DIMOND HIGH SCHOOL VOLLEYBALL OFF SEASON WORKOUT PLAN

"DREAMS DON'T WORK UNLESS YOU DO"

Dimond Volleyball Off-Season Workout
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DIMOND VOLLEYBALL OFF-SEASON WORKOUT

This workout plan is just suggestions and not the bible. There are many workout plans out there and through trial and error, you will find the best one that fits you. I have pulled together research from many different people and programs plus I included some material from my own experiences. Volleyball players should be working on getting stronger, jumping higher, getting quicker and more explosive. My philosophy is to build the whole body to become stronger and emphasis in power and jumping muscles. There are many different ways to make your muscles stronger, so if one way is uncomfortable or boring, then research other ways to accomplish those same goals but in different way. Jump training in the pool is awesome and will not hurt your joints. Crossfit programs are great too but not all players can afford them. I used plyometric exercises that you don't have to have a ton of equipment to complete, but as far as the weight workouts, you should make sure you can get to a weight room. Nutrition is a big factor on what kind of shape you are in. The saying ," you are what you eat" us true. Drinks a lot of water and eat healthy. Stay away from those caffeine drinks because they are not good for you and they are a diuretic. If you are truly working out hard, you will need to eat. Eat protein and carbohydrates, do not cut those out of your diet. Test your vertical and quickness prior to starting a committed workout, this way you can see the results at the end!

Well enjoy, experiment, document and COMMIT! I hope that you find this information helpful and if you have any questions, please don't hesitate to contact me at:

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PURPOSE

Maximize athletic potential
Decrease Injury
Increase strength, power and flexibility
Increase jumping ability
Develop the heart of a CHAMPION!

Helpful Visual Links

If there are any exercises that you don't understand or are not demonstrated through the following links below, please go to Youtube, type up the word description and you should be able to find a visual video explaining on how to do that exercise.

Nutrition

http://www.strength-and-power-for-volleyball.com/nutrition-for-sports.html

Weight Room Exercises

Olympic Lifts

https://youtu.be/yv723p5aaWc

Hang Clean
https://youtu.be/Bg4wTqSuMww

Hang Snatch
http://www.youtube.com/watch?v=43qi9DlGUxU

Full Hang Clean
http://www.youtube.com/watch?v=2K7cmfAh91c&feature=related

Power Clean
https://youtu.be/PUSGjo0aD0M

Full Power Clean
https://youtu.be/1vaZL4kxNac

Split Jerk
https://youtu.be/PsiO8lZTU2I

Power Jerks or Push Jerk
https://youtu.be/wt0qF-k9is8

Push press
https://youtu.be/g0gEsMc1JZ4

Deadlift
https://youtu.be/qCGtwPhfGf4

Barbell Good Morning
https://youtu.be/VkNcc0BQrpA

Back Squat
https://youtu.be/fU6FwYD6IK0

Front Squat
https://youtu.be/2rcll6hKt8s

Dumbbell Lunges
https://youtu.be/X5JFsnxtBPc

Bench Press
https://youtu.be/dmWGqZ56txA

Dumbbell bench press
https://youtu.be/CtPR6YgiFig

Shoulder press
https://youtu.be/B-aVuyhvLHU

Overhead press
https://youtu.be/fYGmZ_6K4cQ

Dumbbell incline press
https://youtu.be/NSPN8OPOar0

Dumbbell overhead press
https://youtu.be/tWPbzAQ8w5Y

Bent over row
https://youtu.be/RhJqJIKOyCE

Dumbbell row
https://youtu.be/CoMSI-93rxs

Lat pull down
https://youtu.be/AM7ehgwgkLE

Seated Row
https://youtu.be/R4o4_DkXZYU

Reverse flies
https://youtu.be/evXOlgLTPCw

PLYOMETRICS

Lunge jumps
https://youtu.be/fPjjgU0FrjY

Ankle hops
https://youtu.be/p69OFDSJvqg

Standing broad jumps
https://youtu.be/-vfR0FeEse4

Zig zag hops
https://youtu.be/rmaY_9-1EW4

Scissors jumps
https://youtu.be/ABLQi1WJjJ8

Split Jumps
https://youtu.be/72xY37N_Sww

Alternate leg bounding
https://youtu.be/0bQuLV1MFSQ

Misc. jumps
https://youtu.be/UEC0-foTIp8

Art of coaching 10 exercises
https://youtu.be/AvvTCQwfq5c

NDSU Off -Season Workout
https://youtu.be/pXS4jH4Udmg

Wolfpack Weight Workout
https://youtu.be/u4c81BBekhk

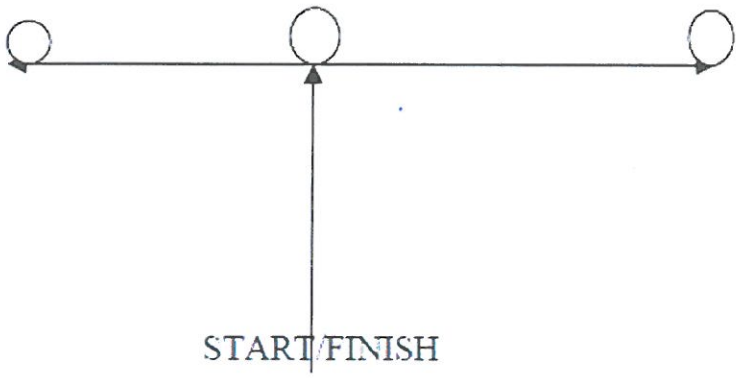
College Jump Training Program Example
https://youtu.be/mewDBf61cjE

Speed & Agility Work

30 min. routines

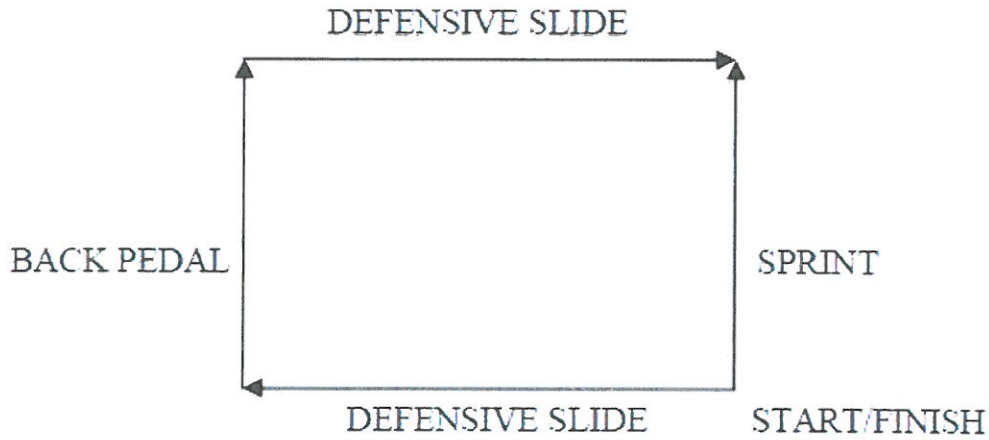
T Drill- Cones should be spaced 8yds Apart

1 Sprint 8yds from start/finish
2 Shuffle rt to cone and touch
3 Shuffle left and touch far lft cone
4 Shuffle back to the middle and backpedal past Start/Finish



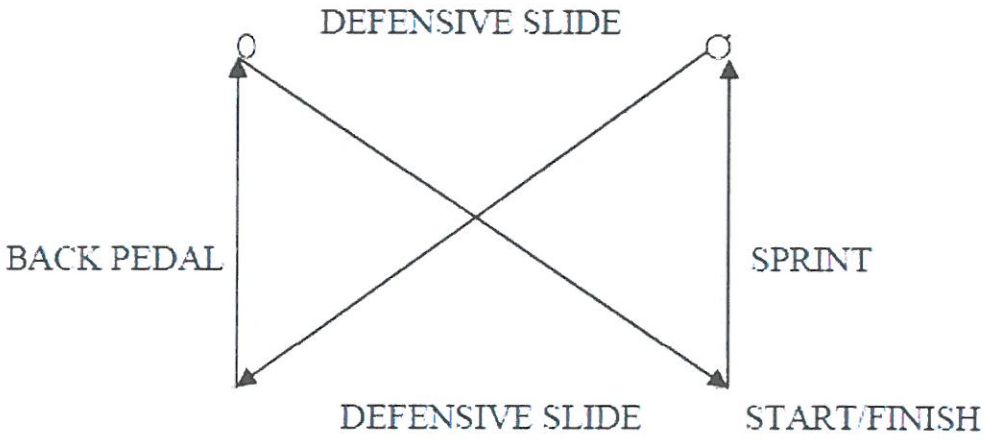
BOX DRILL- Coned should be spaced 8yds apart

1 Sprint at the start/finish to the edge of cone
2 Defensive slide past the cone behind you
3 Backpedal to next cone
4 Defensive slide to start/finish

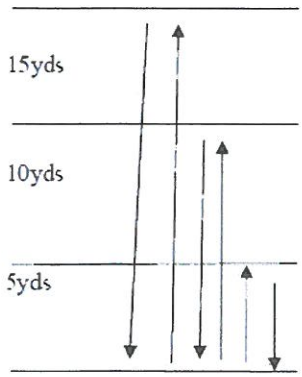


X DRILL- Cones should be spaced 8yds apart

1. Starting at start/finish sprint to the cone planting off outside foot and back pedaling to the diagonal cone
2. When you get to that cone sprint planting off your outside foot(left) sprint to the cone ahead
3 .Plant off you outside foot again(left) and backpedal to the diagonal cone.
4 .When you get there plant off you outside foot and sprint forward. This is now the start of your second time through. 2 times through equals one rep



