

**SIoux CENTRAL VOLLEYBALL**  
**SUMMER WORKOUTS**  
**2020**



**“The only bad workout is the one that didn’t happen”**

# Sioux Central Volleyball

"The will to win is important, but the will to prepare to win is Vital"

Due to the unusual times we can not open our weight room to our student athletes to work out in for the month of June. This workout packet is for you over the month of June/your summer break. In the following workout you will find strength, agility, conditioning, and miscellaneous workouts.

How the workouts are broken down are as followed:

Monday:

- Strength
- Abs
- Flexibility/Stretches

Wednesday:

- Plyometrics
- Sprint Drill
- Flexibility/Stretches

Friday:

- Cardio
- Flexibility/Stretches

There are alternative workouts located in the back of the packet along with ball control workouts. These workouts can be done at any age level.

I hope to see everyone soon! Stay safe and healthy!

If you have any questions please feel free to contact me.

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June 1st-5th

**Monday, June 1st: Strength; Ab; Flexibility**

<u>Exercise</u>	<u>Reps</u>
Lunges	x 12
Push-ups	2x4
Squats	x22
Lying Hyperextensions	x12
Pause Jumps	x12
Double Jumps	x4
Stomach crunches	3x30
Lateral hops (24" width)	2x20

Ab Workout:

Pick 1 workout from page 9

Flexibility:

Follow stretches on page 8

**Wednesday, June 3rd: Plyos; Sprint Drill; flexibility**

<u>Plyo</u>	<u>Sets</u>	<u>Reps</u>	<u>Rest</u>
Squat Jump	2	10	45 sec.
Split Cycle Jumps	2	10	45 sec.
Tuck Jumps	2	10	45 sec.
Lateral Bounds	2	10	45 sec.
Forward Bounds	2	10	45 sec.

Sprint Drill: Run the following sprints; Complete within 17 minutes. Judge yardage to the best of your ability.

- 2 x 100 yards
- 4 x 80 yards
- 5 x 60 yards
- 6 x 50 yards
- 8 x 40 yards
- 10 x 20 yards

Flexibility:

Follow stretches on page 8

**Friday, June 5th: Cardio; Flexibility**

Cardio:

25 Minute Run

Flexibility:

Follow stretches on page 8

June 8th-12

**Monday, June 8th Straight; Ab; Flexibility**

<u>Exercise</u>	<u>Reps</u>
Lunges	x 14
Push-ups	3x4
Squats	x24
Lying Hyperextensions	x14
Pause Jumps	x14
Double Jumps	x5
Stomach crunches	3x30
Lateral hops (24" width)	3x20

Ab Workout:

Pick 1 workout from page 9

Flexibility:

Follow stretches on page 8

**Wednesday, June 10th: Plyos; Sprint Drill; flexibility**

<u>Plyo</u>	<u>Sets</u>	<u>Reps</u>	<u>Rest</u>
Squat Jump	2	10	45 sec.
Split Cycle Jumps	2	10	45 sec.
Tuck Jumps	2	10	45 sec.
Lateral Bounds	2	10	45 sec.
Forward Bounds	2	10	45 sec.

Sprint Drill:

2 x 100 yards  
4 x 80 yards  
5 x 60 yards  
6 x 50 yards  
8 x 40 yards  
10 x 20 yards

Flexibility:

Follow stretches on page 8

**Friday, June 12th: Cardio; Flexibility**

Cardio:

4 minute warm-up

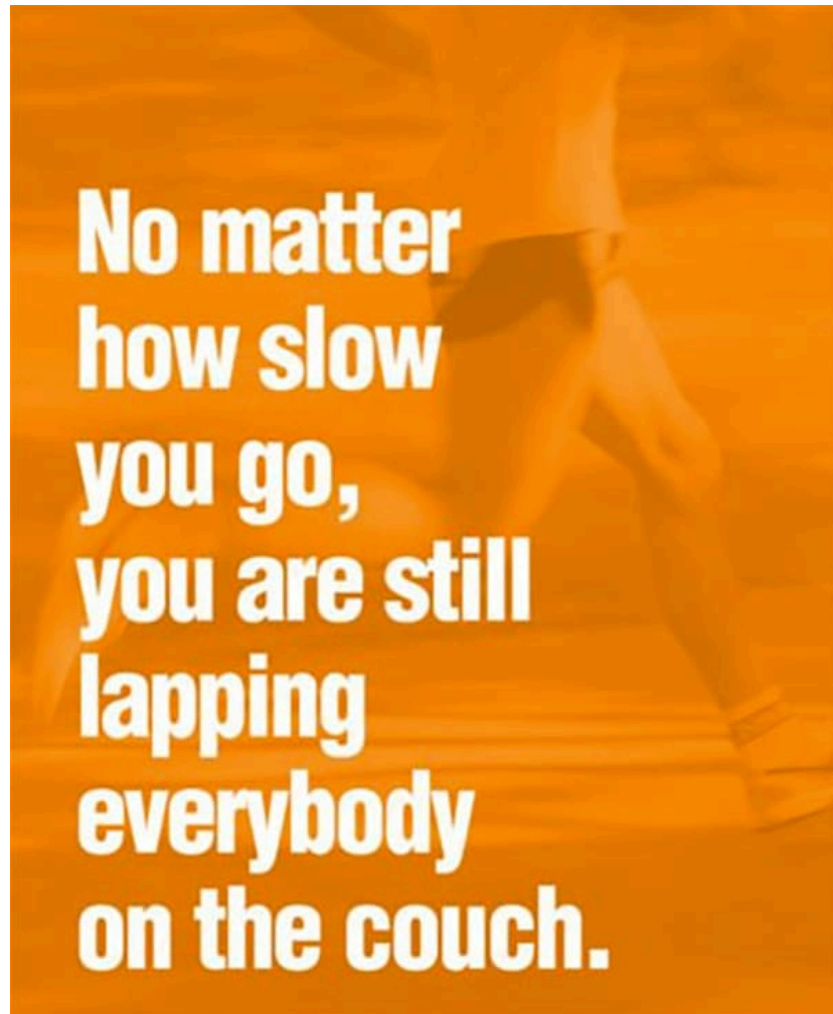
2 minute run (not a jog) between 7-9 mph

