

Cooper City Volleyball

Please read before starting any training program! Whenever training or conditioning, make sure you are doing so safely. Always have enough water on hand, etc. This is a 6 day/4 week program to help you get ready for tryouts, and hopefully, the rest of this season.

The exercises in this program can all be done either bodyweight OR with a heavy backpack, water gallon, laundry detergent, suitcase, etc. Get creative! Your foam rolling can be done on a foam roller, a tennis ball, a volleyball, or anything you can roll on.

If you are going to practice volleyball that day too, please do your training before you practice. Do not run long distances (miles) on the same days as your “weight training”.

Now some tips about this program:

-You will have 6 days of training (3 “Weight training” & 3 “Conditioning”)

- This is what your ideal schedule looks like

Monday Lower Body

Tuesday Day 1 of Active Recovery or “Conditioning”

Wednesday Upper Body

Thursday Day 2 Active Recovery or “Conditioning”

Friday Full Body

Saturday Aerobic Endurance/Conditioning

Sunday Rest

There are video links embedded within this document that you can click on and it will show you the exercise. If you have any questions while doing the program that can not be answered via google, please shoot me a text message at 954-849-4524.



Foam Rolling:

- IT Band/Tensor Fasciae Latae
- Quads
- Hamstrings
- Adductors
- Rhomboids
- Lats
- Pecs
- Calves
- Piriformis/Glutes
- Arches of Feet w/ baseball

Warm-ups (preferably barefoot):

Lateral Bear Crawls https://youtu.be/58LHCDIHqTw	x8e
Bretzel https://youtu.be/Qe503yybyGQ	x20s/e
Deadbugs https://youtu.be/I5xbsA71v1A	x8e
Supine Bridge March https://youtu.be/7MEEh9GLVG4	x8e
½ Kneeling Adductor Rocks https://youtu.be/PhhVy97aAvo	x8e
Split Stance Adductor w/ Rotation https://youtu.be/BChQ2e5Ofs0	x8e
Y Wall Slides w/ Liftoffs https://youtu.be/fScDFmjIH-k	x8
Split Stance External Rotation Holds https://youtu.be/rml0bIR7nEA	3x3s/e
Standing dynamic	x6
High knee pull to spiderman w/ hip lift & rotation https://youtu.be/ZBFy1WTuJYk	x6/side
Walking 1 leg Kickbacks https://youtu.be/sLHQjaUohqE	x6/side
Lateral lunge w/ Ovhd Reach https://youtu.be/ugtme3d1gVE	x6/side

Day 1 Active Recovery (Sprints)

Rest

Straight Leg Kicks

Sweepers

Ankle Pull Glute Stretch

Knee Hugs

Arms Overhead High Knee March (2x15yds)

Arms Overhead High Knee Skip (2x15yds)

High Knee Skips (2x15yds)

Low Side Shuffle (2x15yds/side)

Lateral High Knee Skips (2x15yds/side)

Carioca (2x15yds/side)

Backpedals (2x15yds)

Squat jumps x 10

60 yd deceleration/Acceleration sprints x8*

90s

A1) The Bear Breathing x5 breaths <https://youtu.be/1iR-xn8vLZU>

A2) High Tension Ankle Mobs x8e <https://youtu.be/v0ITJWJdRD0>

A3) Half Kneeling Glute Mobs x8e <https://youtu.be/N-tJSsG42mQ>

5-10-5 Side Shuffles x6each* <https://youtu.be/oUzJWddW1jg>

90s

Day 2 Active Recovery Hiit Circuit

Straight Leg Kicks

Sweepers

Ankle Pull Glute Stretch

Knee Hugs

Arms Overhead High Knee March (2x15yds)

Arms Overhead High Knee Skip (2x15yds)

High Knee Skips (2x15yds)

Low Side Shuffle (2x15yds/side)

Lateral High Knee Skips (2x15yds/side)

Carioca (2x15yds/side)

Backpedals (2x15yds)