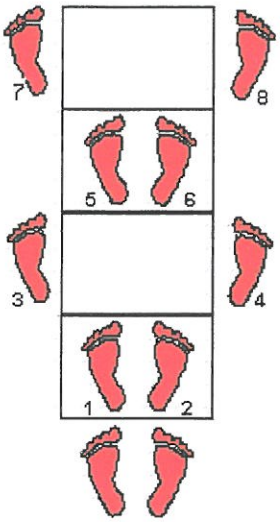
60yd Shuttle



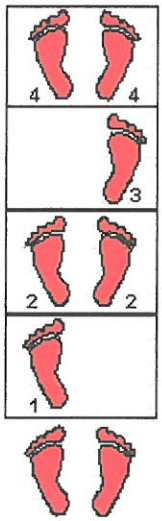
Ladder Work Examples

Do them as fast as you can! 5 sets of 5 different ones

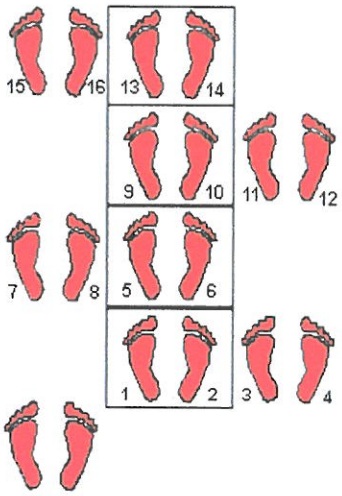
Hopscotch



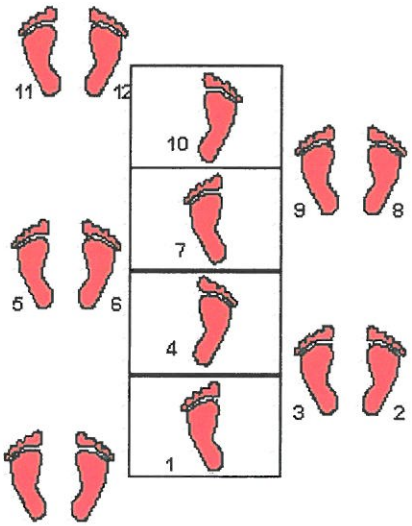
In and Out



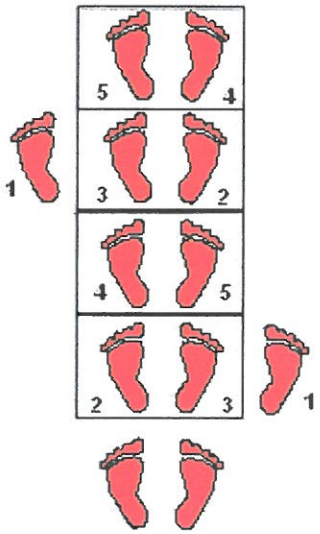
Lateral Feet

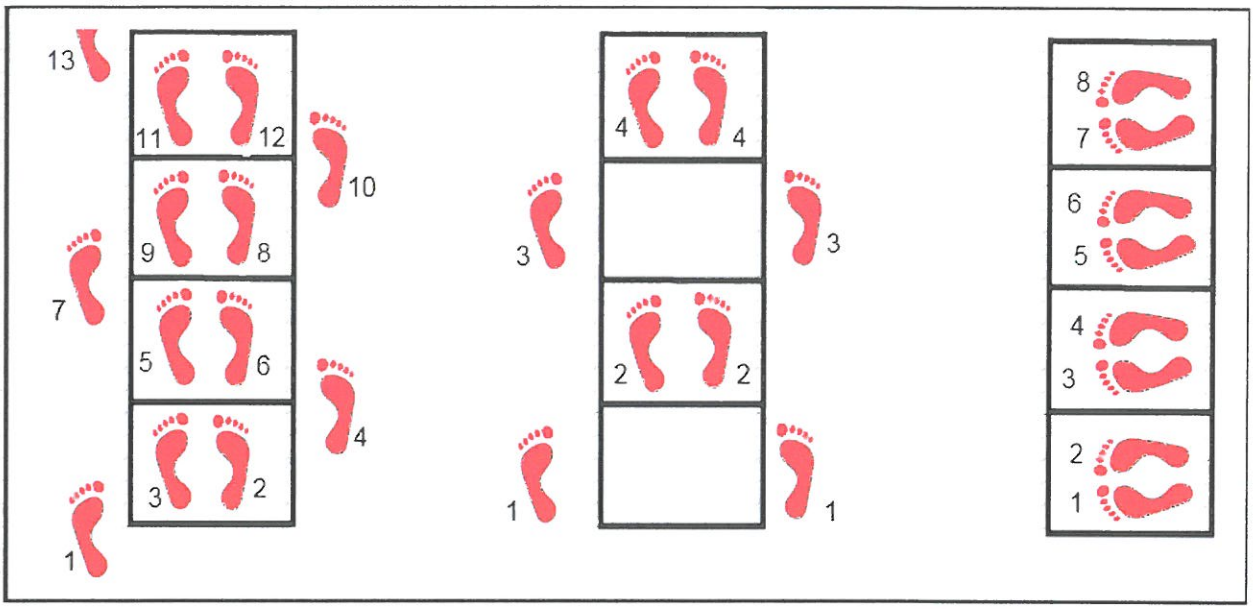


Tango



Five Count

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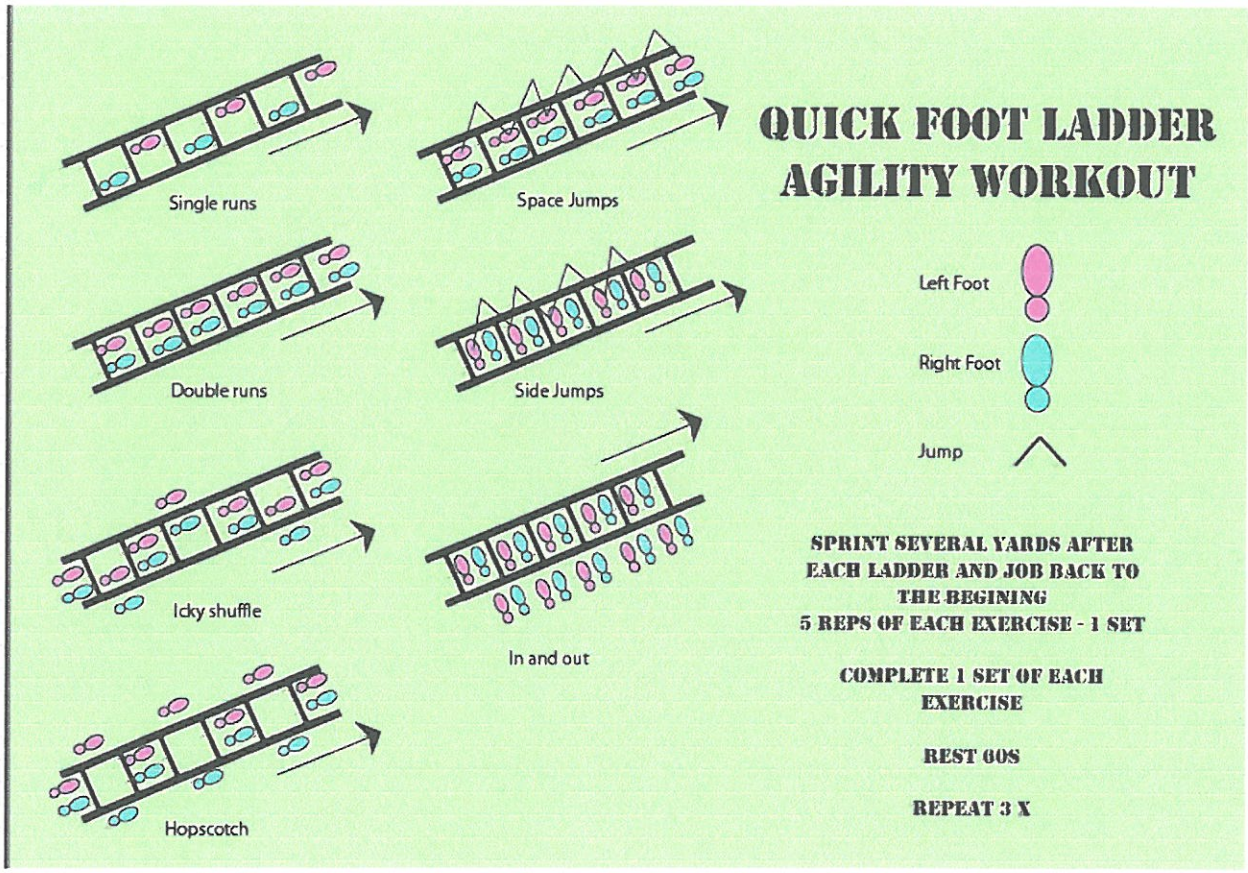
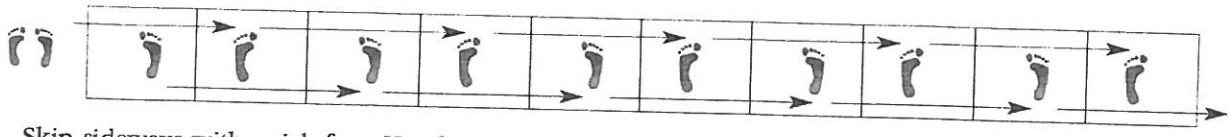
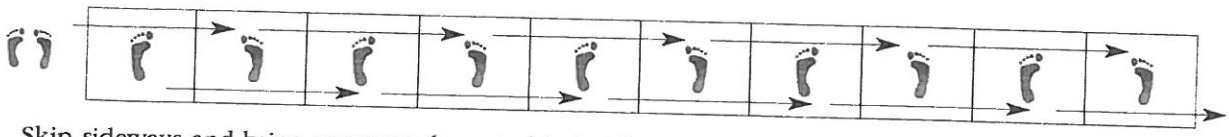

Single runs
Space Jumps
QUICK FOOT LADDER AGILITY WORKOUT
Double runs
Side Jumps
Left Foot
Right Foot
Jump
Icky shuffle
In and out
SPRINT SEVERAL YARDS AFTER EACH LADDER AND JOB BACK TO THE BEGINING
5 REPS OF EACH EXERCISE - 1 SET
COMPLETE 1 SET OF EACH EXERCISE
REST 60S
REPEAT 3 X
Hopscotch

LP-4 Side Skips



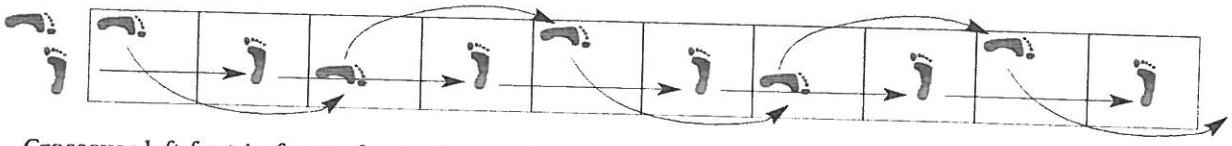
Skip sideways with quick feet. Hands move by the pockets rhythmically and quickly.

LP-5 Crossover Skips



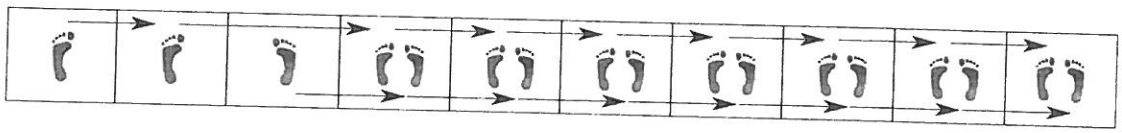
Skip sideways and bring crossover knee to hip height.

LP-6 Carioca



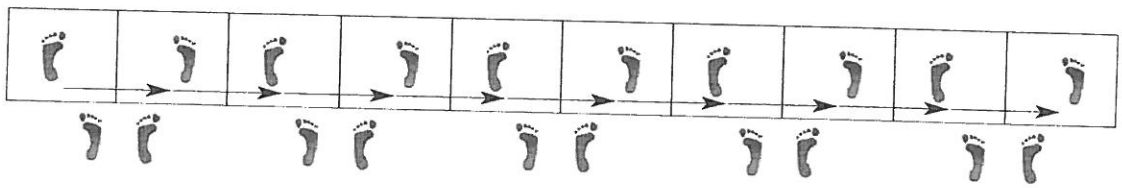
Crossover left foot in front of right foot and into next box. Then bring right foot into the next box. Now move left foot behind right foot and into the next box. Then bring right foot over to the next box. Continue laterally down the ladder.

LP-7 Side Shuffle + 1



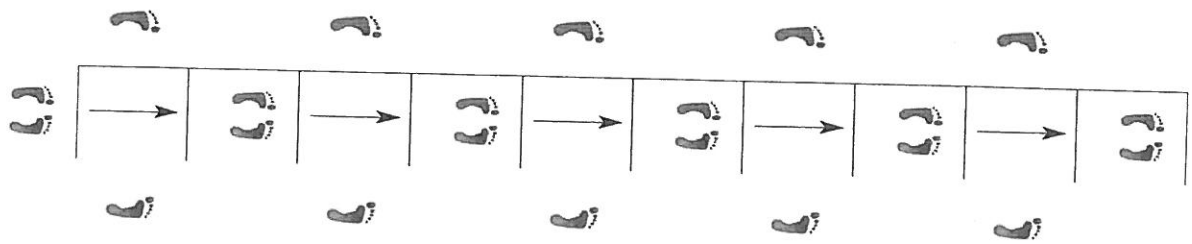
Place left foot in first hole, leave next hole empty and place right foot in third hole. Start by stepping with left foot into the open hole and then immediately place right foot into next hole. Always keep one foot in a separate hole when proceeding laterally across the ladder. Shuffle sideways, look up and down.

LP-8 Quick Skier



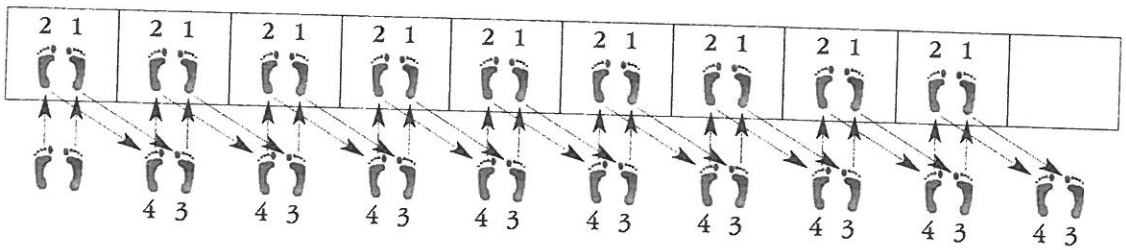
With one foot in a box and one out, move sideways while quickly exchanging foot positions.

LP-9 Hop Scotch



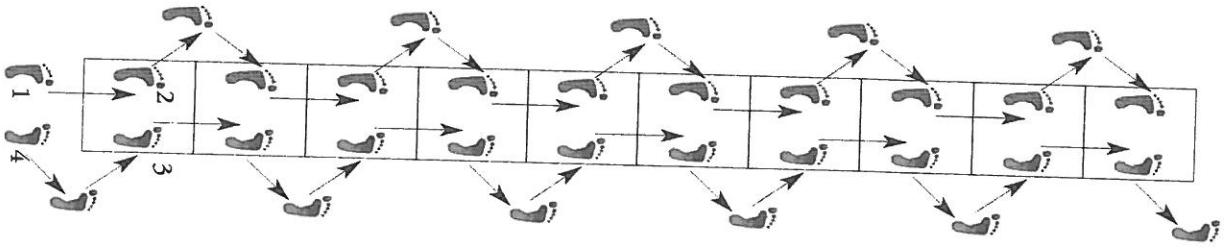
Straddle ladder and jump with both feet into next square, then jump out. Continue process down the ladder.

LP-10 2 In/2 Out



Go down the ladder laterally or sideways. Start with both feet in box sideways, then move the left foot out and up next to the box, then move the right foot out and up to the next box; then bring the left foot back in and up to the next box, placing the right foot in the box. Repeat steps to end of the ladder. Note: make sure to change lead foot upon return.

LP-11 Ickey Shuffle

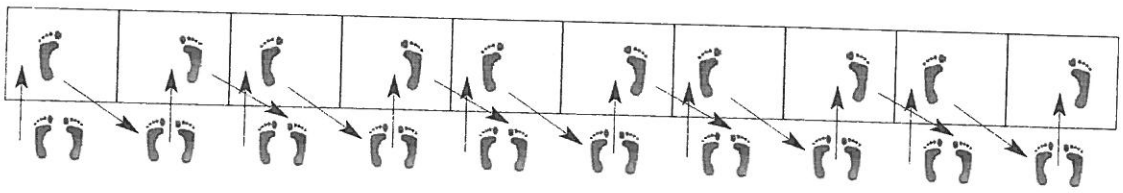


Weight on the big toe and inside edge of heel. Follow the 1-2-3-4 foot pattern in the illustration.

LP-12 Ladder Straddle

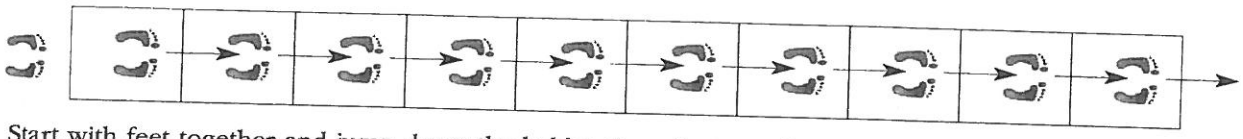
Start with feet straddling the first square. Now jump 90° and straddle the side cord, repeat 90° jump and straddle the next ladder; repeat pattern.

LP-13 2 Out/1 In



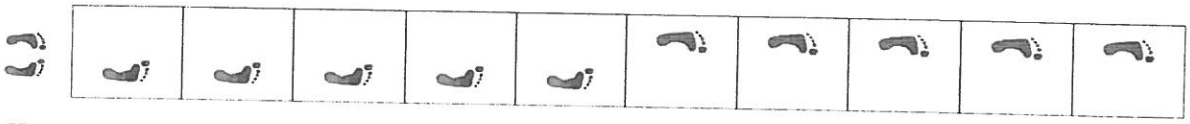
Move sideways along the ladder, step in with left foot, step with right foot to outside of next box, step back with left foot, repeat sequence with other foot. Follow the 1-2-3 foot pattern in the illustration.

LP-14 Quick Jumps



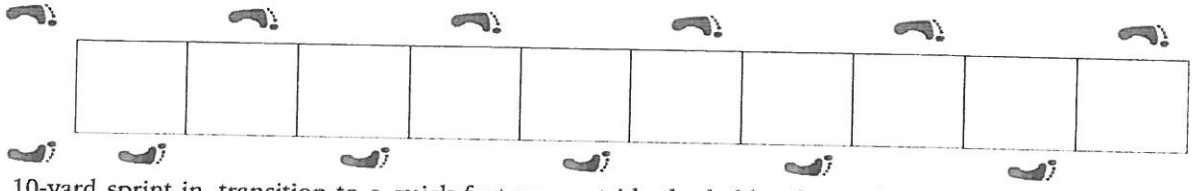
Start with feet together and jump down the ladder. Keep feet together, staying on balls of the feet.

LP-15 Hops Forward



Hop continuously on one foot to midpoint of ladder; switch feet for the rest of the way to end of the ladder.

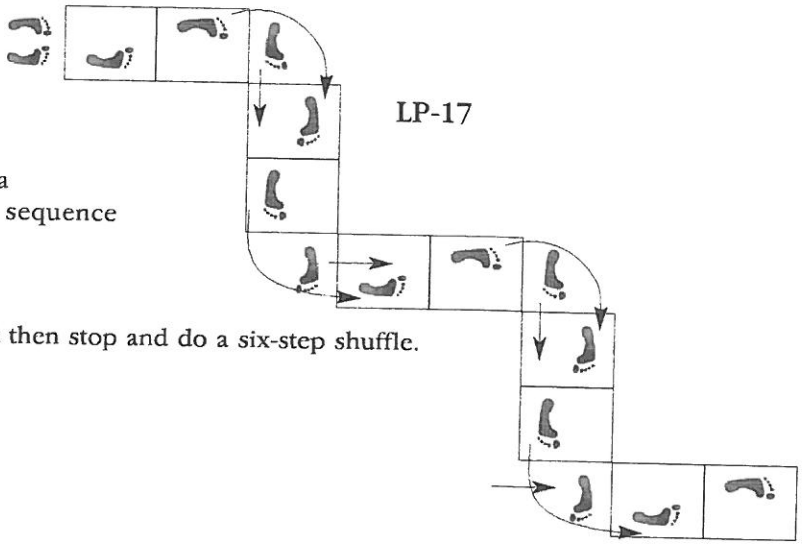
LP-16 Sprint in Quick "Dorsi-Flexed" Feet Run Forward



10-yard sprint in, transition to a quick feet run, outside the ladder, forward.