4 minute jog between 5-6.5 mph

2 minute run (not a jog) between 7.5-9 mph  
4 minute jog between 5-6.5 mph  
2 minute run (not a jog) between 8-9 mph  
4 minute jog between 5-6.5 mph  
2 minute run (not a jog) between 8-9 mph

Flexibility:

Follow stretches on page 8



June 15th-19th

**Monday, June 15th: Strength; Ab; Flexibility**

<u>Exercise</u>	<u>Reps</u>
Lunges	x 16
Push-ups	4x4
Squats	x26
Lying Hyperextensions	x16
Pause Jumps	x16
Double Jumps	x6
Stomach crunches	4x30
Lateral hops (24" width)	4x20

Ab Workout:

Pick 1 workout from page 9

Flexibility:

Follow stretches on page 8

**Wednesday, June 17th: Plyos; Sprint Drill; flexibility**

<u>Plyo</u>	<u>Sets</u>	<u>Reps</u>	<u>Rest</u>
Squat Jump	2	10	45 sec.
Split Cycle Jumps	2	10	45 sec.
Tuck Jumps	2	10	45 sec.
Lateral Bounds	2	10	45 sec.
Forward Bounds	2	10	45 sec.

Sprint Drill: Run the following sprints; Complete within 15 minutes. Judge yardage to the best of your ability.

- 2 x 100 yards
- 4 x 80 yards
- 5 x 60 yards
- 6 x 50 yards
- 8 x 40 yards
- 10 x 20 yards

Flexibility:

Follow stretches on page 8

**Friday, June 19th: Cardio; Flexibility**

Cardio:

27 Minute Run

Flexibility:

Follow stretches on page 8

June 22nd-26th

**Monday, June 22nd: Strength; Ab; Flexibility**

<u>Exercise</u>	<u>Reps</u>
Lunges	x 18
Push-ups	5x4
Squats	x28
Lying Hyperextensions	x18
Pause Jumps	x18
Double Jumps	x7
Stomach crunches	4x30
Lateral hops (24" width)	5x20

Ab Workout:

Pick 1 workout from page:

Flexibility:

Follow stretches on page:

**Wednesday, June 24th: Plyos; Sprint Drill; flexibility**

<u>Plyo</u>	<u>Sets</u>	<u>Reps</u>	<u>Rest</u>
Squat Jump	2	10	40 sec.
Split Cycle Jumps	2	10	40 sec.
Tuck Jumps	2	10	40 sec.
Lateral Bounds	2	10	40 sec.
Forward Bounds	2	10	40 sec.

Sprint Drill: Run the following sprints; Complete within 15 minutes. Judge yardage to the best of your ability.

- 2 x 100 yards
- 4 x 80 yards
- 5 x 60 yards
- 6 x 50 yards
- 8 x 40 yards
- 10 x 20 yards

Flexibility:

Follow stretches on page:

**Friday, June 26th: Cardio; Flexibility**

Cardio:

30 Minute Run

Flexibility:

Follow stretches on page:

# Explanation Exercises:

## Monday Strength exercises:

Lunges – Listed repetitions for each leg while moving forward

Push-ups – Take as much rest as needed to complete the sets. DO NOT do them consecutively even if you can.

Squats – Regular squat depth (90 degree knees) with your hands clasped behind your head.

Lying Hyperextensions – Lie face down on the floor with your hands clasped behind your head. Raise the both upper body and legs off of the ground and hold for 2 seconds. Do not jerk into the up position.

Pause jumps – Begin in the block ready position with both hands in the air. Squat down to 90 degrees, come to a complete stop, then explode vertically.

Double jumps – One set equals two consecutive max vertical jumps as quickly as possible.

Stomach crunches – Knees up, just raise the shoulder blades off of the ground.

Lateral hops – Measure 24" width and mark with two lines. With both feet, jump back and forth past the lines, maintaining good balance. Back and forth counts as one repetition.

15-yard sprints – Make sure you are running 15 yards. Only take 10 seconds of rest.

## Wednesday Plyo Exercises:

Click on link for video

Squat Jumps: [How To squat Jump](#)

Split Cycle Jumps: [How to Split Cycle Jump](#)

