

			Month/Phase: August 2017 Muscle Group: Legs	Goals: Develop quickness and agility Improve endurance and stamina Improve volleyball techniques and movements Train the mind as well as the body.	Client: Trainer: T. Johnson
	Warm-Up			Core Training	Footwork - 4 Square
1) Arm Circles	6) Ankle Rotations				Workout #1 & 3
2) Walk on toes/heels	7) Side Lunge				
3) Butt Kickers	8) Carioca w/ high knee				
4) Lunges	9) Lateral Shuffle				
5) 1-2-3 Ham. Stretch	10) Back Pedal				
Volleyball Workout					Done in a circuit? No Yes
Exercise	Sets/Reps			Instructions	Coaching Points
"F" Sprint Drill	6 x 1 rep.		Create a letter "F" with cones. Start on the top of the "F" and shuffle down the line to the left and then shuffle back right to the starting cone. Sprint to the next cone (line) and carioca to the left and then carioca back right to the cone. Sprint through the last cone. Complete half of the designated repetitions this way. Change the cones to become an inverted letter "F". At the starting cone shuffle down the line to the right and then shuffle back left to the starting cone. Sprint to the next cone (line) and carioca to the right and then carioca back left to the cone. Sprint through the last cone. Complete half of the designated repetitions this way.		
Lateral Hop & Hold	3 x 10		Stand on your right foot and then bound laterally to the left, landing softly on your left foot. Hold the position for 2 seconds and then bound back to the right foot. This counts as one repetition. Repeat this movement until you have completed the designated number of repetitions. Take a 30 second break and then begin the next set.		
45 Degree Lateral Hop & Hold	3 x 10		Stand on your right foot and then bound to the left at a 45 degree angle, landing softly on your left foot. Hold the position for 2 seconds then bound to the right at a 45 degree angle. Repeat this movement until you have completed the designated number of repetitions. Take a 30 second break and then begin the next set.		
Reactive Hop & Hold	3 x 10		Begin by taking a quick jab step laterally with your right foot to land on your left foot, but quickly bound back to your right foot. Hold on your right foot for two seconds and then repeat in the opposite direction. Complete the designated number of repetitions for both feet. This is one set. Take a 30 second break between sets.		
Double Reverse Suicide Sprint	3 Repititions		Sprint to the 10 foot line and back. Sprint to the half-court and back. Sprint to the opposite 10 foot line and back. Sprint to the opposite baseline and back. Repeat the order backwards to complete the first repitition. Rest for 2 minutes.		
Important Reminders			Notes		
1) Complete a thorough warm-up. Do not start until your muscles are ready.					
2) One-minute breaks inbetween sets. Keep it game-like. Jog to start point/"huddle"					
3) Form and technique is priority. Work to perfect the technical and tactical skills in football.					
4) Complete a thorough cool-down. Help your muscles recover and be ready for next time.					