LP-17 Run with Inside Foot Plant

Right-left-right, plant, turn right with a crossover step with outside leg. Continue sequence in other direction.



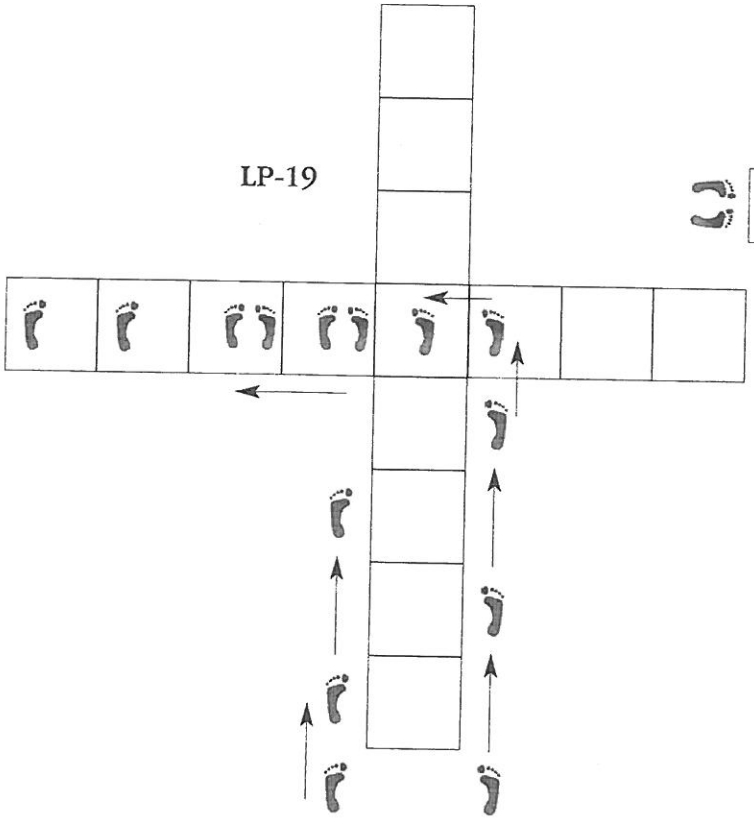
LP-17

LP-18 Run with Outside Foot Plant

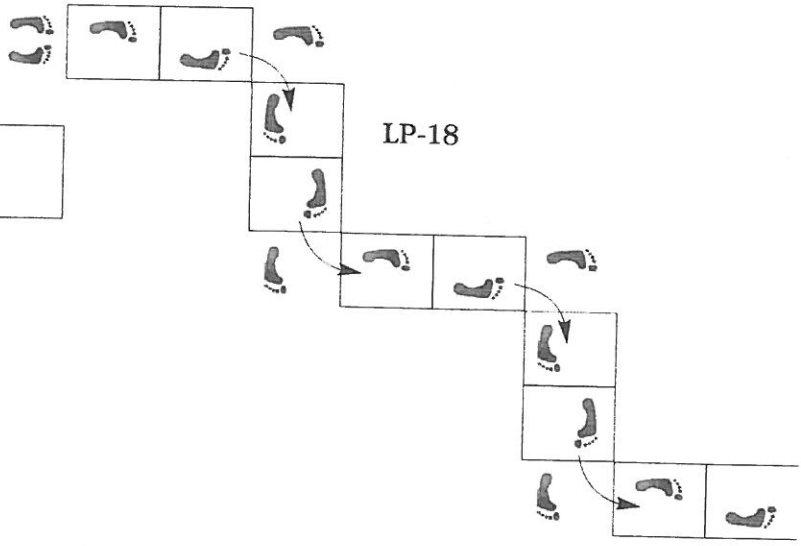
Left-right-left, plant, turn right with a crossover step with inside leg. Continue sequence in other direction.

LP-19 Outside Sprint with Shuffle

Start with feet outside of ladder. Sprint then stop and do a six-step shuffle.



LP-19



LP-18

Cardio Routine Examples

Jogging 30 min.

Biking stationary 30 min.

Biking outdoor 1 hour

Swimming 45 min.

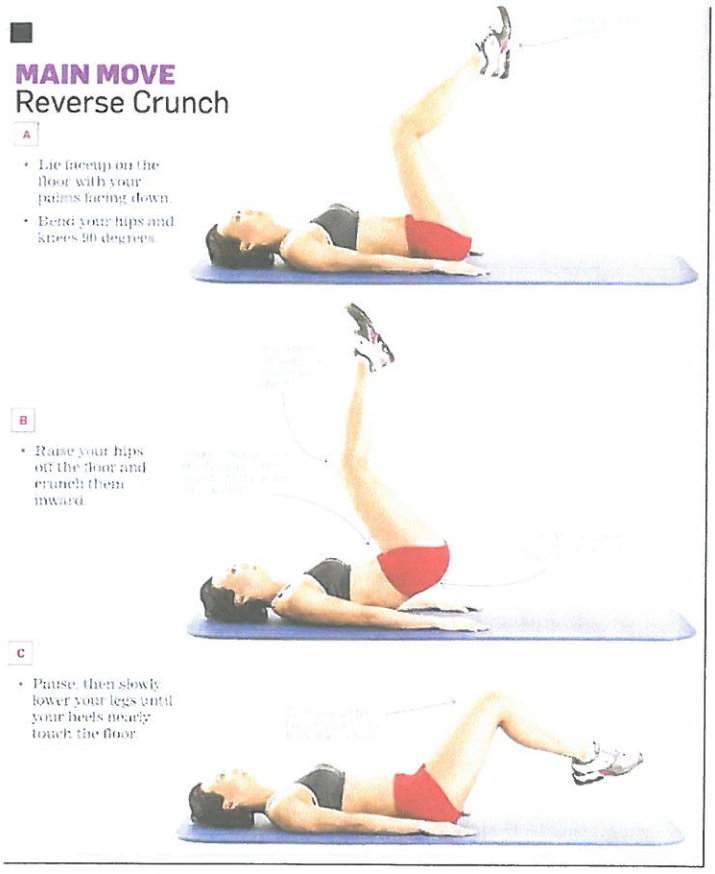
Jog/Walk/Jog/Walk 30 min.

Rest Weeks

Do a few workouts during the week, but make them activities outside of your workouts. For example:

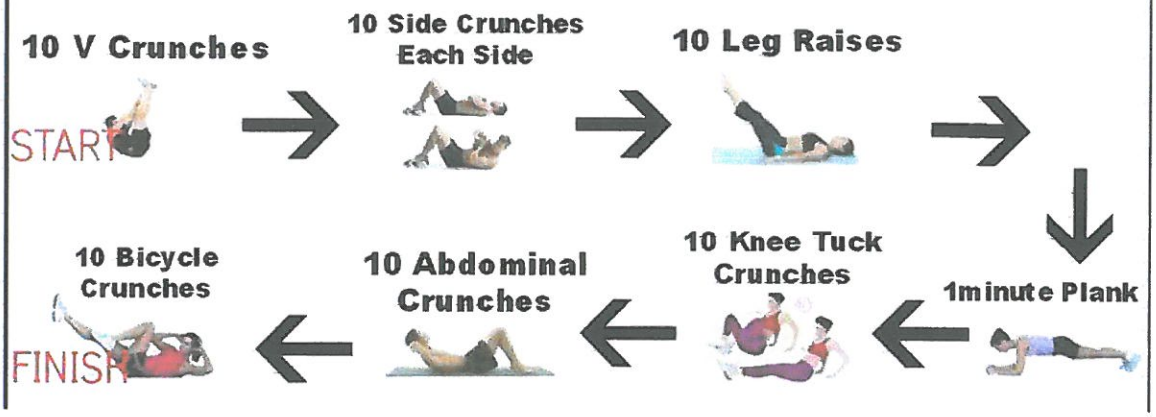
Hiking, biking, team sport activity, cross country skiing, snowboarding, ect. No time limit.

Abdominal



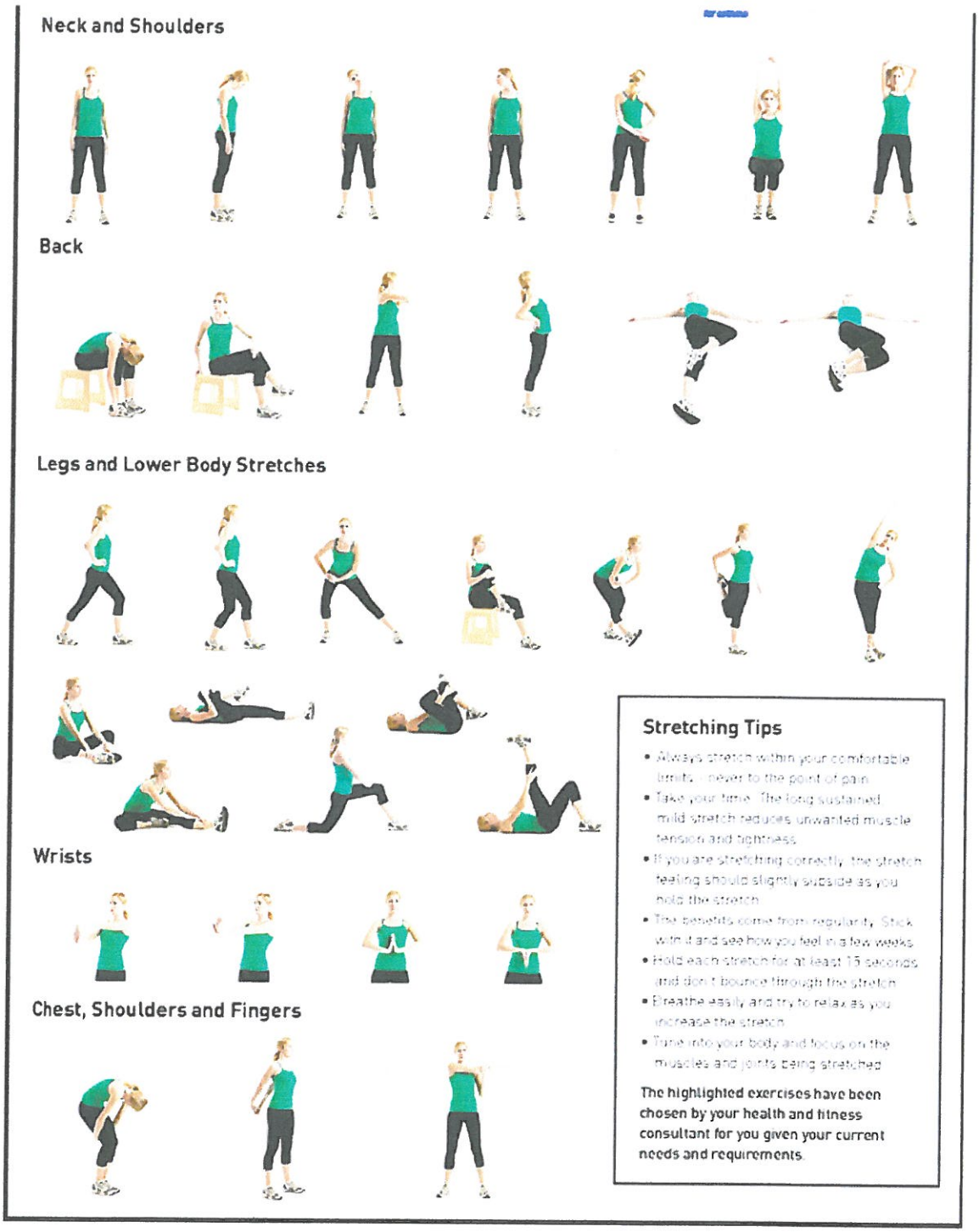
Killer Abs Workout Routine!

Do all exercies, no breaks inbetween, that is 1 set. Do 5 SETS with 30 seconds rest inbetween. Nice stomach for summer 2013 lets go! - Bar Brothers



Date		Time	
BREATH	HIP ROLL	NORMAL	BRIDGING
10 Deep Breaths	2 Sets of 10 slow rolls each side - with 20 seconds rest	2 Sets of 10 lifts with 20 seconds rest	1 Set of 10 slow lifts. Hold for 3-5 seconds in upward phase
STANDING ROTATION	HANDS VIA KNEES	SEATED KNEE TUCKS	SUPERMANS
Alternate sides for 30 - 45 seconds	2 Sets of 10 lifts with 20 seconds rest between sets	2 Sets of 6 - 10 lifts with 20 seconds rest between sets	Alternate sides for 45 - 60 seconds

Flexibility



Dynamic Warm up

https://youtu.be/kQ9HGPjY1qs

Volleyball Strength and Conditioning
Off Season

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 1-2	Weights	Agility/Jump	Weights		Agility/Jump	Weights	Cardio
WEEK 3-5	Weights	Agility/Jump	Weights		Agility/Jump	Weights	Cardio
WEEK 6-7	Weights	Agility/Jump	Weights		Agility/Jump	Weights	Cardio
WEEK 8-10	Weights	Agility/Jump	Weights		Agility/Jump	Weights	Cardio
WEEK 11 Recovery			Swim, bike, hike ect.		Swim, bike, hike ect.		Swim, bike, hike ect.
WEEK 12-13	Weights	Agility/Jump	Weights		Agility/Jump	Weights	Cardio
WEEK 14-16	Weights	Agility/Jump	Weights		Agility/Jump	Weights	Cardio
WEEK 17-18	Agility/Speed /Jump	Weights/Cardio	Agility/Speed /Jump	Weights/Cardio	Agility/Speed/ Jump	Weights/ Cardio	
WEEK 19-21	Agility/Speed /Jump	Weights/Cardio		Agility/Speed /Jump	Weights/Cardio		Weights/Cardio
WEEK 22 Recovery			Swim, bike, hike ect.		Swim, bike, hike ect.		Swim, bike, hike ect.
WEEK 23-24	Agility/Speed /Jump	Weights/Cardio	Agility/Speed /Jump	Weights/Cardio	Agility/Speed/ Jump	Weights/ Cardio	Agility/Speed/ Jump
WEEK 25-27	Weights/ Cardio		Weights/Card io	Agility/Speed/ Jump	Weights/Cardio	Agility/ Speed/ Jump	
WEEK 28-29	Agility/Speed /Jump	Weights/Cardio	Agility/Speed /Jump	Weights/Cardio	Agility/Speed Jump		Weights/Cardio
WEEK 30 Recovery			Swim, bike, hike ect.		Swim, bike, hike ect.		

Weight Workout Suggestions

WARM UP BEFORE YOU START

BE SAFE, USE CORRECT TECHNIQUE
TRY AND GO WITH A PARTNER

CONTROL THE WIEIGHT, DO NOT GO FAST

USE FREE WEIGHTS, MACHINES, ROPES, MEDICINE BALLS, ECT.

START VERY LIGHT AND BUILD

EXAMPLE: 3V6 MEANS 3 SETS OF 6 REPS.

% MAX = FIND OUT WHAT YOU CAN LIFT ONE TIME, THEN YOU WILL LIFT THE % OF THAT REQUESTED. IF IT'S TOO HEAVY, THEN BE SMART AND GO LIGHTER.

HAVE A SPOTTER IF DOING FREE WEIGHT BAR

BE CAREFUL NOT TO USE YOUR LOWER BACK, USE YOUR LEGS ON THE OLYMPIC LIFTS.