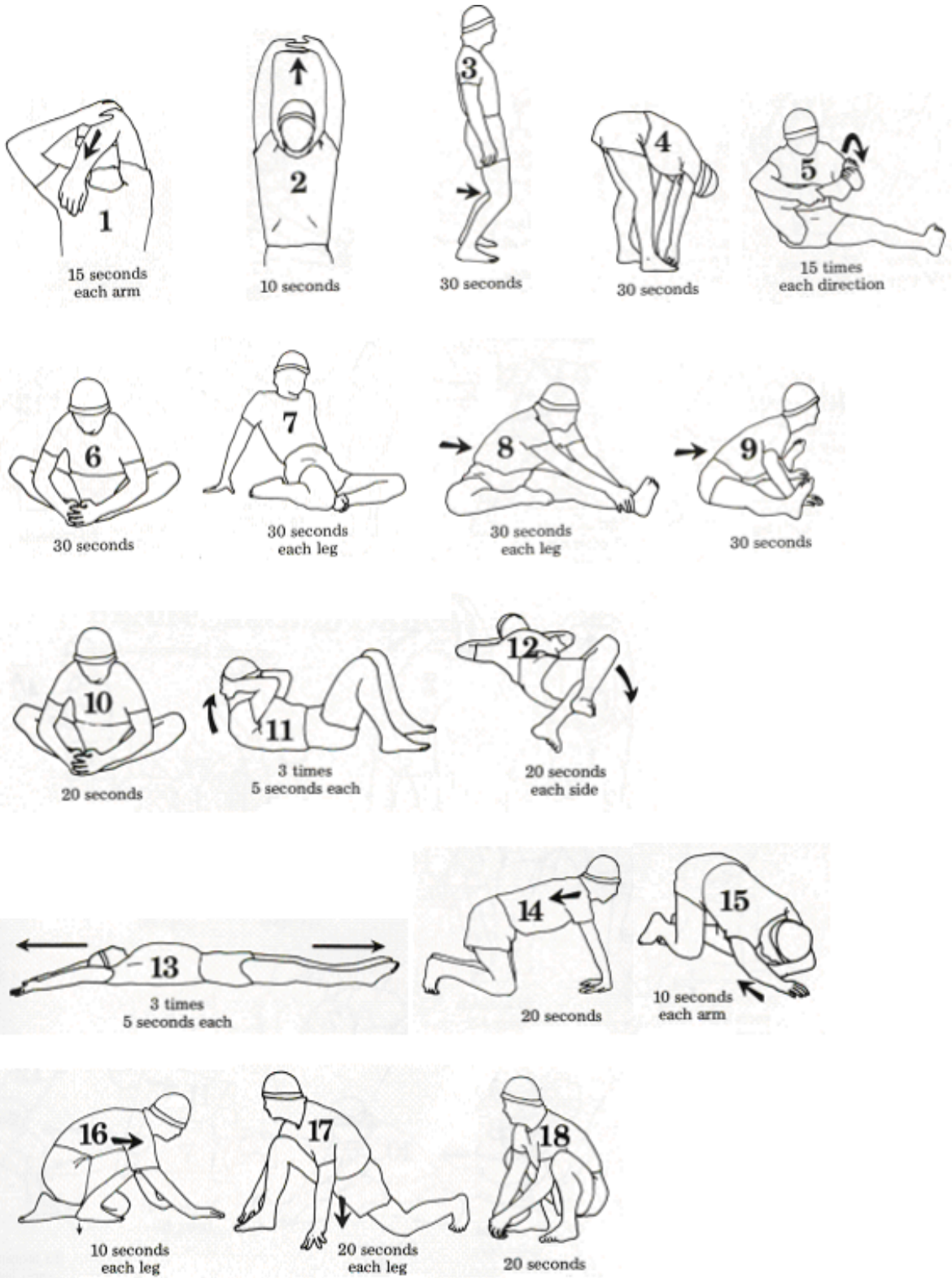
Tuck Jumps: [How to Tuck Jump](#)

Lateral Bounds: [How to do a Lateral Bound](#)

Forward Bound: [How to do a Forward Bound](#)

# Flexibility Stretches:

Approximately 10 minutes



## Ab Workouts:

Pick one workout to do

### **5 min Abs switch every 30 sec.**

Crunches  
Side Crunches R  
Side Crunches L  
Twist Crunches R  
Twist Crunches L  
Hip Raises  
Leg Raises  
Reverse Crunches  
Toe Touches  
Bicycler's  
6 inches

### **Med. Ball Abs work up to 2 sets of 20 reps**

Chest Passes  
Overhead Throws  
Side Throws R  
Side Throws L  
Backward Side Throws R  
Backward Side Throws L  
Granny Throws  
Squat Throws  
Situps  
45 degree Catches  
45 degree Side Catches R  
45 degree Side Catches L  
Russian Twists  
Med Ball Situp Twists  
Handoffs

### **7 Minute Abs**

Toe Touches (10 lb plate)	30 sec.
Russian Twists (10 lb plate)	1 min.
Leg Twists	1 min.
Bicycler's	30 sec.
V-ups	30 sec.
Sprinters	30 sec.
6 Inches (alternating leg raises)	1 min.
Leg Raises (physioball)	30 sec.
Hip Raises	30 sec.
Situp Twists Right	30 sec.
Situp Twists Left	30 sec.

### **Track Abs**

V-ups 1 x 10 each leg  
Sprinters 1 x 10 each leg  
Bicycler's 1 x 30 sec.  
V-ups 1 x 10 each leg  
Sprinters 1 x 10 each leg  
Bicycler's 1 x 30 sec.

### **Pull Downs & Throw Downs**

Hanging Leg Raises 3 x 10  
Pulldowns 3 x 10  
Throwdowns 3 x 20

# Miscellaneous Workouts



## Jump Rope Workout:

Warm-up – 5 min

Stretch – 15 min

Skip (Rocky Style) – 1 min

Right Foot Single Leg – 30 sec

Left Foot Single Leg – 30 sec

Both Feet Side to Side – 1 min

Both Feet Forward & Backward – 1 min

Right Foot Single Leg Side to Side – 30 sec

Left Foot Single Leg Side to Side – 30 sec

Right Foot Single Leg Forward & Backward – 30 sec

Left Foot Single Leg Forward & Backward – 30 sec

Both Feet 3 Hops Forward 3 Hops Back – 1 min

Both Feet 3 Hops to the Right 3 Hops to the Left – 1 min

Skip (Rocky Style) fast – 2 min

Both Feet Turn Clockwise – 1min

Right Foot Single Leg Turn Clockwise – 30 sec

Left Foot Single Leg Turn Clockwise – 30 sec

Both Feet Turn Counterclockwise – 1min

Right Foot Single Leg Turn Counterclockwise – 30 sec

Left Foot Single Leg Turn Counterclockwise – 30 sec

Stretch – 5 min

## Ankle Strengthening:

Theraband:

Dorsiflexion (pull toe up) 3 x 20

Plantarflexion (push toe down) 3 x 20

Inversion (turn toe in) 3 x 20

Eversion (turn toe out) 3 x 20

Balance:

Balance Eyes Closed (on one foot) 4 x 30 sec.

