Name:

Date	Bench Press M/W	Kick Backs M/W	Curls M/W	Arm Raises M/W	Leg Curls T/Th	Leg Press T/Th	Squats T/Th	Calf Raises (3 pos) T/Th	Push Ups (as many as can) M/W
	___lbs ___reps	___lbs ___reps	___lbs ___reps	___lbs ___reps	___lbs ___reps	___lbs ___reps	3 sets 10	30 each position	# of pushups
	___lbs ___reps	___lbs ___reps	___lbs ___reps	___lbs ___reps	___lbs ___reps	___lbs ___reps	3 sets 10	30 each position	# of pushups
	___lbs ___reps	___lbs ___reps	___lbs ___reps	___lbs ___reps	___lbs ___reps	___lbs ___reps	3 sets 10	30 each position	# of pushups
	___lbs ___reps	___lbs ___reps	___lbs ___reps	___lbs ___reps	___lbs ___reps	___lbs ___reps	3 sets 10	30 each position	# of pushups
	___lbs ___reps	___lbs ___reps	___lbs ___reps	___lbs ___reps	___lbs ___reps	___lbs ___reps	3 sets 10	30 each position	# of pushups
	___lbs ___reps	___lbs ___reps	___lbs ___reps	___lbs ___reps	___lbs ___reps	___lbs ___reps	3 sets 10	30 each position	# of pushups
	___lbs ___lbs ___lbs	___lbs ___lbs ___lbs	___lbs ___lbs ___lbs	___lbs ___lbs ___lbs	___lbs ___lbs ___lbs	___lbs ___lbs ___lbs	3 sets 10	30 each position	# of pushups

*On the weights listed where you record your weight used, I want you to start high on the first rep doing as many as you can. Then go down in weight and do as many as you can until you are to the lowest weight available. Ex. Curls-10 lbs each arm, 8 times, 5 lbs each arm, 10 times, 2 ½ lbs each arm 7 times. Record the heaviest weight used and number of reps. Move up in heavy weight when you can do 10 easily!

3 Times Per Week!!!! (M/W/F)
Agility

Station 1: Ladder Drills
Station 2: Dot Drills
Station 3: Jump Rope (both feet, left foot, right foot) (one minute each way)
Station 4: Box Jumps (10 times)
Station 5: Bleacher Drill (20)
Station 6: Wall Sits (2 minutes)
Station 7: Calf Raises (both legs, left leg, right leg) (30 each way)
Station 8: Dead Jumps (10 times)
Station 9: "Put Back" Drill (volleyball off back board with finger tips) (10 times)
Station 10: Wall Jumps (15 times)

Go through each station 3 times with a 3 minute water break between each rotation

M/W Running
Do short sprints starting at back line running forward to different points on the court. If you are able to do workouts with a partner, have partner tossing a ball for you to pass at each location. Make sure as soon as you make the pass they are making the next toss to the next position. Do this for 5-10 minutes. (Start at 5 minutes and work your way up to more time)

T/Th Running
On Tuesday run a timed mile:

Date								
Time								

On Thursday run timed sprints:

	Width Court	Full Court	100 Meters*	200 Meters**	400 Meters***
Date					
Time					

*Straight part of a track
**Half way around a track
***One full lap around a track

Fridays

Abs (DO AB WORKOUT ONE OTHER DAY DURING THE WEEK AS WELL)

Alternate crunches and push-ups

- Start at 21 push-ups, then 21 crunches
- 19 push-ups, 19 crunches
- Work down to 1 of each and on the last push-up, hold position as long as possible

Reverse Crunches-10
Oblique Crunches-10 to each side
Sit Ups-10
Bicycle Crunches-20 total
Leg Raises-10

PLAY VOLLEYBALL IF POSSIBLE!!!!!
Most High School teams have summer practices for camps and preseason….talk to your local high schools about practicing with them every day!!!!!

If you do not have access to play games then do the following drills:

Ball Control Exercises (do drills into a sitting, then laying position and then back up)

- Passes
- Sets
- Alternate hands
- All 3

Off the Floor passing

- Have a partner who will slap the ball and make tosses all over the court
- Player lays on stomach at backline corner; when ball is slapped player gets up and makes pass back to partner

Hitting Drills

- Have a partner make tosses or sets for player to hit from every position

Chair Drill

- Have a 2 chairs spread about 2-3 feet apart
- Player does figure 8 around chairs while making passes in the middle
- Partner makes downward hits as player gets to the middle of the chairs each time

Dive and Roll

- Player goes the width of the court alternating the form of a dive into a roll and back up

Do this down and back twice with the first time walking through the motion slowly and building speed the second time; build up to do it full speed!

***If you do not have a partner who can help you, do the drills you can on your own and do agility!