Off Season Weight Workout

	Week 1	Week 2	Week 3	Week 4
Day 1	Light Weight 2x10 Back Squats or leg press Dumbbell lunges Leg extensions Leg curls Calf press Bench Press Lat pull down Seated row Bicep curl db Tricep extension Lat front raise db Shoulder press 60 crunches	Light Weight 2x10 Back Squats or leg press Dumbbell lunges Leg extensions Leg curls Calf press Hang Cleans Bench Press Lat pull down Seated row Bicep curl db Tricep extension Lat front raise db Shoulder press 60 crunches	Find Max (only can lift once) Back Squats or leg press Leg extensions Leg curls Bench Press Lat pull down Seated row Bicep curl db Tricep extension Lat front raise db Shoulder press 3x10 Dumbbell lunges Calf press Hang Cleans Flies Reverse Flies Push Press 60 crunches Knee Hugs 20 Reverse Crunches 10	Light enough that you can complete 3x8 Back Squats or leg press Leg extensions Leg curls Bench Press Lat pull down Seated row Bicep curl db Tricep extension Lat front raise db Shoulder press 3x10 Dumbbell lunges Calf press Hang Cleans Flies Reverse Flies Push Press 60 crunches Knee Hugs 20 Reverse Crunches 10
Day 2	Light Weight 2x10 Back Squats or leg press Dumbbell lunges Leg extensions Leg curls Calf press Bench Press	Light Weight 2x10 Back Squats or leg press Dumbbell lunges Leg extensions Leg curls Calf press Hang Cleans	Light enough that you can complete 3x8 Back Squats or leg press Leg extensions Leg curls Bench Press Lat pull down	Light enough that you can complete 3x8 Back Squats or leg press Leg extensions Leg curls Bench Press Lat pull down

Off Season Weight Workout

	Lat pull down Seated row Bicep curl db Tricep extension Lat front raise db Shoulder press 60 crunches	 Bench Press Lat pull down Seated row Bicep curl db Tricep extension Lat front raise db Shoulder press 60 crunches	Seated row Bicep curl db Tricep extension Lat front raise db Shoulder press 3x10 Dumbbell lunges Calf press Hang Cleans Flies Reverse Flies Push Press 60 crunches Knee Hugs 20 Reverse Crunches 10	Seated row Bicep curl db Tricep extension Lat front raise db Shoulder press 3x10 Dumbbell lunges Calf press Hang Cleans Flies Reverse Flies Push Press 60 crunches Knee Hugs 20 Reverse Crunches 10
Day 3	Light Weight 2x10 Back Squats or leg press Dumbbell lunges Leg extensions Leg curls Calf press Bench Press Lat pull down Seated row Bicep curl db Tricep extension Lat front raise db Shoulder press 60 crunches	Light Weight 2x10 Back Squats or leg press Dumbbell lunges Leg extensions Leg curls Calf press Hang Cleans Bench Press Lat pull down Seated row Bicep curl db Tricep extension Lat front raise db Shoulder press 60 crunches	Light enough that you can complete 3x8 Back Squats or leg press Leg extensions Leg curls Bench Press Lat pull down Seated row Bicep curl db Tricep extension Lat front raise db Shoulder press 3x10 Dumbbell lunges Calf press Hang Cleans	Light enough that you can complete 3x8 Back Squats or leg press Leg extensions Leg curls Bench Press Lat pull down Seated row Bicep curl db Tricep extension Lat front raise db Shoulder press 3x10 Dumbbell lunges Calf press Hang Cleans

Off Season Weight Workout

			Flies Reverse Flies Push Press 60 crunches Knee Hugs 20 Reverse Crunches 10	Flies Reverse Flies Push Press 60 crunches Knee Hugs 20 Reverse Crunches 10
	Week 5	Week 6	Week 7	Week 8
Day 1	50% max 3x10 Back Squats or leg press Leg extensions Leg curls Bench Press Lat pull down Seated row Bicep curl db Tricep extension Lat front raise db Shoulder press Flies Reverse Flies 3x6 Push Press Hang Cleans Deadlift 70 crunches Knee Hugs 20 Reverse Crunches 15	50% max 3x10 Back Squats or leg press Leg extensions Leg curls Bench Press Lat pull down Seated row Bicep curl db Tricep extension Lat front raise db Shoulder press Flies Reverse Flies 3x6 Push Press Hang Cleans Deadlift 70 crunches Knee Hugs 20 Reverse Crunches 15	50% max 3x10 Back Squats or leg press Leg extensions Leg curls Bench Press Lat pull down Seated row Bicep curl db Tricep extension Lat front raise db Shoulder press Flies Reverse Flies 3x6 Push Press Hang Cleans Deadlift 70 crunches Knee Hugs 20 Reverse Crunches 15	60% max 3x10 Back Squats or leg press Bench Press Lat pull down Seated row Bicep curl db Tricep extension Lat front raise db Shoulder press Flies Reverse Flies 3x8 Push Press Hang Cleans Deadlift Power Clean 70 crunches Knee Hugs 20 Reverse Crunches 15
Day 2	50% max 3x10	50% max 3x10	50% max 3x10	60% max 3x10

Off Season Weight Workout

	Back Squats or leg press Leg extensions Leg curls Bench Press Lat pull down Seated row Bicep curl db Tricep extension Lat front raise db Shoulder press Flies Reverse Flies 3x6 Push Press Hang Cleans Deadlift 70 crunches Knee Hugs 20 Reverse Crunches 15	Back Squats or leg press Leg extensions Leg curls Bench Press Lat pull down Seated row Bicep curl db Tricep extension Lat front raise db Shoulder press Flies Reverse Flies 3x6 Push Press Hang Cleans Deadlift 70 crunches Knee Hugs 20 Reverse Crunches 15	Back Squats or leg press Leg extensions Leg curls Bench Press Lat pull down Seated row Bicep curl db Tricep extension Lat front raise db Shoulder press Flies Reverse Flies 3x6 Push Press Hang Cleans Deadlift 70 crunches Knee Hugs 20 Reverse Crunches 15	Back Squats or leg press Bench Press Lat pull down Seated row Bicep curl db Tricep extension Lat front raise db Shoulder press Flies Reverse Flies 3x8 Push Press Hang Cleans Deadlift Power Clean 70 crunches Knee Hugs 20 Reverse Crunches 15
Day 3	50% max 3x10 Back Squats or leg press Leg extensions Leg curls Bench Press Lat pull down Seated row Bicep curl db Tricep extension Lat front raise db Shoulder press Flies Reverse Flies 3x6	50% max 3x10 Back Squats or leg press Leg extensions Leg curls Bench Press Lat pull down Seated row Bicep curl db Tricep extension Lat front raise db Shoulder press Flies Reverse Flies 3x6	50% max 3x10 Back Squats or leg press Leg extensions Leg curls Bench Press Lat pull down Seated row Bicep curl db Tricep extension Lat front raise db Shoulder press Flies Reverse Flies 3x6	60% max 3x10 Back Squats or leg press Bench Press Lat pull down Seated row Bicep curl db Tricep extension Lat front raise db Shoulder press Flies Reverse Flies 3x8 Push Press Hang Cleans

Off Season Weight Workout

	Push Press Hang Cleans Deadlift 70 crunches Knee Hugs 20 Reverse Crunches 15	Push Press Hang Cleans Deadlift 70 crunches Knee Hugs 20 Reverse Crunches 15	Push Press Hang Cleans Deadlift 70 crunches Knee Hugs 20 Reverse Crunches 15	Deadlift Power Clean 70 crunches Knee Hugs 20 Reverse Crunches 15
	Week 9	Week 10	Week 11	Week 12
Day 1	60% max 3x10 Back Squats or leg press Bench Press Lat pull down Seated row Bicep curl db Tricep extension Lat front raise db Shoulder press Flies Reverse Flies 3x8 Push Press Hang Cleans Deadlift Power Clean 70 crunches Knee Hugs 20 Reverse Crunches 15	60% max 3x10 Back Squats or leg press Bench Press Lat pull down Seated row Bicep curl db Tricep extension Lat front raise db Shoulder press Flies Reverse Flies 3x8 Push Press Hang Cleans Deadlift Power Clean 70 crunches Knee Hugs 20 Reverse Crunches 15		60% max 3x10 Back Squats or leg press Bench Press Lat pull down Seated row Bicep curl db Tricep extension Lat front raise db Shoulder press Flies Reverse Flies 3x8 Push Press Hang Cleans Deadlift Power Clean 70 crunches Knee Hugs 20 Reverse Crunches 15
Day 2	60% max 3x10 Back Squats or leg press Bench Press Lat pull down	60% max 3x10 Back Squats or leg press Bench Press Lat pull down		60% max 3x10 Back Squats or leg press Bench Press Lat pull down

Off Season Weight Workout

	Seated row Bicep curl db Tricep extension Lat front raise db Shoulder press Flies Reverse Flies 3x8 Push Press Hang Cleans Deadlift Power Clean 70 crunches Knee Hugs 20 Reverse Crunches 15	Seated row Bicep curl db Tricep extension Lat front raise db Shoulder press Flies Reverse Flies 3x8 Push Press Hang Cleans Deadlift Power Clean 70 crunches Knee Hugs 20 Reverse Crunches 15		Seated row Bicep curl db Tricep extension Lat front raise db Shoulder press Flies Reverse Flies 3x8 Push Press Hang Cleans Deadlift Power Clean 70 crunches Knee Hugs 20 Reverse Crunches 15
Day 3	60% max 3x10 Back Squats or leg press Bench Press Lat pull down Seated row Bicep curl db Tricep extension Lat front raise db Shoulder press Flies Reverse Flies 3x8 Push Press Hang Cleans Deadlift Power Clean 70 crunches Knee Hugs 20	60% max 3x10 Back Squats or leg press Bench Press Lat pull down Seated row Bicep curl db Tricep extension Lat front raise db Shoulder press Flies Reverse Flies 3x8 Push Press Hang Cleans Deadlift Power Clean 70 crunches Knee Hugs 20		60% max 3x10 Back Squats or leg press Bench Press Lat pull down Seated row Bicep curl db Tricep extension Lat front raise db Shoulder press Flies Reverse Flies 3x8 Push Press Hang Cleans Deadlift Power Clean 70 crunches Knee Hugs 20

Off Season Weight Workout

	Reverse Crunches 15	Reverse Crunches 15		Reverse Crunches 15
	Week 13	Week 14	Week 15	Week 16
Day 1	70% of max 3x8 Back Squats Bench Press Lat pull down Seated row Bicep curl db Tricep extension Lat front raise db Shoulder press Flies Reverse Flies Raise weight 3x6 Push Press Hang Cleans Deadlift Power Clean Side Lunges 50crunches Knee Hugs 15 Reverse Crunches 15 Side to side crunches 30 each side	70% of max 3x8 Back Squats Bench Press Lat pull down Seated row Bicep curl db Tricep extension Lat front raise db Shoulder press Flies Reverse Flies Raise weight 3x6 Push Press Hang Cleans Deadlift Power Clean Side Lunges 50crunches Knee Hugs 15 Reverse Crunches 15 Side to side crunches 30 each side	70% of max 3x8 Back Squats Bench Press Lat pull down Seated row Bicep curl db Tricep extension Lat front raise db Shoulder press Flies Reverse Flies Raise weight 3x6 Push Press Hang Cleans Deadlift Power Clean Side Lunges 50crunches Knee Hugs 15 Reverse Crunches 15 Side to side crunches 30 each side	70% of max 3x8 Back Squats Bench Press Lat pull down Seated row Bicep curl db Tricep extension Lat front raise db Shoulder press Flies Reverse Flies Raise weight 3x6 Push Press Hang Cleans Deadlift Power Clean Side Lunges 50crunches Knee Hugs 15 Reverse Crunches 15 Side to side crunches 30 each side
Day 2	70% of max 3x8 Back Squats Bench Press Lat pull down Seated row Bicep curl db	70% of max 3x8 Back Squats Bench Press Lat pull down Seated row Bicep curl db	70% of max 3x8 Back Squats Bench Press Lat pull down Seated row Bicep curl db	70% of max 3x8 Back Squats Bench Press Lat pull down Seated row Bicep curl db

Off Season Weight Workout

	Tricep extension Lat front raise db Shoulder press Flies Reverse Flies Raise weight 3x6 Push Press Hang Cleans Deadlift Power Clean Side Lunges 50crunches Knee Hugs 15 Reverse Crunches 15 Side to side crunches 30 each side	Tricep extension Lat front raise db Shoulder press Flies Reverse Flies Raise weight 3x6 Push Press Hang Cleans Deadlift Power Clean Side Lunges 50crunches Knee Hugs 15 Reverse Crunches 15 Side to side crunches 30 each side	Tricep extension Lat front raise db Shoulder press Flies Reverse Flies Raise weight 3x6 Push Press Hang Cleans Deadlift Power Clean Side Lunges 50crunches Knee Hugs 15 Reverse Crunches 15 Side to side crunches 30 each side	Tricep extension Lat front raise db Shoulder press Flies Reverse Flies Raise weight 3x6 Push Press Hang Cleans Deadlift Power Clean Side Lunges 50crunches Knee Hugs 15 Reverse Crunches 15 Side to side crunches 30 each side
Day 3	70% of max 3x8 Back Squats Bench Press Lat pull down Seated row Bicep curl db Tricep extension Lat front raise db Shoulder press Flies Reverse Flies Raise weight 3x6 Push Press Hang Cleans Deadlift Power Clean	70% of max 3x8 Back Squats Bench Press Lat pull down Seated row Bicep curl db Tricep extension Lat front raise db Shoulder press Flies Reverse Flies Raise weight 3x6 Push Press Hang Cleans Deadlift Power Clean	70% of max 3x8 Back Squats Bench Press Lat pull down Seated row Bicep curl db Tricep extension Lat front raise db Shoulder press Flies Reverse Flies Raise weight 3x6 Push Press Hang Cleans Deadlift Power Clean	70% of max 3x8 Back Squats Bench Press Lat pull down Seated row Bicep curl db Tricep extension Lat front raise db Shoulder press Flies Reverse Flies Raise weight 3x6 Push Press Hang Cleans Deadlift Power Clean

Off Season Weight Workout

	Side Lunges 50crunches Knee Hugs 15 Reverse Crunches 15 Side to side crunches 30 each side	Side Lunges 50crunches Knee Hugs 15 Reverse Crunches 15 Side to side crunches 30 each side	Side Lunges 50crunches Knee Hugs 15 Reverse Crunches 15 Side to side crunches 30 each side	Side Lunges 50crunches Knee Hugs 15 Reverse Crunches 15 Side to side crunches 30 each side
	Week 17	Week 18	Week 19	Week 20
Day 1	75% 3x6 Back Squats Bench Press Lat pull down Seated row Lat front raise db Shoulder press Flies Reverse Flies Raise weight 3x4 Push Press Hang Cleans Deadlift Power Clean Side Lunges Split Jerk Dips Pull ups 50 crunches Knee Hugs 15 Reverse Crunches 15 Side to side crunches 30 each side	75% 3x6 Back Squats Bench Press Lat pull down Seated row Lat front raise db Shoulder press Flies Reverse Flies Raise weight 3x4 Push Press Hang Cleans Deadlift Power Clean Side Lunges Split Jerk Dips Pull ups 50 crunches Knee Hugs 15 Reverse Crunches 15 Side to side crunches 30 each side	75% 3x6 Back Squats Bench Press Lat pull down Seated row Lat front raise db Shoulder press Flies Reverse Flies Raise weight 3x4 Push Press Hang Cleans Deadlift Power Clean Side Lunges Split Jerk Dips Pull ups 50 crunches Knee Hugs 15 Reverse Crunches 15 Side to side crunches 30 each side	75% 3x6 Back Squats Bench Press Lat pull down Seated row Lat front raise db Shoulder press Flies Reverse Flies Raise weight 3x4 Push Press Hang Cleans Deadlift Power Clean Side Lunges Split Jerk Dips Pull ups 50 crunches Knee Hugs 15 Reverse Crunches 15 Side to side crunches 30 each side
Day 2	75% 3x6	75% 3x6	75% 3x6	75% 3x6