Balance & Catch a Ball (on one foot) 3 x 20 catches

Balance & Hold Ball & Touch is to the Floor (on one foot) 3 x 20 touches

Hops:

Forward 2 x 20 Backward 2 x 20

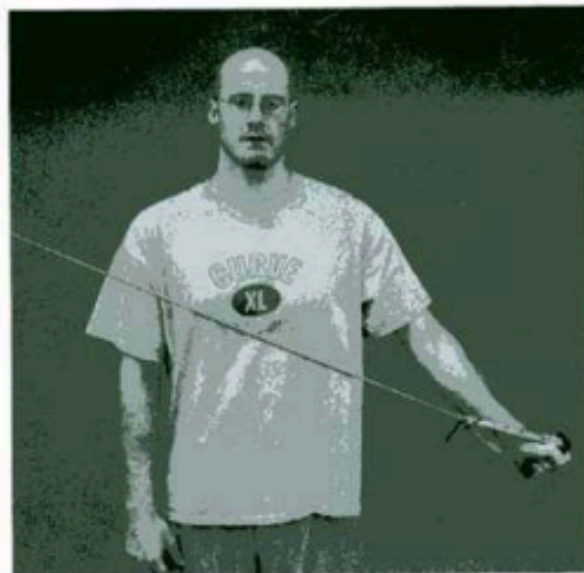
Side to Side 2 x 20

Diagonal 2 x 20

# Rotator Cuff Exercises



**1. Tubing D2 PNF Flexion** - Affix surgical tubing to the floor near opposite foot. Stand facing the tubing. Involved hand will grip the tubing, across the body, near the opposite hip, with the thumb pointing toward the hip. Rotate the thumb so that it points behind you as you raise your arm toward the ceiling. Rotate the thumb back in toward your pocket as you return to the starting position.



**2. Tubing D2 PNF Extension** - Affix surgical tubing above shoulder height. Stand with your back to the tubing. Hold tubing in hand with the arm pointed toward the ceiling and thumb pointing behind you. Rotate the thumb in toward your pocket as you pull the tubing down toward your opposite pocket. Rotate the thumb back behind you as you return to the starting position.

# Rotator Cuff Exercises



**3. Tubing ER @0 Degrees of Abduction** - Affix a piece of surgical tubing to the wall at elbow height. Stand with your throwing arm opposite the tubing side with the shoulder abducted to 0 degrees, the elbow bent to 90 degrees and hand pointing toward the tubing. Keeping the elbow tucked, quickly rotate the forearm until the hand is pointing straight ahead, then quickly return to the starting position.



**4. Tubing IR @ 0 degrees of Abduction** - Affix a piece of surgical tubing to the wall at elbow height. Stand with your throwing arm on the tubing side with the shoulder abducted to 0 degrees, the elbow bent to 90 degrees and the hand pointing straight ahead. Keeping the elbow tucked, quickly rotate the forearm until the palm is facing the body, then quickly return to the starting position.



**5. Tubing IR @ 90 degrees of Abduction** - Affix a piece of surgical tubing to the wall at about head height. Stand with your back to the tubing, the shoulder abducted to 90 degrees, elbow bent to 90 degrees, and the hand pointing up to the ceiling. Keeping the shoulder abducted, quickly rotate the shoulder forward until the forearm is parallel with the ground, then return to the starting position.



**6. Tubing ER @ 90 degrees of Abduction** - Affix a piece of surgical tubing to the wall at shoulder height. Stand facing the tubing with the shoulder abducted to 90 degrees, elbow bent to 90 degrees, and the hand pointing straight ahead. Keeping the shoulder abducted, quickly rotate the shoulder until the hand is pointing up to the ceiling, then return to the starting position.

## Rotator Cuff Exercises



**7. Dumbbell Lateral Raise** - Stand with a dumbbell in each hand, palms facing toward the body. Raise the arm out to the side with the palms facing downward, stopping at shoulder level. Slowly return to the starting position.



**8. Supraspinatus Raise (full can)** - Stand with arm straight and thumb pointing at 45 degrees away from the body. Raise the arm to shoulder level. Slowly return to the starting position.