Broad Jumps x10

As many time through as possible Circuit

Weighted Overhead Squat x8

Reverse Lunges x8e

Wall Sit x30s

Plank w/ shoulder taps x8e

*2 minutes rest
between sets*

Yoga pushups with opposite foot reach x8

<https://youtu.be/A0w20kg6wls>

2 point 1 arm row x8e <https://youtu.be/NPEafJVBCU4>

Day 3 Active Recovery Aerobic Endurance

40 Minute run (including 5 minute walk cooldown)

or

Alternate 1:00 min of walking w/ 1:30 of jogging for 40 minutes

*10 yds sprint (acceleration), 10 yds decelerate, etc, etc

*3 starting one way, 3 starting the other

Video Links

Day 1)

Deadlift from dead stop <https://youtu.be/vhA1bttA64s>
Reactive Broad Jumps <https://youtu.be/OLYMM-jK4K8>
Goblet Lateral Lunge Isos https://youtu.be/6DMXBtF_Spg
Half Kneeling IR holds <https://youtu.be/wr5RjVHLHOU>
Goblet Slideboard Reverse Lunge https://youtu.be/VMh_o2GB4p8
Side Bridge w/ Knee March https://youtu.be/JF_tIOmMJ2Q
Seal Walks https://youtu.be/PIIn8UC_N-FE
90/90 Hip Mobility w/ shin box <https://youtu.be/WDv6WrOCIOc>

Day 2)

Head Supported Row <https://youtu.be/K4LWcq94CQE>
Tall Kneeling overhead hold to stand https://youtu.be/57L_GO4ps4k
Bird dog row <https://youtu.be/-PtfzOIBXP8>
Spiderman Pushups https://youtu.be/vo_Dvi8ktIE
Weighted Crosswalk <https://youtu.be/SLUSD6Zb3o>
Contralateral Core Lift or Banana Hold <https://youtu.be/LzMLc-bNHCg> or https://youtu.be/mEQmWt4i_x8

Day 3)

Goblet Step Ups <https://youtu.be/ciJ8vZiyapM>
Single Leg Pushoffs <https://youtu.be/h6Pu4Afh84w>
1 Leg DB Rdl <https://youtu.be/7PGghDSVvwQ>
Plank w/ Arm March <https://youtu.be/GbsgMtyN9d4>
DB pushup to row <https://youtu.be/SWcgge1XRVI>
Half Kneeling weighted serratus holds <https://youtu.be/VAncH36Iqk4>
1 Arm Farmers <https://youtu.be/2Zr4AnKtsb8>
Split Stance ER Holds <https://youtu.be/64gz4Xp-I6o>

A1) Deadlift from dead stop (Banded if possible)

Date	Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
	1	4	8	60s							
	2	4	8	60s							
	3	4	8	60s							
	4	3	8	60s							

A2) Reactive Broad Jumps

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
1	3	4	90s							
2	3	4	90s							
3	3	4	90s							
4	3	4	90s							

B1) Goblet Lateral Lunge iso holds

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
1	3	3x15s/e								
2	3	3x15s/e								
3	3	3x15s/e								
4	3	3x15s/e								

B2) Partner (Wall) Half Kneeling IR holds

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
1	3	4x4s/e								
2	3	4x4s/e								
3	3	4x4s/e								
4	3	4x4s/e								

C1) Goblet Slideboard (paper plate) Reverse Lunge

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
1	3	x8e								
2	3	x8e								
3	3	x8e								
4	3	x8e								

C2) Side Bridge w/ Knee march

Week	Sets	Sets	Rest	Tempo	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
1	3	x8e								
2	3	x8e								
3	3	x8e								
4	3	x8e								

D1) Paper plate Seal Walks

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
1	3	15 yds								
2	3	15 yds								
3	3	15 yds								
4	3	15 yds								

D2) 90/90 Hip Mobility w/ Shin box

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
1	3	x6e								
2	3	x6e								
3	3	x6e								
4	3	x6e								

E) Finisher: Single Leg Hip Thrust Ladder x15, x14, x13, x12, x11, x10.....

*all the way down to 1, do one leg, then the other