Off Season Weight Workout

	Back Squats Bench Press Lat pull down Seated row Lat front raise db Shoulder press Flies Reverse Flies Raise weight 3x4 Push Press Hang Cleans Deadlift Power Clean Side Lunges Split Jerk Dips Pull ups 50 crunches Knee Hugs 15 Reverse Crunches 15 Side to side crunches 30 each side	Back Squats Bench Press Lat pull down Seated row Lat front raise db Shoulder press Flies Reverse Flies Raise weight 3x4 Push Press Hang Cleans Deadlift Power Clean Side Lunges Split Jerk Dips Pull ups 50 crunches Knee Hugs 15 Reverse Crunches 15 Side to side crunches 30 each side	Back Squats Bench Press Lat pull down Seated row Lat front raise db Shoulder press Flies Reverse Flies Raise weight 3x4 Push Press Hang Cleans Deadlift Power Clean Side Lunges Split Jerk Dips Pull ups 50 crunches Knee Hugs 15 Reverse Crunches 15 Side to side crunches 30 each side	Back Squats Bench Press Lat pull down Seated row Lat front raise db Shoulder press Flies Reverse Flies Raise weight 3x4 Push Press Hang Cleans Deadlift Power Clean Side Lunges Split Jerk Dips Pull ups 50 crunches Knee Hugs 15 Reverse Crunches 15 Side to side crunches 30 each side
Day 3	75% 3x6 Back Squats Bench Press Lat pull down Seated row Lat front raise db Shoulder press Flies Reverse Flies Raise weight	75% 3x6 Back Squats Bench Press Lat pull down Seated row Lat front raise db Shoulder press Flies Reverse Flies Raise weight	75% 3x6 Back Squats Bench Press Lat pull down Seated row Lat front raise db Shoulder press Flies Reverse Flies Raise weight	75% 3x6 Back Squats Bench Press Lat pull down Seated row Lat front raise db Shoulder press Flies Reverse Flies Raise weight

Off Season Weight Workout

	3x4 Push Press Hang Cleans Deadlift Power Clean Side Lunges Split Jerk Dips Pull ups 50 crunches Knee Hugs 15 Reverse Crunches 15 Side to side crunches 30 each side	3x4 Push Press Hang Cleans Deadlift Power Clean Side Lunges Split Jerk Dips Pull ups 50 crunches Knee Hugs 15 Reverse Crunches 15 Side to side crunches 30 each side	3x4 Push Press Hang Cleans Deadlift Power Clean Side Lunges Split Jerk Dips Pull ups 50 crunches Knee Hugs 15 Reverse Crunches 15 Side to side crunches 30 each side	3x4 Push Press Hang Cleans Deadlift Power Clean Side Lunges Split Jerk Dips Pull ups 50 crunches Knee Hugs 15 Reverse Crunches 15 Side to side crunches 30 each side
	Week 21	Week 22	Week 23	Week 24
Day 1	75% 3x6 Back Squats Bench Press Lat pull down Seated row Lat front raise db Shoulder press Flies Reverse Flies Raise weight 3x4 Push Press Hang Cleans Deadlift Power Clean Side Lunges Split Jerk Dips Pull ups		85% of max 3x4 Back Squats DB Lunges Bench Press Lat pull down Seated row Lat front raise db Shoulder press Flies Reverse Flies Raise weight 3x4 Push Press Hang Cleans Deadlift Power Clean Side Lunges Split Jerk Dips	85% of max 3x4 Back Squats DB Lunges Bench Press Lat pull down Seated row Lat front raise db Shoulder press Flies Reverse Flies Raise weight 3x4 Push Press Hang Cleans Deadlift Power Clean Side Lunges Split Jerk Dips

Off Season Weight Workout

	50 crunches Knee Hugs 15 Reverse Crunches 15 Side to side crunches 30 each side		Pull ups 50 crunches Knee Hugs 15 Reverse Crunches 15 Side to side crunches 30 each side	Pull ups 50 crunches Knee Hugs 15 Reverse Crunches 15 Side to side crunches 30 each side
Day 2	75% 3x6 Back Squats Bench Press Lat pull down Seated row Lat front raise db Shoulder press Flies Reverse Flies Raise weight 3x4 Push Press Hang Cleans Deadlift Power Clean Side Lunges Split Jerk Dips Pull ups 50 crunches Knee Hugs 15 Reverse Crunches 15 Side to side crunches 30 each side		85% of max 3x4 Back Squats DB Lunges Bench Press Lat pull down Seated row Lat front raise db Shoulder press Flies Reverse Flies Raise weight 3x4 Push Press Hang Cleans Deadlift Power Clean Side Lunges Split Jerk Dips Pull ups 50 crunches Knee Hugs 15 Reverse Crunches 15 Side to side crunches 30 each side	85% of max 3x4 Back Squats DB Lunges Bench Press Lat pull down Seated row Lat front raise db Shoulder press Flies Reverse Flies Raise weight 3x4 Push Press Hang Cleans Deadlift Power Clean Side Lunges Split Jerk Dips Pull ups 50 crunches Knee Hugs 15 Reverse Crunches 15 Side to side crunches 30 each side

Off Season Weight Workout

Day 3	75% 3x6 Back Squats Bench Press Lat pull down Seated row Lat front raise db Shoulder press Flies Reverse Flies Raise weight 3x4 Push Press Hang Cleans Deadlift Power Clean Side Lunges Split Jerk Dips Pull ups 50 crunches Knee Hugs 15 Reverse Crunches 15 Side to side crunches 30 each side		85% of max 3x4 Back Squats DB Lunges Bench Press Lat pull down Seated row Lat front raise db Shoulder press Flies Reverse Flies Raise weight 3x4 Push Press Hang Cleans Deadlift Power Clean Side Lunges Split Jerk Dips Pull ups 50 crunches Knee Hugs 15 Reverse Crunches 15 Side to side crunches 30 each side	85% of max 3x4 Back Squats DB Lunges Bench Press Lat pull down Seated row Lat front raise db Shoulder press Flies Reverse Flies Raise weight 3x4 Push Press Hang Cleans Deadlift Power Clean Side Lunges Split Jerk Dips Pull ups 50 crunches Knee Hugs 15 Reverse Crunches 15 Side to side crunches 30 each side
	Week 25	Week 26	Week 27	Week 28
Day 1	85% of max 3x4 Back Squats DB Lunges Bench Press Lat pull down Seated row Lat front raise	85% of max 3x4 Back Squats DB Lunges Bench Press Lat pull down Seated row Lat front raise	100% of max 1 set all you can do Back Squats DB Lunges Bench Press Lat pull down Seated row	100% of max 1 set all you can do Back Squats DB Lunges Bench Press Lat pull down Seated row

Off Season Weight Workout

	db Shoulder press Flies Reverse Flies Raise weight 3x4 Push Press Hang Cleans Deadlift Power Clean Side Lunges Split Jerk Dips Pull ups 50 crunches Knee Hugs 15 Reverse Crunches 15 Side to side crunches 30 each side	db Shoulder press Flies Reverse Flies Raise weight 3x4 Push Press Hang Cleans Deadlift Power Clean Side Lunges Split Jerk Dips Pull ups 50 crunches Knee Hugs 15 Reverse Crunches 15 Side to side crunches 30 each side	Lat front raise db Shoulder press Flies Reverse Flies Raise weight 3x4 Push Press Hang Cleans Deadlift Power Clean Side Lunges Split Jerk Dips Pull ups 50 crunches Knee Hugs 15 Reverse Crunches 15 Side to side crunches 30 each side	Lat front raise db Shoulder press Flies Reverse Flies Raise weight 3x4 Push Press Hang Cleans Deadlift Power Clean Side Lunges Split Jerk Dips Pull ups 50 crunches Knee Hugs 15 Reverse Crunches 15 Side to side crunches 30 each side
Day 2	85% of max 3x4 Back Squats DB Lunges Bench Press Lat pull down Seated row Lat front raise db Shoulder press Flies Reverse Flies Raise weight 3x4 Push Press Hang Cleans	85% of max 3x4 Back Squats DB Lunges Bench Press Lat pull down Seated row Lat front raise db Shoulder press Flies Reverse Flies Raise weight 3x4 Push Press Hang Cleans	100% of max 1 set all you can do Back Squats DB Lunges Bench Press Lat pull down Seated row Lat front raise db Shoulder press Flies Reverse Flies Raise weight 3x4 Push Press	100% of max 1 set all you can do Back Squats DB Lunges Bench Press Lat pull down Seated row Lat front raise db Shoulder press Flies Reverse Flies Raise weight 3x4 Push Press

Off Season Weight Workout

	Deadlift Power Clean Side Lunges Split Jerk Dips Pull ups 50 crunches Knee Hugs 15 Reverse Crunches 15 Side to side crunches 30 each side	Deadlift Power Clean Side Lunges Split Jerk Dips Pull ups 50 crunches Knee Hugs 15 Reverse Crunches 15 Side to side crunches 30 each side	Hang Cleans Deadlift Power Clean Side Lunges Split Jerk Dips Pull ups 50 crunches Knee Hugs 15 Reverse Crunches 15 Side to side crunches 30 each side	Hang Cleans Deadlift Power Clean Side Lunges Split Jerk Dips Pull ups 50 crunches Knee Hugs 15 Reverse Crunches 15 Side to side crunches 30 each side
Day 3	85% of max 3x4 Back Squats DB Lunges Bench Press Lat pull down Seated row Lat front raise db Shoulder press Flies Reverse Flies Raise weight 3x4 Push Press Hang Cleans Deadlift Power Clean Side Lunges Split Jerk Dips Pull ups 50 crunches	85% of max 3x4 Back Squats DB Lunges Bench Press Lat pull down Seated row Lat front raise db Shoulder press Flies Reverse Flies Raise weight 3x4 Push Press Hang Cleans Deadlift Power Clean Side Lunges Split Jerk Dips Pull ups 50 crunches	100% of max 1 set all you can do Back Squats DB Lunges Bench Press Lat pull down Seated row Lat front raise db Shoulder press Flies Reverse Flies Raise weight 3x4 Push Press Hang Cleans Deadlift Power Clean Side Lunges Split Jerk Dips Pull ups	100% of max 1 set all you can do Back Squats DB Lunges Bench Press Lat pull down Seated row Lat front raise db Shoulder press Flies Reverse Flies Raise weight 3x4 Push Press Hang Cleans Deadlift Power Clean Side Lunges Split Jerk Dips Pull ups

Off Season Weight Workout

	Knee Hugs 15 Reverse Crunches 15 Side to side crunches 30 each side	Knee Hugs 15 Reverse Crunches 15 Side to side crunches 30 each side	50 crunches Knee Hugs 15 Reverse Crunches 15 Side to side crunches 30 each side	50 crunches Knee Hugs 15 Reverse Crunches 15 Side to side crunches 30 each side
	Week 29	Week 30	Week	Week
Day 1		Light weight Choose your own power lifts		
Day 2		Light weight Choose your own power lifts		
Day 3		Light weight Choose your own power lifts		

OFF – SEASON PLYOMETRIC PROGRAM

	Week 1	Week 2	Week 3	Week 4
Day 1	Ankle Hops 3X6 Tuck Jump 3x8 Rim Jumps 3x6 Broad Jumps 4x4 Squat Jumps 3x6	Ankle Hops 3X6 Tuck Jump 3x8 Rim Jumps 3x6 Broad Jumps 4x4 Squat Jumps 3x6	Ankle Hops 3X6 Tuck Jump 3x8 Rim Jumps 3x6 Broad Jumps 4x4 Squat Jumps 3x6 Wall Blocks 3x8	Jump rope 3x40 Cone jumps side to side 3x8 Jump to box or stairs(step down) 3x10 Rim Jumps (with approach) 3x10 Power skipping 3x12
Day 2	Ankle Hops 3X6 Tuck Jump 3x8 Rim Jumps 3x6 Broad Jumps 4x4 Squat Jumps 3x6	Ankle Hops 3X6 Tuck Jump 3x8 Rim Jumps 3x6 Broad Jumps 4x4 Squat Jumps 3x6	Ankle Hops 3X6 Tuck Jump 3x8 Rim Jumps 3x6 Broad Jumps 4x4 Squat Jumps 3x6 Wall Blocks 3x8	Jump rope 3x40 Cone jumps side to side 3x8 Jump to box or stairs(step down) 3x10 Rim Jumps (with approach) 3x10 Power skipping 3x12
	Week 5	Week 6	Week 7	Week 8
Day 1	Jump rope 3x40 Cone jumps side to side 3x8 Jump to box or stairs(step down) 3x10 Rim Jumps (with approach) 3x10 Power skipping 3x12	Jump rope 3x40 Cone jumps side to side 3x8 Jump to box or stairs(step down) 3x10 Rim Jumps (with approach) 3x10 Power skipping 3x12	Jump rope 3x60 Split squat jumps 3x12 Tuck jumps 3x12 Alternate leg bounding 3x12 Step down from box softly then power jump up, using arms 3x10 Cone Jumps front and back (knees up) 3x12	Jump rope 3x60 Split squat jumps 3x12 Tuck jumps 3x12 Alternate leg bounding 3x12 Step down from box softly then power jump up, using arms 3x10 Cone Jumps front and back (knees up) 3x12

OFF – SEASON PLYOMETRIC PROGRAM

	Week 5	Week 6	Week 7	Week 8
Day 2	Jump rope 3x40 Cone jumps side to side 3x8 Jump to box or stairs(step down) 3x10 Rim Jumps (with approach) 3x10 Power skipping 3x12	Jump rope 3x40 Cone jumps side to side 3x8 Jump to box or stairs(step down) 3x10 Rim Jumps (with approach) 3x10 Power skipping 3x12	Jump rope 3x60 Split squat jumps 3x12 Tuck jumps 3x12 Alternate leg bounding 3x12 Step down from box softly then power jump up, using arms 3x10 Cone Jumps front and back (knees up) 3x12	Jump rope 3x60 Split squat jumps 3x12 Tuck jumps 3x12 Alternate leg bounding 3x12 Step down from box softly then power jump up, using arms 3x10 Cone Jumps front and back (knees up) 3x12
	Week 9	**Week 10**	**Week 11**	**Week 12**
Day 1	Jump rope 3x60 Split squat jumps 3x12 Tuck jumps 3x12 Alternate leg bounding 3x12 Step down from box softly then power jump up, using arms 3x10 Cone Jumps front and back (knees up) 3x12	Ankle Hops 3X10 Tuck Jump 3x12 Rim Jumps with approach 3x12 Broad Jumps 6x6 Squat Jumps 3x10 Wall Block Jumps side to side 3x12		Ankle Hops 3X10 Tuck Jump 3x12 Rim Jumps with approach 3x12 Broad Jumps 6x6 Squat Jumps 3x10 Wall Block Jumps side to side 3x12
Day 2	Jump rope 3x60 Split squat jumps 3x12 Tuck jumps 3x12 Alternate leg bounding 3x12 Step down from box softly then power jump up, using arms 3x10 Cone Jumps front and back (knees up) 3x12	Ankle Hops 3X10 Tuck Jump 3x12 Rim Jumps with approach 3x12 Broad Jumps 6x6 Squat Jumps 3x10 Wall Block Jumps side to side 3x12		Ankle Hops 3X10 Tuck Jump 3x12 Rim Jumps with approach 3x12 Broad Jumps 6x6 Squat Jumps 3x10 Wall Block Jumps side to side 3x12