## Rotator Cuff Exercises

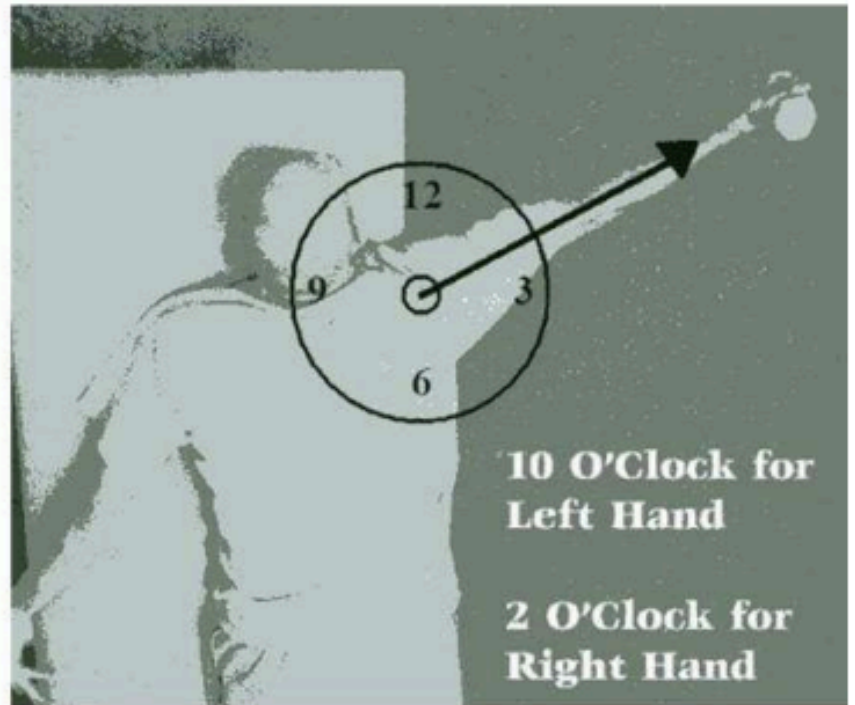


**9. Shoulder External Rotation** - Lie on your non-throwing side. Keep the upper part of your arm against your side, and bend your elbow to 90 degrees. Raise the weight up, keeping the arm against your side. Slowly return to the starting position. Also perform this exercise lying on your other side.



**10. Prone Horizontal Abduction** - Lie on the table face down with the arm hanging straight for the floor, the thumb facing forward. Raise the arm out to the side until it is parallel to the floor. Then slowly return to the starting position.

# Rotator Cuff Exercises

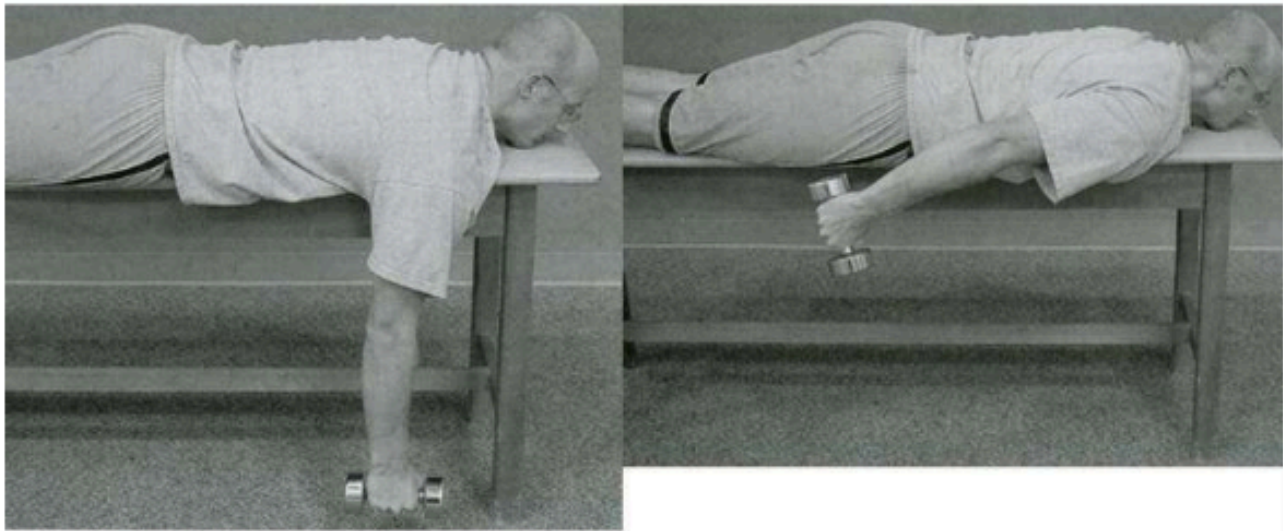


**11. Prone Shoulder Flexion @ 105-110 Degrees of Abduction** - Lay on a weight bench face down. Hold a dumbbell with the thumb rotated up (hitchhiker). Raise the arm out to the side at an angle of 105 degrees from your side (about 2 o'clock) - slightly in front of the shoulder—until the arm is parallel with the floor. Then slowly return to the starting position.

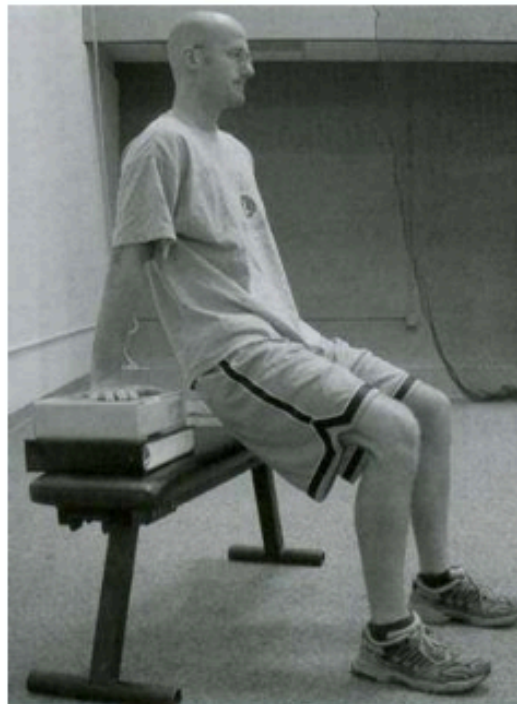


**12. Prone Row with External Rotation** - Lie on a table face down with the elbow abducted to 90 degrees and the hand pointing to the ground. Keeping the elbow stationary, slowly raise the dumbbell until it is parallel to the floor. Then slowly return to the starting position.

