders and stomach) 3 to 5 days per week.
  o 30 blocks against wall (no ball) – standing in one spot and focus on deep knee bends, hands in front of face
  o 30 blocks against wall (no ball) – proper footwork to the left then block (work on quickness)
  o 30 blocks against wall (no ball) – proper footwork to the right then block (work on quickness)
  o 30 blocks – standing on ground, while some one throws or spikes into your arms
  o 30 blocks – standing on ground and jumping up, while some one throws or spikes into your arms

• Serving – (focus on elbow high, fingers spread, “whip” hand on ball, hand leads, find the middle to the top of the ball, toss in front, shift body weight forward) 3 to 5 days per week.
  o 30 hand swings with ball against a wall (stand close to wall, hold ball with non-hitting arm extended, proper footwork, body shift, proper hand on ball, whipping motion)
  o 50 tosses (let ball fall to ground)
- 50 tosses (reach up and grab ball at height of toss)
- 50 serves against a wall or over a net 10 feet away (focus on whip)
- 50 serves against a wall or over a net 20 feet away
- 50 serves against a wall or over a net 30 feet away (can add piece of tape on wall about 7’5” from the ground to imitate net height; must serve above the piece of tape)
- 30 passes to target off your friends serves (at least 50 feet apart)

**Weight Lifting**

- 2 reps of 12 on a variety of upper and lower body machines – 2 to 3 days per week
- Additional concentration on lower body by doing squats (will improve strength and quickness).