OFF – SEASON PLYOMETRIC PROGRAM

	Week 13	Week 14	Week 15	Week 16
Day 1	Jump rope 3x40 Cone jumps side to side 3x12 Jump to box or stairs(step down) 3x10 Rim Jumps (without approach) 3x12 Power skipping 3x12	Jump rope 3x40 Cone jumps side to side 3x12 Jump to box or stairs(step down) 3x10 Rim Jumps (without approach) 3x12 Power skipping 3x12	Split squat jumps 3x12 Tuck jumps 3x12 Alternate leg bounding 3x12 Step down from box softly then power jump up, using arms 3x10 Cone Jumps front and back (knees up) 3x12	Split squat jumps 3x12 Tuck jumps 3x12 Alternate leg bounding 3x12 Step down from box softly then power jump up, using arms 3x10 Cone Jumps front and back (knees up) 3x12
Day 2	Jump rope 3x40 Cone jumps side to side 3x12 Jump to box or stairs(step down) 3x10 Rim Jumps (without approach) 3x12 Power skipping 3x12	Jump rope 3x40 Cone jumps side to side 3x12 Jump to box or stairs(step down) 3x10 Rim Jumps (without approach) 3x12 Power skipping 3x12	Split squat jumps 3x12 Tuck jumps 3x12 Alternate leg bounding 3x12 Step down from box softly then power jump up, using arms 3x10 Cone Jumps front and back (knees up) 3x12	Split squat jumps 3x12 Tuck jumps 3x12 Alternate leg bounding 3x12 Step down from box softly then power jump up, using arms 3x10 Cone Jumps front and back (knees up) 3x12
	Week 17	Week 18	Week 19	Week 20
Day 1	Ankle Hops 3X10 Tuck Jump 3x12 Rim Jumps with approach 3x12 Broad Jumps 6x6 Squat Jumps 3x10 Wall Block Jumps side to side 3x12	Ankle Hops 3X10 Tuck Jump 3x12 Rim Jumps with approach 3x12 Broad Jumps 6x6 Squat Jumps 3x10 Wall Block Jumps side to side 3x12	Jump rope 3x60 Split squat jumps 3x12 Tuck jumps 3x12 Alternate leg bounding 3x12 Step down from box softly then power jump up, using arms 3x10 Cone Jumps front and back (knees up) 3x12	Jump rope 3x60 Split squat jumps 3x12 Tuck jumps 3x12 Alternate leg bounding 3x12 Step down from box softly then power jump up, using arms 3x10 Cone Jumps front and back (knees up) 3x12

OFF – SEASON PLYOMETRIC PROGRAM

	Week 17	Week 18	Week 19	Week 20
Day 2	Ankle Hops 3X10 Tuck Jump 3x12 Rim Jumps with approach 3x12 Broad Jumps 6x6 Squat Jumps 3x10 Wall Block Jumps side to side 3x12	Ankle Hops 3X10 Tuck Jump 3x12 Rim Jumps with approach 3x12 Broad Jumps 6x6 Squat Jumps 3x10 Wall Block Jumps side to side 3x12	Jump rope 3x60 Split squat jumps 3x12 Tuck jumps 3x12 Alternate leg bounding 3x12 Step down from box softly then power jump up, using arms 3x10 Cone Jumps front and back (knees up) 3x12	Jump rope 3x60 Split squat jumps 3x12 Tuck jumps 3x12 Alternate leg bounding 3x12 Step down from box softly then power jump up, using arms 3x10 Cone Jumps front and back (knees up) 3x12
	Week 21	**Week 22**	**Week 23**	**Week 24**
Day 1	Jump rope 3x60 Split squat jumps 3x12 Tuck jumps 3x12 Alternate leg bounding 3x12 Step down from box softly then power jump up, using arms 3x10 Cone Jumps front and back (knees up) 3x12		Jump rope 3x40 Cone jumps side to side 3x12 Cone jumps front and bak 3x12 Jump to box or stairs(step down) 3x10 Rim Jumps (without approach) 3x12 Power skipping 3x12 Tuck jumps 3x12	Jump rope 3x40 Cone jumps side to side 3x12 Cone jumps front and bak 3x12 Jump to box or stairs(step down) 3x10 Rim Jumps (without approach) 3x12 Power skipping 3x12 Tuck jumps 3x12
Day 2	Jump rope 3x60 Split squat jumps 3x12 Tuck jumps 3x12 Alternate leg bounding 3x12 Step down from box softly then power jump up, using arms 3x10 Cone Jumps front and back (knees up) 3x12		Jump rope 3x40 Cone jumps side to side 3x12 Cone jumps front and bak 3x12 Jump to box or stairs(step down) 3x10 Rim Jumps (without approach) 3x12 Power skipping 3x12 Tuck jumps 3x12	Jump rope 3x40 Cone jumps side to side 3x12 Cone jumps front and bak 3x12 Jump to box or stairs(step down) 3x10 Rim Jumps (without approach) 3x12 Power skipping 3x12 Tuck jumps 3x12

OFF – SEASON PLYOMETRIC PROGRAM

	Week 25	Week 26	Week 27	Week 28
Day 1	Jump rope 3x40 Cone jumps side to side 3x12 Cone jumps front and bak 3x12 Jump to box or stairs(step down) 3x10 Rim Jumps (without approach) 3x12 Power skipping 3x12 Tuck jumps 3x12	Ankle Hops 3X6 Tuck Jump 3x8 Rim Jumps 3x6 Broad Jumps 4x4 Squat Jumps 3x6 Wall Blocks 3x8	Ankle Hops 3X6 Tuck Jump 3x8 Rim Jumps 3x6 Broad Jumps 4x4 Squat Jumps 3x6 Wall Blocks 3x8	Ankle Hops 3X6 Tuck Jump 3x8 Rim Jumps 3x6 Broad Jumps 4x4 Squat Jumps 3x6 Wall Blocks 3x8
Day 2	Jump rope 3x40 Cone jumps side to side 3x12 Cone jumps front and bak 3x12 Jump to box or stairs(step down) 3x10 Rim Jumps (without approach) 3x12 Power skipping 3x12 Tuck jumps 3x12	Ankle Hops 3X6 Tuck Jump 3x8 Rim Jumps 3x6 Broad Jumps 4x4 Squat Jumps 3x6 Wall Blocks 3x8	Ankle Hops 3X6 Tuck Jump 3x8 Rim Jumps 3x6 Broad Jumps 4x4 Squat Jumps 3x6 Wall Blocks 3x8	Ankle Hops 3X6 Tuck Jump 3x8 Rim Jumps 3x6 Broad Jumps 4x4 Squat Jumps 3x6 Wall Blocks 3x8
	Week 29	Week 30		
Day 1	Approach jumps 3x10 Block side to side jumps 3x12 High Skips 3x12 Jump rope 3x40 Alternate leg bounding 3x12			

OFF – SEASON PLYOMETRIC PROGRAM

	Week 29	Week 30		
Day 2	Approach jumps 3x10 Block side to side jumps 3x12 High Skips 3x12 Jump rope 3x40 Alternate leg bounding 3x12			

Weightlifting Percentages (45 lb bar)

1 rep max	100%	95%	90%	85%	80%	75%	70%	65%	60%	55%	50%
45	45	42.8	40.5	38.3	36.0	33.8	31.5	29.3	27.0	24.8	22.5
50	50	47.5	45.0	42.5	40.0	37.5	35.0	32.5	30.0	27.5	25.0
55	55	52.3	49.5	46.8	44.0	41.3	38.5	35.8	33.0	30.3	27.5
60	60	57.0	54.0	51.0	48.0	45.0	42.0	39.0	36.0	33.0	30.0
65	65	61.8	58.5	55.3	52.0	48.8	45.5	42.3	39.0	35.8	32.5
70	70	66.5	63.0	59.5	56.0	52.5	49.0	45.5	42.0	38.5	35.0
75	75	71.3	67.5	63.8	60.0	56.3	52.5	48.8	45.0	41.3	37.5
80	80	76.0	72.0	68.0	64.0	60.0	56.0	52.0	48.0	44.0	40.0
85	85	80.8	76.5	72.3	68.0	63.8	59.5	55.3	51.0	46.8	42.5
90	90	85.5	81.0	76.5	72.0	67.5	63.0	58.5	54.0	49.5	45.0
95	95	90.3	85.5	80.8	76.0	71.3	66.5	61.8	57.0	52.3	47.5
100	100	95.0	90.0	85.0	80.0	75.0	70.0	65.0	60.0	55.0	50.0
105	105	99.8	94.5	89.3	84.0	78.8	73.5	68.3	63.0	57.8	52.5
110	110	104.5	99.0	93.5	88.0	82.5	77.0	71.5	66.0	60.5	55.0
115	115	109.3	103.5	97.8	92.0	86.3	80.5	74.8	69.0	63.3	57.5
120	120	114.0	108.0	102.0	96.0	90.0	84.0	78.0	72.0	66.0	60.0
125	125	118.8	112.5	106.3	100.0	93.8	87.5	81.3	75.0	68.8	62.5
130	130	123.5	117.0	110.5	104.0	97.5	91.0	84.5	78.0	71.5	65.0
135	135	128.3	121.5	114.8	108.0	101.3	94.5	87.8	81.0	74.3	67.5
140	140	133.0	126.0	119.0	112.0	105.0	98.0	91.0	84.0	77.0	70.0
145	145	137.8	130.5	123.3	116.0	108.8	101.5	94.3	87.0	79.8	72.5
150	150	142.5	135.0	127.5	120.0	112.5	105.0	97.5	90.0	82.5	75.0
155	155	147.3	139.5	131.8	124.0	116.3	108.5	100.8	93.0	85.3	77.5
160	160	152.0	144.0	136.0	128.0	120.0	112.0	104.0	96.0	88.0	80.0
165	165	156.8	148.5	140.3	132.0	123.8	115.5	107.3	99.0	90.8	82.5
170	170	161.5	153.0	144.5	136.0	127.5	119.0	110.5	102.0	93.5	85.0
175	175	166.3	157.5	148.8	140.0	131.3	122.5	113.8	105.0	96.3	87.5
180	180	171.0	162.0	153.0	144.0	135.0	126.0	117.0	108.0	99.0	90.0
185	185	175.8	166.5	157.3	148.0	138.8	129.5	120.3	111.0	101.8	92.5
190	190	180.5	171.0	161.5	152.0	142.5	133.0	123.5	114.0	104.5	95.0
195	195	185.3	175.5	165.8	156.0	146.3	136.5	126.8	117.0	107.3	97.5
200	200	190.0	180.0	170.0	160.0	150.0	140.0	130.0	120.0	110.0	100.0
205	205	194.8	184.5	174.3	164.0	153.8	143.5	133.3	123.0	112.8	102.5
210	210	199.5	189.0	178.5	168.0	157.5	147.0	136.5	126.0	115.5	105.0
215	215	204.3	193.5	182.8	172.0	161.3	150.5	139.8	129.0	118.3	107.5
220	220	209.0	198.0	187.0	176.0	165.0	154.0	143.0	132.0	121.0	110.0
225	225	213.8	202.5	191.3	180.0	168.8	157.5	146.3	135.0	123.8	112.5
230	230	218.5	207.0	195.5	184.0	172.5	161.0	149.5	138.0	126.5	115.0
235	235	223.3	211.5	199.8	188.0	176.3	164.5	152.8	141.0	129.3	117.5
240	240	228.0	216.0	204.0	192.0	180.0	168.0	156.0	144.0	132.0	120.0
245	245	232.8	220.5	208.3	196.0	183.8	171.5	159.3	147.0	134.8	122.5
250	250	237.5	225.0	212.5	200.0	187.5	175.0	162.5	150.0	137.5	125.0

Weightlifting Percentages (45 lb bar)

1 rep max	100%	95%	90%	85%	80%	75%	70%	65%	60%	55%	50%
255	255	242.3	229.5	216.8	204.0	191.3	178.5	165.8	153.0	140.3	127.5
260	260	247.0	234.0	221.0	208.0	195.0	182.0	169.0	156.0	143.0	130.0
265	265	251.8	238.5	225.3	212.0	198.8	185.5	172.3	159.0	145.8	132.5
270	270	256.5	243.0	229.5	216.0	202.5	189.0	175.5	162.0	148.5	135.0
275	275	261.3	247.5	233.8	220.0	206.3	192.5	178.8	165.0	151.3	137.5
280	280	266.0	252.0	238.0	224.0	210.0	196.0	182.0	168.0	154.0	140.0
285	285	270.8	256.5	242.3	228.0	213.8	199.5	185.3	171.0	156.8	142.5
290	290	275.5	261.0	246.5	232.0	217.5	203.0	188.5	174.0	159.5	145.0
295	295	280.3	265.5	250.8	236.0	221.3	206.5	191.8	177.0	162.3	147.5
300	300	285.0	270.0	255.0	240.0	225.0	210.0	195.0	180.0	165.0	150.0
305	305	289.8	274.5	259.3	244.0	228.8	213.5	198.3	183.0	167.8	152.5
310	310	294.5	279.0	263.5	248.0	232.5	217.0	201.5	186.0	170.5	155.0
315	315	299.3	283.5	267.8	252.0	236.3	220.5	204.8	189.0	173.3	157.5
320	320	304.0	288.0	272.0	256.0	240.0	224.0	208.0	192.0	176.0	160.0
325	325	308.8	292.5	276.3	260.0	243.8	227.5	211.3	195.0	178.8	162.5
330	330	313.5	297.0	280.5	264.0	247.5	231.0	214.5	198.0	181.5	165.0
335	335	318.3	301.5	284.8	268.0	251.3	234.5	217.8	201.0	184.3	167.5
340	340	323.0	306.0	289.0	272.0	255.0	238.0	221.0	204.0	187.0	170.0
345	345	327.8	310.5	293.3	276.0	258.8	241.5	224.3	207.0	189.8	172.5
350	350	332.5	315.0	297.5	280.0	262.5	245.0	227.5	210.0	192.5	175.0
355	355	337.3	319.5	301.8	284.0	266.3	248.5	230.8	213.0	195.3	177.5
360	360	342.0	324.0	306.0	288.0	270.0	252.0	234.0	216.0	198.0	180.0
365	365	346.8	328.5	310.3	292.0	273.8	255.5	237.3	219.0	200.8	182.5
370	370	351.5	333.0	314.5	296.0	277.5	259.0	240.5	222.0	203.5	185.0
375	375	356.3	337.5	318.8	300.0	281.3	262.5	243.8	225.0	206.3	187.5
380	380	361.0	342.0	323.0	304.0	285.0	266.0	247.0	228.0	209.0	190.0
385	385	365.8	346.5	327.3	308.0	288.8	269.5	250.3	231.0	211.8	192.5
390	390	370.5	351.0	331.5	312.0	292.5	273.0	253.5	234.0	214.5	195.0
395	395	375.3	355.5	335.8	316.0	296.3	276.5	256.8	237.0	217.3	197.5
400	400	380.0	360.0	340.0	320.0	300.0	280.0	260.0	240.0	220.0	200.0
405	405	384.8	364.5	344.3	324.0	303.8	283.5	263.3	243.0	222.8	202.5
410	410	389.5	369.0	348.5	328.0	307.5	287.0	266.5	246.0	225.5	205.0
415	415	394.3	373.5	352.8	332.0	311.3	290.5	269.8	249.0	228.3	207.5
420	420	399.0	378.0	357.0	336.0	315.0	294.0	273.0	252.0	231.0	210.0
425	425	403.8	382.5	361.3	340.0	318.8	297.5	276.3	255.0	233.8	212.5
430	430	408.5	387.0	365.5	344.0	322.5	301.0	279.5	258.0	236.5	215.0
435	435	413.3	391.5	369.8	348.0	326.3	304.5	282.8	261.0	239.3	217.5
440	440	418.0	396.0	374.0	352.0	330.0	308.0	286.0	264.0	242.0	220.0
445	445	422.8	400.5	378.3	356.0	333.8	311.5	289.3	267.0	244.8	222.5
450	450	427.5	405.0	382.5	360.0	337.5	315.0	292.5	270.0	247.5	225.0
455	455	432.3	409.5	386.8	364.0	341.3	318.5	295.8	273.0	250.3	227.5
460	460	437.0	414.0	391.0	368.0	345.0	322.0	299.0	276.0	253.0	230.0

WORKOUT LOG

GOALS:

Track your fitness and strength training progress.