## Rotator Cuff Exercises

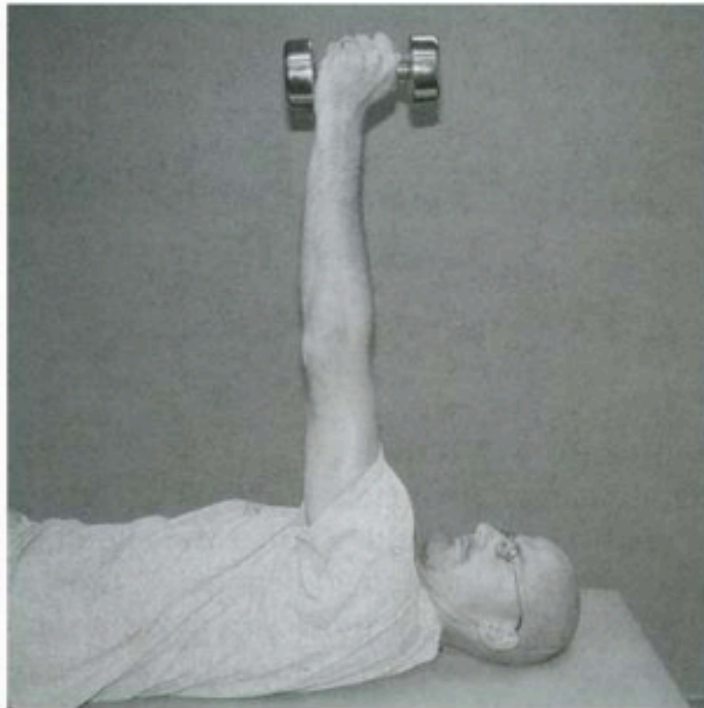


**13. Prone Shoulder Extension** - Lie on a table face down with your arm hanging straight to the floor, thumb facing forward. Raise the arm straight back until it is parallel to the floor. Slowly return to the starting position.

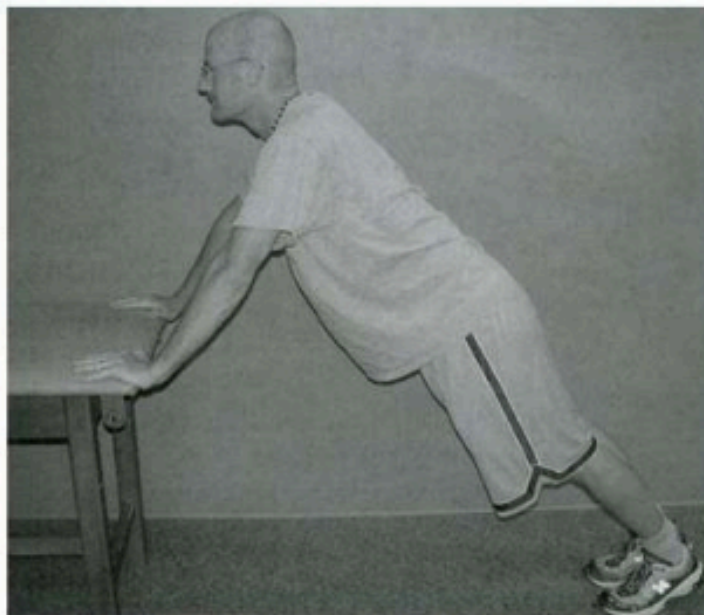


**14. Press-up** - Sit on a weight bench. Set a block or thick book on both sides of you. Put your hands on the block or book and push your body up until both elbows are fully straightened. From this position, allow the elbows to bend as you lower the body back to the starting position and then repeat.

## Rotator Cuff Exercises



**15. Supine Serratus Punch** - Lie on your back with a 2-5 pound dumbbell in your hand. Out stretch your arm to full extension. Push towards the sky lifting only the shoulder off the table. Return the shoulder to the table. Then repeat.

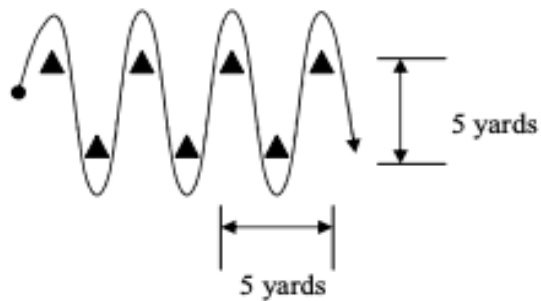


**16. Pushup with a Plus** - Standing in a neutral position with your hands placed on the edge of a table and arms extended, push away from the table by extending the shoulder. Do not lose contact with the table.

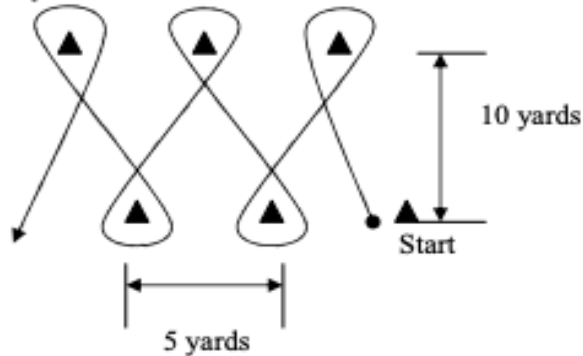
## Agility Workouts:

If you do not have cones use random household items; water bottles, pop cans, shoes ect

**Cone Chute:** Sprint through the cones 2 times each direction  
Shuffle through the cones 2 times each direction  
Sprint forward around the cone & backpedal back  
\* do not touch the cones



