

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

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	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								
Vo	lleyball 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. left and then shuffle back righ carioca to the left and then ca Complete half of the designat	t to the starting cone. Sprint in the starting cone. Sprint in the cone. Sprint in the cone.		Maintain a good bend in the hips, knees, and ankles when performing each of the movements. Stay low to help with having the strength and quickness when changing directions.			
			line to the right and then shuf and carioca to the right and th	nange the cones to become an inverted letter "F". At the starting cone shuffle down the ne to the right and then shuffle back left to the starting cone. Sprint to the next cone (line) ad carioca to the right and then carioca back left to the cone. Sprint through the last cone complete half of the designated repititions 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 repitition. Repeat this movement until you have completed the designated number of repititions. Take a 30 second break and then begin the next set.			Maintain an athletic stance with good bend in the hips, knees, and ankles.  Start off with a shorter distance when bounding and then increase to a longer distance that still feels comfortable and does not sacrifice body control.			
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 repititions.  Take a 30 second break and then begin the next set.			Maintain an athletic stance with good bend in the hips, knees, and ankles.  Start off with a shorter distance when bounding and then increase to a longer distance that still feels comfortable and does not sacrifice body control.			
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 repititions for both feet. This is one set. Take a 30 second break between sets.			Maintain an athletic stance with good bend in the hips, knees, and ankles.  Start off with a shorter distance when bounding and then increase to a longer distance that still feels comfortable and does not sacrifice body control.  Be quick with your reactive jump. Attempt to further your jump while maintaining a good athletic stance upon landing.			
Double Reverse Suicide Sprint	3 Repititions		Sprint to the 10 foot line and I 10 foot line and back. Sprint t backwards to complete the fir	to the opposite baseline and b		Stay low on each of the turns. Extend your foot past the line, while touching the line with your hand to help with staying low and to be quick on the turns.  Time each of your runs. Record each run and attempt to beat your personal record each time.			
Important Reminders				Notes					
	arm-up. Do not start until yo	our muscles are re	adv.						
	etween sets. Keep it game-lik								
	priority. Work to perfect the								
	pol-down. Help your muscles								
+) Complete a thorough Co	ooi-down. Help your muscles	recover and be re	auy for flext tillie.	<u> </u>					