	M Tu W Th F Sa Su	M Tu W Th F Sa Su	M Tu W Th F Sa Su	M Tu W Th F Sa Su
Date:				
Weight:				
Sleep (hrs):				
Calories:				
Time (minutes):				
Notes:				

Exercises	1RM*	Sets	Reps	Wt	Sets	Reps	Wt	Sets	Reps	Wt	Sets	Reps	Wt	Sets	Reps	Wt

***1RM** - One Rep Max (for reference)

Cardio exercises	Time	Dist	Int**	Time	Dist	Int	Time	Dist	Int	Time	Dist	Int	Time	Dist	Int

***Intensity**: L/M/V=Light/Moderate/Vigorous or E/M/H=Easy/Medium/Hard or Heart Rate

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WORKOUT LOG

GOALS:

Track your fitness and strength training progress.

	M Tu W Th F Sa Su	M Tu W Th F Sa Su	M Tu W Th F Sa Su	M Tu W Th F Sa Su
Date:				
Weight:				
Sleep (hrs):				
Calories:				
Time (minutes):				
Notes:				

Exercises	1RM*	Sets	Reps	Wt	Sets	Reps	Wt	Sets	Reps	Wt	Sets	Reps	Wt	Sets	Reps	Wt

***1RM** - One Rep Max (for reference)

Cardio exercises	Time	Dist	Int**	Time	Dist	Int	Time	Dist	Int	Time	Dist	Int	Time	Dist	Int

***Intensity**: L/M/V=Light/Moderate/Vigorous or E/M/H=Easy/Medium/Hard or Heart Rate

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WORKOUT LOG

GOALS:

Track your fitness and strength training progress.

	M Tu W Th F Sa Su	M Tu W Th F Sa Su	M Tu W Th F Sa Su	M Tu W Th F Sa Su
Date:				
Weight:				
Sleep (hrs):				
Calories:				
Time (minutes):				
Notes:				

Exercises	1RM*	Sets	Reps	Wt	Sets	Reps	Wt	Sets	Reps	Wt	Sets	Reps	Wt	Sets	Reps	Wt

***1RM** - One Rep Max (for reference)

Cardio exercises	Time	Dist	Int**	Time	Dist	Int	Time	Dist	Int	Time	Dist	Int	Time	Dist	Int

***Intensity**: L/M/V=Light/Moderate/Vigorous or E/M/H=Easy/Medium/Hard or Heart Rate

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WORKOUT LOG

GOALS:

Track your fitness and strength training progress.

	M Tu W Th F Sa Su	M Tu W Th F Sa Su	M Tu W Th F Sa Su	M Tu W Th F Sa Su
Date:				
Weight:				
Sleep (hrs):				
Calories:				
Time (minutes):				
Notes:				

Exercises	1RM*	Sets	Reps	Wt	Sets	Reps	Wt	Sets	Reps	Wt	Sets	Reps	Wt	Sets	Reps	Wt

***1RM** - One Rep Max (for reference)

Cardio exercises	Time	Dist	Int**	Time	Dist	Int	Time	Dist	Int	Time	Dist	Int	Time	Dist	Int

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WORKOUT LOG

GOALS:

Track your fitness and strength training progress.

	M Tu W Th F Sa Su	M Tu W Th F Sa Su	M Tu W Th F Sa Su	M Tu W Th F Sa Su
Date:				
Weight:				
Sleep (hrs):				
Calories:				
Time (minutes):				
Notes:				

Exercises	1RM*	Sets	Reps	Wt	Sets	Reps	Wt	Sets	Reps	Wt	Sets	Reps	Wt	Sets	Reps	Wt

***1RM** - One Rep Max (for reference)

Cardio exercises	Time	Dist	Int**	Time	Dist	Int	Time	Dist	Int	Time	Dist	Int	Time	Dist	Int

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WORKOUT LOG

GOALS:

Track your fitness and strength training progress.

	M Tu W Th F Sa Su	M Tu W Th F Sa Su	M Tu W Th F Sa Su	M Tu W Th F Sa Su
Date:				
Weight:				
Sleep (hrs):				
Calories:				
Time (minutes):				
Notes:				

Exercises	1RM*	Sets	Reps	Wt	Sets	Reps	Wt	Sets	Reps	Wt	Sets	Reps	Wt	Sets	Reps	Wt

***1RM** - One Rep Max (for reference)

Cardio exercises	Time	Dist	Int**	Time	Dist	Int	Time	Dist	Int	Time	Dist	Int	Time	Dist	Int

***Intensity**: L/M/V=Light/Moderate/Vigorous or E/M/H=Easy/Medium/Hard or Heart Rate

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WORKOUT LOG

GOALS:

Track your fitness and strength training progress.

	M Tu W Th F Sa Su	M Tu W Th F Sa Su	M Tu W Th F Sa Su	M Tu W Th F Sa Su
Date:				
Weight:				
Sleep (hrs):				
Calories:				
Time (minutes):				
Notes:				

Exercises	1RM*	Sets	Reps	Wt	Sets	Reps	Wt	Sets	Reps	Wt	Sets	Reps	Wt	Sets	Reps	Wt

***1RM** - One Rep Max (for reference)

Cardio exercises	Time	Dist	Int**	Time	Dist	Int	Time	Dist	Int	Time	Dist	Int	Time	Dist	Int

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WORKOUT LOG

GOALS:

Track your fitness and strength training progress.

	M Tu W Th F Sa Su	M Tu W Th F Sa Su	M Tu W Th F Sa Su	M Tu W Th F Sa Su
Date:				
Weight:				
Sleep (hrs):				
Calories:				
Time (minutes):				
Notes:				

Exercises	1RM*	Sets	Reps	Wt	Sets	Reps	Wt	Sets	Reps	Wt	Sets	Reps	Wt	Sets	Reps	Wt

***1RM** - One Rep Max (for reference)

Cardio exercises	Time	Dist	Int**	Time	Dist	Int	Time	Dist	Int	Time	Dist	Int	Time	Dist	Int

***Intensity**: L/M/V=Light/Moderate/Vigorous or E/M/H=Easy/Medium/Hard or Heart Rate

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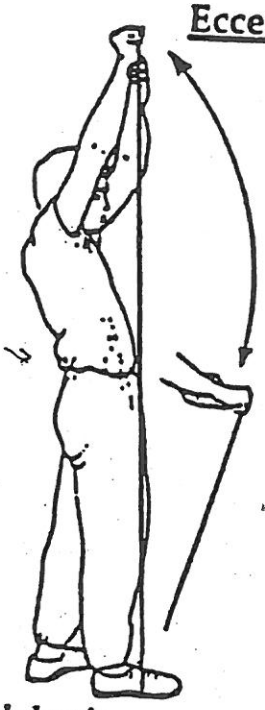
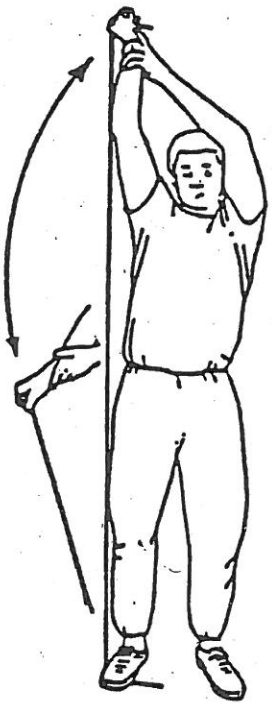
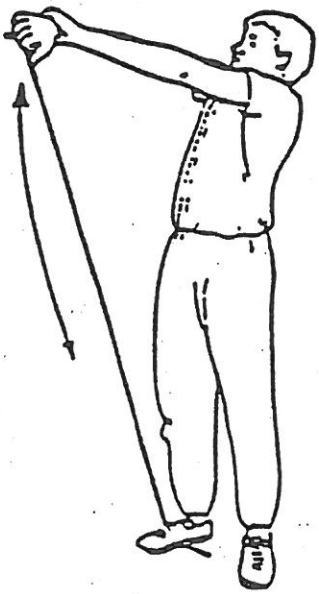
Eccentric Shoulder Program



1. Standing Flexion:
Stand with tubing securely in hand and opposite end under the same foot of the involved side, controlling tension. Assist with opposite hand if needed, lifting arm up forward away from body to end point. Return to starting position with a slow 5 count. Repeat for assigned reps and sets.



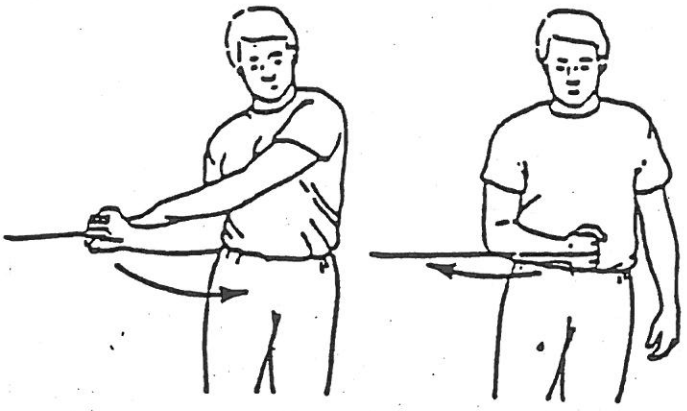
2. Standing Abduction:
Stand with tubing securely in hand and opposite end under the same foot of the involved side, controlling tension. Assist with opposite hand if needed, lifting arm outward away from body to end point. Return to starting position with a slow 5 count. Repeat for assigned reps and sets.

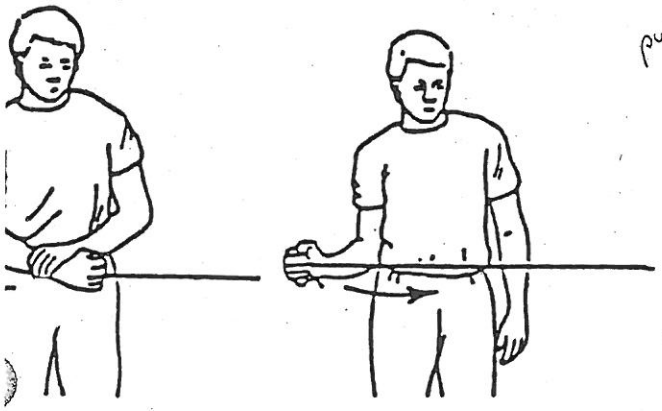


3. Standing Empty Can (Supraspinatus):
Stand with tubing securely in hand and opposite end under the same foot of the involved side, controlling tension. Assist with opposite hand if needed, lifting arm horizontally at the 2 o'clock position to eye level. Slowly return to starting position within a 5 count. Repeat for assigned reps and sets.

Continued next page

4. Standing Internal Rotation:
Stand with arm to side and elbow bent at 90 degrees. Hold tubing securely in hand with opposite end tied to a door knob. Assist with opposite hand if needed, internally rotating arm toward chest . Return to starting position with a slow 5 count. repeat for assigned reps and sets.

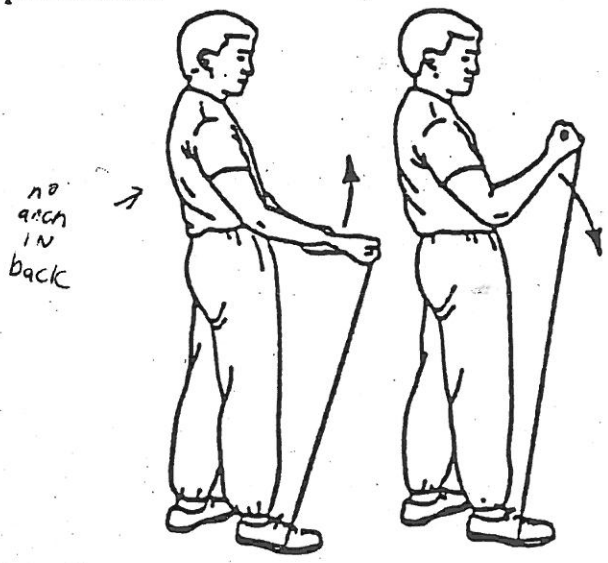




pull with other hand

5. Standing External Rotation:
Stand with arm to side and elbow bent at 90 degrees. Hold tubing securely in hand with opposite end tied to a door knob. Assist with opposite hand if needed, externally rotating arm away from chest. Return to starting position with a slow 5 count. Repeat for assigned reps and sets.

6. Standing Elbow Flexion:
Stand with tubing securely in hand and opposite end under the same foot of the involved side, controlling tension. Assist with opposite hand if needed, flexing arm through full range of motion . Return to starting position with a slow 5 count. Repeat for assigned reps and sets.



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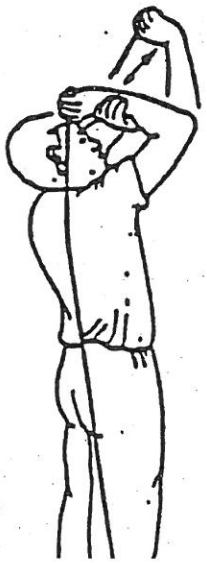

7. Standing Elbow Extension:
Stand with tubing securely in hand and opposite end under foot, controlling tension. Raise elbow above head with tubing behind shoulder. Assist with opposite hand if needed, extending arm. Return to starting with a slow 5 count. Repeat for assigned reps and sets.