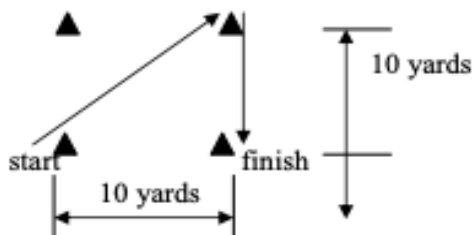
**Crazy 8's:** 4 each direction



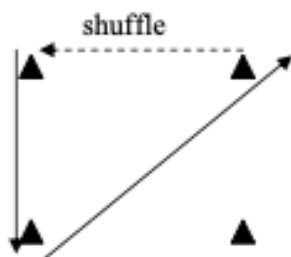
**3 Cone Crazy 8's:** 4 each direction



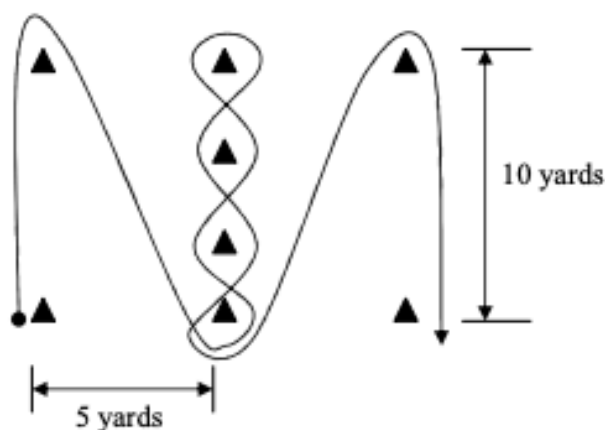
**45 degree Drop Square Drills:** Facing away from the cones, open up the left hip, And diagonally sprint to the far left cone. Plant the left foot and sprint through the cone in front of you. 4 each drill



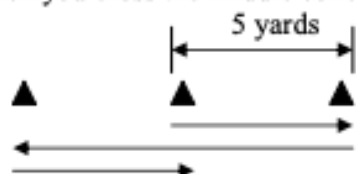
**45 degree Drop Square Drills:** Facing away from the cones, open up the left hip, And diagonally sprint to the far left cone. Plant the left foot and shuffle to the right upon reaching that Cone sprint forward back to the start position.



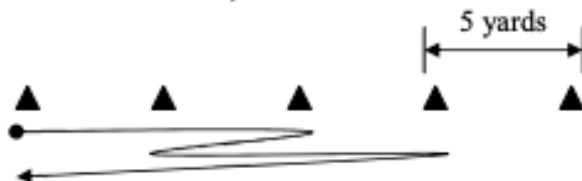
**Illinois Agility Drill:** Start at Cone 1, sprint around cone 2 to cone 3, around cone 3, and weave in and out of cones 3,4,5,6 moving forward, and around cone 6 weaving in and out back to cone 3, then sprint and around cone 7, and sprint to the finish cone 8.



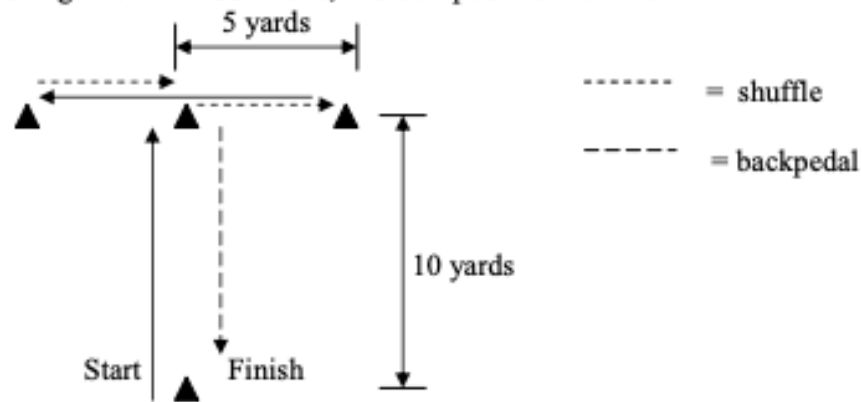
**Pro Agility:** 3 cones 5 yards apart, start on the middle cone and sprint to the right cone, turn and sprint left to the 2<sup>nd</sup> cone, turn and sprint right across the middle cone. Time stops when you cross the middle cone.



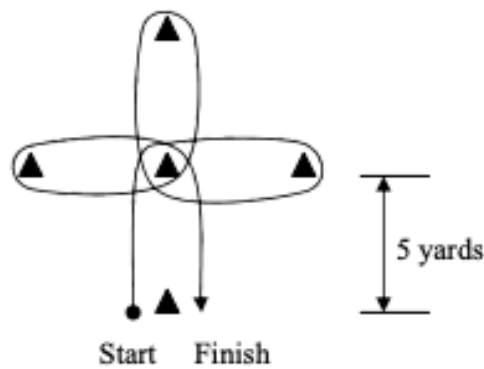
**Numbers Drill:** 5 cones each cone is 5 yards away from the other. Starting at cone 1, sprint the cone called out, then to the next cone # called continue this until 30 sec. is up.



**T-Test:** Sprint forward from the start to the middle cone, slide to the right, sprint to 2<sup>nd</sup> cone, slide right to the middle cone, and backpedal to the finish



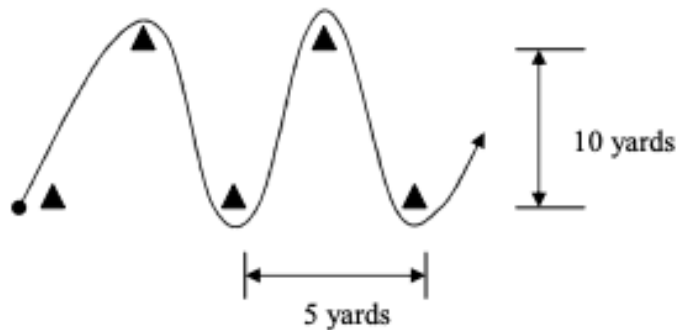
**Star Drill:** 5 cones, 1 center cone, 4 cones surrounding the center cone each 5 yards away. Start at the bottom cone and facing the center cone. Sprint forward at each cone. Turn right and continue this until you return to the start cone. Repeat the drill turning left.