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Summer POOL TRAINING to Improve Your Jumping

Sean Madden

Many of you agree that there is nothing more refreshing than a dip in the pool after a long workout in the gym.

The pool is not only great for physical recovery, it is one of the best environments for multifaceted physical training. This workout option has become increasingly popular among injured athletes because it is low or no impact. In recent years healthy athletes and their coaches in many sports have made pool exercise part of a broad-spectrum conditioning program.

Warmup

Five to ten minutes should be spent limbering the muscles you'll use later in the workout. This is best achieved through light activity in the water. We prefer to use kick boards across four to six lengths of the pool. A variety of kicking motions (e.g. flutter, scissor) should be used to work the legs through a wide range of motion. You may kick with one leg at a time while holding the kick board with one hand and stretching with the other arm and leg. Proficient swimmers may warm themselves with a quick medley of strokes without the kick board.

If the pool workout is done after a dry land workout, as is most often the case for our athletes, the warm-up can be eliminated or shortened to a couple lengths, just enough to accustom the muscles to the water.

Jumping Program

The ideal jump session is 15 minutes, with one set of jumps executed at the start of each minute. The number of jumps in each set is limited to eitght to 12 so that the set will be completed in the first 10 to 15 seconds of the minute. This assures a rest:work ratio of at least 3:1. We generally select five jumping exercises and complete three sets of each.

Loading Considerations:
Beginners - Total Jumps=50-75
Intermediate - Total Jumps=75-125
Advanced - Total Jumps=125-175

Choose jumping exercises that are or will later be used in a dry land plyometrics program, or choose any that simulate actual volleyball jumping activity. We generally choose one exercise from each of the following categories: splits (hip & back emphasis); hops (calf & ankle emphasis); bounds (quad & hamstring emphasis); squats (full jumping musculature emphasis); volleyball (sport specific application).

Splits category

Split-type jumps are a good starting exercise because they work the hip muscles through a wide range of motion and warm the back, helping you loosen up for subsequent jumps. A split jump includes any repetitive jump with the legs forward and backward or out and in between takeoff and landing, or simply landing on legs when they are split apart. Such jumps are usually done in a stationary position in sets of 10. Four possible choices are:

1) SCISSOR JUMPS — Start in a forward lunge position with the water at shoulder level. Propel yourself upward while shifting legs to the opposite lunge position before landing;
2) SPLIT TWISTS — Start in a forward lunge position with the water at shoulder level, then propel yourself upward while twisting your torso to face in the opposite lunge position upon landing;
3) JACK JUMPS — Stand with knees slightly flexed in chest-deep water, then jump upward and kick your legs out to the sides and back in (as in a jumping jack) before landing;
4) KARATE KICKS — Stand and jump as in (3) but alternate kicking one leg forcefully forward in a straight kick or roundhouse motion before landing.

Hops category

Hops emphasize the calf muscles and ankle stabilizers with ankle drive being the primary means of upward propulsion. The legs should be locked almost straight (about 10 degrees of flexion) and kept there throughout the exercise to minimize the input of the upper leg muscles. The knees should not be locked completely straight as this could damage the knee capsule. Each jump is initiated by forcefully driving the ankles into plantar flexion to propel the body upward. Any number of hops can be designed and may include movement of the legs or feet, twisting of the trunk, or directional movement of the entire body between takeoff and landing. These jumps also may be done one leg at a time for greater isolation; in this case one set can be performed on alternating legs every half minute while still allowing a 3:1 rest:work ratio for replenishing ATP stores in the specific musculature. Hops are usually done in sets of 12. Four possible choices are:

1) RABBIT HOPS—Hop as high as possible on both feet using just the ankle drive and continue in a straight line forward;
2) WOUNDED RABBIT HOPS — Lift one foot off the bottom and hop as in (1) on the other leg, then alternate legs;
3) ZIG ZAG HOPS—Stand to one side of a lane line and hop side to side across it while moving forward so that each jump is at a 45 degree angle;
4) DIZZY RABBIT HOPS—Hop in place turning 90 degrees clockwise while suspended between each hop for the first four hops, then reverse and turn 90 degrees counterclockwise for the next four, etc.

Bounds category

Bounds combine forward or lateral propulsion with an upward jump to develop explosiveness of the gluteals, hamstrings and quadriceps. They may be done on both legs simultaneously, on alternating legs, or on one leg continuously. A bound is executed by hanging the drive leg(s) as long as possible in a high bent-knee position with the foot pulled toward the buttocks, then, forcefully driving the leg(s) downward into the takeoff surface (in this case the pool bottom) to explode the body upward and forward or sideways. The ankle should be kept locked in the neutral position between plantar flexion and dorsiflexion with impact only on the ball of the foot to minimize the input of the gastrocnemius (calf). For side bounds, stand in chest-depth water with space to move five feet in either direction.

For forward bounds, start in a position where about 10 meters of forward movement is possible without a dramatic change in water depth. We generally do bounds from the shallow end of the pool down the lane to the black stripe that marks the start of deep water (usually 8 to 10 reps) then return on the next set. To emphasize the high knee position, try to get the knee(s) above the water surface on every jump then extend it explosively as it begins to sink back into the water. Four possible choices are:

1) STAG LEAPS—The traditional alternate leg bounding exercise used by track

athletes. Propel forward and up, lifting one knee high and hanging before driving that leg down and hanging the opposite knee;

2) KANGAROOS—Double leg bounding. Propel up and forward, pulling both feet to the buttocks, then lifting both knees high before driving both legs down to push off for the next rep;
3) WOUNDED KANGAROOS—The same as in (2) only the knee is bent back to lift one foot off the bottom. Bound continually on one leg for a set before switching to the opposite leg;
4) BOUND AND DETERMINED—The same as in (2) only the hands are clapped together under the buttocks as the knees raise on each rep.

Squat Jumps category

Squat jumps emphasize attaining maximum height on every repetition and firing all muscle groups involved in jumping. Each repetition is done in isolation (i.e. there is a brief pause following the preceding rep) and starts by making a quick downward movement to a semi-squat position followed by a powerful "counter" movement to explode upward as high as possible. The depth of the squat should usually be identical to that used in blocking when playing. A variety of squat jumps may be created by moving the legs, twisting the trunk, or executing any number of arm motions between takeoff and landing. Select jumps that will be used later in specific demands, and avoid potential injuries. Likewise, mimicking the jumping actions of certain freeweight lifts has great form-developing value. Squat jumps are usually done in sets of eight. Four possible options are:

1) KNEE TUCK-JUMPS—Stand in waist-deep water, squat, explode upward, and tuck the knees up to the chest as you clear the surface as though sitting on the water, then land;
2) HIP THROWS—Stand in chest-deep water, squat, explode upward, and throw the hip on the dominant hand side around 90 degrees then let the upper and lower body follow before landing;
3) PUSH PRESS JUMP—Stand in chest-deep water with arms positioned as though holding a barbell for a back push press. Squat, explode upward, driving the arms as though pushing the weight up, then land (double the rewards: a form exercise for this freeweight lift and a valuable jump exercise);
4) HANG CLEAN JUMP—Stand in a partial squat position in chest-deep water as though holding a barbell for a hang clean. Squat slightly more, quickly counter upward mimicking the pull of the barbell with the elbows up followed by the transfer of the elbows under the imagined bar into a racked position upon landing (again a form exercise coupled with jump benefits).

Volleyball-specific category

Volleyball-specific jumps recreate any jumping motion used during the game on dry land. These should be individualized to the demands of the player's position and may include preceding movements such as blocking footwork or the final step(s) of an approach. Remember that lateral movement is hard to replicate in the pool because buoyancy limits push-off ability and reduces traction. It generally is best to include only the final step of movement in the jump takeoff. The jump should include all normal post-jump movements involved in the execution of the skill, e.g. proper placement of the hands in a strong blocking position or a quick, mechanically correct arm swing. During these jumps the player should visualize the presence of a ball, opponents and teammates. This is also a great time to emphasize awareness of proper landing mechanics (i.e. ball to heel, both feet, leg flexion to absorb) in order to avoid future overuse injuries. Four possible exercises are:

1) BLOCK JUMPS—Stand in chest-deep water with hands prepared to block, squat, explode upward pressing across the net with hands appropriately placed for the blocking position, then land;
2) BLOCK WITH TRANSITION MOVE—Same as in (1) only upon landing take a first step as though transitioning to an attack approach;
3) TWO-LEG TAKEOFF—Stand in chest-deep water on one leg as though the final two plant steps of a two-leg attack approach remain. Execute the plant, jump upward, initiate the arm swing with a hip throw, complete the arm swing, then land;
4) ONE-LEG TAKEOFF—Stand in chest-deep water on one leg as though the final step of a one-leg approach remains. Execute that plant step, initiate the arm swing by throwing the opposite knee around, complete the arm swing, then land.

The difficulty of any jumping exercise can be increased by moving to deeper water (greater drag surface) or decreased by moving shallower (smaller drag surface).

While the first three types of jumps should be done with the head above water at all times, squat jumps and volleyball-specific jumps achieve maximum results when your head goes below the surface during the squat. Try reaching this submerged position unless you are highly phobic in the water.

Flexibility/Cool-down

The flexibility/cool-down segment deserves as much attention as the other components, at least 15 minutes. There may be no other time that the muscles of the body are more prepared to allow greater range of motion than following the massaging and limbering effects of working out in the water. Unless you already have ample flexibility to maximize skill execution and prevent injury, you should take advantage of this opportunity. The rare athlete who is too limber should put their time into the other areas of a good pool workout.

The specific flexibility routine should be individualized to your needs. Any type of stretching may be done. During or after stretching take time to feel the peacefulness and restfulness of the water, to cool down mentally and physically. These few minutes spent floating after flexibility work is a great tonic when you're exhausted.

Summer Pool Training to Improve Your Jumping

Benefits of conditioning in the pool.

BUOYANCY. Water reduces the force of gravity on your skeleton during training. Aquatic training therefore appeals to those nursing chronic injuries causing lower back or leg pain. It offers those who are injury-free an environment for maximizing training load with little fear of causing overuse syndromes or acute injuries.

VARIABLE RESISTANCE: The faster and stronger your movements are in the water, the greater resistance the water gives. While water resistance training cannot replace dynamic resistance options such as free weight training (due to limitations on the available load), it is a valuable supplement and is particularly suited to speed- strength and explosive power phases of muscle development.

MASSAGING EFFECT. The combination of pressure and resistance massages your body as it moves through the water. The benefits to you are similar to those gained from the work of a trained massage therapist: relaxation, movement of fluids and stimulation. As such, water is an excellent recovery medium.

CONSTANT TEMPERATURE. On dry land your body is air cooled; in the pool it is cooled by the water. The advantage of water over air is that the temperature is much more constant and controllable. The typical indoor pool temperature of 80-84 degrees Fahrenheit is excellent for cooling. This cooling effect stabilizes muscle heat during the workout and reduces the demand for recovery after the workout. The constant, moderate temperature also stabilizes fluid loss during the workout. Remember, you still lose fluids while exercising in the water. Replenish those fluids even though you may not see or feel yourself sweat.

Pool workout A

Swim 2 laps for warm up
Jog 2 laps (shallow/deep end)
1 set of 12 tuck jumps
1 set of 12 ankle hops
1 set of 12 tuck jumps
jog 1 lap
1 set of 12 squat jumps
1 set of 12 scissors jumps
1 set of 12 block jumps
2 sets of 10 straight arm press down
2 sets of 10 straight arm press up (anger management)
jog 1 lap
1 set of 12 squat jumps
1 set of 12 split jumps
1 set of 12 block jumps
1 set of 12 scissors jumps
deep end and tread water with no legs for 30 sec.
Deep end and tread water with no hands for 30 sec.
Repeat tread water exercises
1set of 10 tuck jumps
1 set of 10 squat jumps
pushups 2sets of 8
tricepts 2sets of 10
kickboard laps 3

Pool workout B

Swim 2 laps for warm up
Deep end, tread water with no hands 30 sec.
Deep end, tread water with no legs 30 sec.
Repeat tread water exercises
Kick board 2 laps
1 set of 10 squat jumps
1 set of 10 tuck jumps
1 set of 10 block jumps
1 set of 10 squat jumps
1 set of 10 ankle hops
kick board 1 lap
push ups 1 set of 8
triceps, 1 set of 10
1 lap with just arms, put a floaty between legs
1 set of 10 split jumps
1 set of 10 block jumps
1 set of 10 tuck jumps
1 set of 10 block jumps
2 sets of 10 straight arm press down
2 sets of 10 straight arm press up (anger management)
Sprint 2 laps
Abdominals, back against the wall, bring feet up, toes out of water, let them fall down (2 sets of 10)
1 set of 10 scissors jumps
1 set of 10 block jumps
1 set of 10 split jumps
kickboard 2 laps

Pool workout C

Jog in shallow end for 5 min.
Swim laps for 5 minutes
50 maximum jumps of your choice (do them in sets of 10)
push ups- 1 set of 10
triceps- 1 set of 10
push ups- 1 set of 10
triceps- 1 set of 10
kickboard- 3 laps
50 more jumps of your choice (sets of 10)
kick board 1 lap
deep end- tread water with only arms for 30 sec.
Deep end tread water with only legs for 30 sec.
Sprint deep/shallow end 2 laps
Arm press down, 1 set of 10
Arm press up 1 set of 10
50 more jumps of your choice
abdominals against the wall, pull feet up and out of water , 2 sets of 12
5 kickboards

Pool Workout D

Deep end tread water for 5 min.
Sprint in shallow end (30 sec.)
Jog in shallow end (20 sec.)
Repeat 2 more times
1 set of 12 block jumps
1 set of 6 squat jumps
1 set of 13 tuck jumps
kickboard 1 lap
1 set of 8 squat jumps
1 set of 12 block jumps
1 set of 10 ankle hops
1 set of 8 squat jumps
kickboard 1 lap
put floaty between legs and swim 2 laps
kickbaord 2 laps
1 set of 12 split jumps
1 set of 10 approaches
1 set of 10 block jumps
1 set of 10 approaches
flutter kicks for 20 sec. Against wall
Abdominals, 1 set of 10
Flutter kicks for 25 sec. Against wall
Abdominals, 1 set of 10
30 more jumps of your choice
kickboard 2 laps
sprint 1 lap, deep/shallow end
jog in shallow end for 3 min.

Pool workout E

5 min. lap swim
Kickboard 3 laps
Partner choice of jumps 4 sets of 10
5 min. lap swim
Partner choice of jumps 4 sets of 10
Arm presses down 1 set of 10
Arm presses up 1 set of 10
Sprint in deep and shallow end 1 lap
1 set of 8 squat jumps
1 set of 10 block jumps
1 set of 10 approaches
1 set of 10 right leg butt kicks
1 set of 10 left leg butt kicks
Deep end tread water for 1 min.
Tread water without hands 30 sec.
Tread water without legs 30 sec.
Repeat 3 times
1 set of 10 right leg butt kicks
1 set of 10 left leg butt kicks
1 set of 10 block jumps
1 set of 10 broad jumps, use arms to help
1 lap sprint in deep/shallow end
Kick board 3 laps
Abdominals (your choice) 2 sets of 10

Pool work out F

Design your own but you must do:

At least 150 jumps in the pool
Some Laps
Some sprinting
The workout must be at least 35 min. long