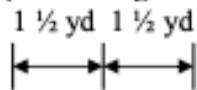
**Three Cone Test:** 5 yds. between each cone. Sprint From cone 1 to cone 2 and back to 1 touching the line or cone with your hand. Then sprint around cone 2 to cone 3 around it and sprint back around cone 2 to cone 1



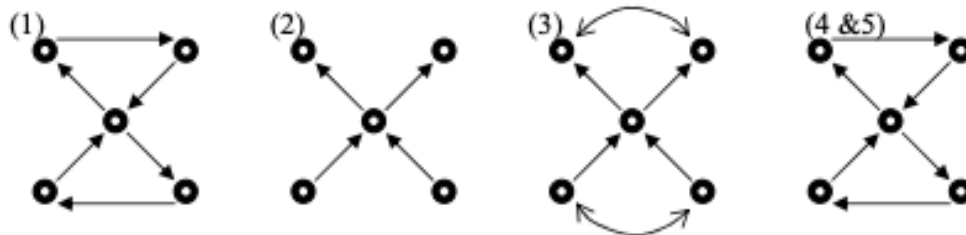
**W Drill:** Each cone is 10 yards away from the other set up in a W formation as above. The First drill is to run through changing direction at the cone. The second drill is to sprint from the 1<sup>st</sup> cone to the 2<sup>nd</sup> cone and then backpedal from the 2<sup>nd</sup> cone to the 3<sup>rd</sup> cone and continue until you finish the drill.



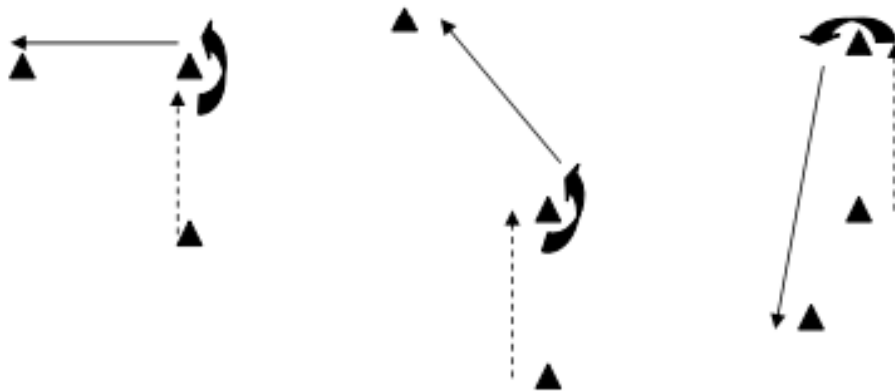
**Nebraska Drill:** 4 reps each direction, start by lying on your stomach facing the first cone, sprint around the first cone then around the second cone touch the line with your hand and sprint through the finish line.



**Dot Drill:** The drill progresses from double leg to single leg and is performed in sets of 5 reps each of 5 different drills (1) both legs (2) Leg apart, together, apart and back (3) apart, together, apart, 180 degree turn and back (4) right leg (5) left leg



**Whip Eyes:** back pedal to the 2<sup>nd</sup> cone, turn around the cone and sprint to the 3<sup>rd</sup> cone. There are 3 different versions that are listed below do 2 of each version and 2 to the right and 2 to the left.



**Three Corner Drill:** Start in a three-point stance on the first line. Sprint to the first cone; drive off your left foot using a side step, and shuffle right to the second cone. At the second cone backpedal to the third cone. At the third cone, plant the left foot and break at a 45 degree angle to the right as you would be breaking for the ball.



**The Squirm:** Start in a three-point stance and on your partners command, sprints 5 yards. Put the right hand down rotate 360 degrees and sprint another 5 yards. Place the Left hand down and rotate 360 degrees and sprint another 5 yards.



## Ladder Drills:

Use sidewalk chalk or tape to draw a ladder on the ground.

Run through 1 foot in each

- Run through 2 feet in each
- Slide to the Right
- Slide to the Left
- In & Out to the Right
- In & Out to the Left
- Carioca to the Right
- Carioca to the Left
- Icky Shuffle
- Crossover In Front Forward
- Crossover In Front Backward
- Crossover Behind Forward
- Crossover Behind Backward
- Hop Scotch on the Right Foot
- Hop Scotch on the Left Foot • One Footed Hops Forward Right & Left
- One Footed Hops Sideways Right & Left
- One Footed Zig Zag Hops Right & Left
- Skip Right and Left



# Volleyball Ball handling Home Workouts:

Click video to see workout

All around ball control works:

[6 solo volleyball drills to try at home](#)

[How To Practice The Overhand Volleyball Serve At Home: Wall Traps](#)

[At Home Volleyball Drills \(Setting, Hitting, Passing, Blocking\)](#)

Setting Workouts:

[Best Setter Volleyball Trainings](#)

\*\*[At Home Drills - Figure Eight Setting](#)

Passing Workouts:

\*\*[At Home Drills - Wall Sit & Set](#)

\*\*[At Home Drills - Low to High, High to Low](#)

\*\*[Juggling](#)

[Volleyball All-American At-Home Workout: PASSING!!](#)

[Star Drill](#)

Hitting workouts:

\*\*[At Home Drills - Solo Hand Contact](#)

Blocking Workouts:

\*\*[At Home Drills - Block Touch Challenge](#)

Transition Workouts:

1. Find a Wall + open space
2. Block up, transition, approach
3. Do this 3x in a row, rest, repeat