

## Training for Volleyball Suggested Workout Routines For Maximum Results



As part of your purchase I am supplying you with several workout routines to add to your current routine. If you are a coach, I also included circuit training routines for you to maximize your practices/workout sessions. You will be amazed at how you can train your entire volleyball team with limited equipment and receive maximum results.

Check out the pictures of over 60 athletes training:



It can be done with a little imagination. That's where I come in 😊

Whether you are a coach, parent, trainer or athlete please keep safety in mind at ALL times. Also, form and function. DO NOT force any movements and DO NOT continue to 'work through' an exercise if you find it difficult. This can only lead to possible injury. The phrase, 'No Pain - No Gain' is NOT the way to train.

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Below is a list of exercises along with progressions and intensity. Always start with the lowest intensity and progress to the highest level when you are ready. Only you the coach, trainer, parent or athlete can make the decision to add intensity to an exercise.

OK....let's move onto the list of the exercises from the video and the progressions/intensity for each exercise.

<b>Exercise</b>	<b>Basic</b>	<b>1st progression</b>	<b>2<sup>nd</sup> Progression</b>	<b>3<sup>rd</sup> Progression</b>	<b>Equipment needed</b>
Hover	On Floor	On Airex	Alternating leg lifts with arms on ground	Alternating leg lifts with arms on Airex	Airex or Yoga mat
90 Degree Arm Pulses	Basic – Feet on ground	Basic – Feet up (you can start with one foot off ground until you are comfortable raising both feet)	On Airex – Feet on ground NOTE: Add JC Band with MORE resistance when ready	On Airex – Feet up (you can start with one foot off ground until you are comfortable raising both feet)	Airex or Yoga mat / JC Bands
Single Leg Pendulum Swing	On floor – no resistance	On Airex – No resistance	On Floor – Add Power Ball / dumbbell	On Airex – Add Power Ball / dumbbell	Airex or Yoga mat/ Power ball or Kettlebell
Lateral Lung & Reach	Lunge & Reach only with SuperBands	Add SuperBand to other side as shown in video (double resistance)	Create more resistance for added intensity by safely stretching bands further		SuperBands

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Medicine Ball Planks	Ball on floor	Ball on Airex	Alternating leg lifts with ball on floor	Alternating leg lifts with ball on Airex	Medicine Ball / airex
Overhead Squat with SuperBand	Basic as shown in video	Add Superband with more resistance	Add TWO super bands strapped around body	Add TWO 'stronger' super bands strapped around body	SuperBand
Overhead 'Lateral' Squat with SuperBand	Basic as shown in video	Add Superband with more resistance	Add TWO super bands strapped around body	Add TWO 'stronger' super bands strapped around body	SuperBands
Single Leg Squat	On floor / No SuperBand	On floor w/SuperBand	On Airex	All progressions with 'stronger' Super Band	SuperBand / Airex
Forearm Plank on Swiss ball	Basic hold forearm plank on ball	Alternating leg lifts			Swiss Ball
Single Leg Squat jumps on Plyo Box	Start with a low box jump	Higher Box for all progressions	NOTE: If lowest box is too high, simply perform a single leg jump forward, but always remember to start in a squat and land in a squat		Plyo Box
Single Leg swing with JC Band	The only way to progress is to move to a JC Band with more resistance and add an unstable environment such as an Airex pad or rolled up yoga mat under the planted foot.				JC Band

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Now that we defined the exercises I would like to suggest other exercises to incorporate into your circuits. Again, these are my suggestions. If you choose to use your own exercises/drills to add to circuits I have a few notes below to help you decide which to choose. My suggestions are as follows:

- 🏊 Ankle Hops
- 🏊 Squat Jumps
- 🏊 Squat jumps with medicine ball presses
- 🏊 'V' Sit (core)
- 🏊 Ladder drills / fast feet drills
- 🏊 Cone drills
- 🏊 Shuffles down the line
- 🏊 Push Ups – on knees or toes
- 🏊 Crunches

Again, these are just a few exercises to add to your circuits. Let's define them as 'YC' (your choice)

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### Circuit Training

Circuit training – a few notes:

- ✚ **Number of stations** – anywhere from 8-20 depending on number of athlete's. You can easily train 40 athletes with 10 stations. You can choose to have 6 person stations. That would leave a little space or you can have 4 at each station.
- ✚ **Length of time / Repetitions:** 45-seconds to one-minute non-stop exercise will little or no rest between exercises. Take a 1-3 minute break after completing one round.
- ✚ **Progression:** Start with your athlete's going through the circuit 2 times the first 3-5 workouts, then move it to 3 or 4 at the same time adding the progressions.
- ✚ **Warm-Up:** Always perform some type of dynamic warm-up before starting any intense workouts
- ✚ To get the most out of your athletes I HIGHLY suggest that you follow intense/cardio exercises with low level cardio exercise. Meaning that if you were to have a squat jump station, DO NOT follow that up with a single leg squat jump. The best scenario is to follow the squat jump with a med ball plank, 90 degree arm pulse or hover. This will enable the athlete to lower his/her heart rate and get ready for the next high intensity exercise. The number one benefit is that they are performing Interval Training. This is the best way to improve their Energy System (heart, lungs and endurance) as well as a great way to burn fat. This will enable them to get that lean look 😊
- ✚ Set the circuits up in a rectangle form around your court, field or wherever you train/practice.
- ✚ Set a numbered placard at each station reminding the athlete's which exercise they will be performing
- ✚ Take the time to go through the circuit and explain each exercise to the athletes BEFORE starting

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- ✚ Make sure you are walking around the stations constantly reminding them of form and CHEER them on, please don't scream at them. This is a form of exercise that I have used thousands of times with hundreds of athletes and they NEVER complained. Circuits are designed to not only be effective and efficient, but 100% FUN. Nothing beats having young athletes 'wanting' to come back to exercise.
- ✚ REST – Please allow 24-48 hours between circuit training
- ✚ **SPECIAL NOTE ON REPETITIONS OR LENGTH OF STATION:** I am recommending 45 seconds to 1 minute each station. It is HIGHLY recommended to perform each exercise with proper form and never deviate from that. Everyone is different so if you feel you are compensating (using improper form) after 10 seconds –STOP. It will do you and your athletes no good to 'force' them through an exercise just because it is recommended to perform it for 45 seconds. Also, if the exercise is too 'easy' and not challenging to the athlete, then move them to the next progression and follow the same protocol as mentioned above.

### Fun Circuits Below



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Ready for some FUN workouts?

Here we go 😊

(Remember, these are only my suggestions. Please look at the way in which they are designed so you can make the right decision when setting up your own circuit routines)

### Circuit #1

<u>Station #1</u> Hovers	<u>Station #2</u> Squat Jumps	<u>Station #3</u> 90 Degree Arm Pulses	<u>Station #4</u> Single Leg Squats	<u>Station #5</u> Ladder Drill
<u>Station #10</u> Ankle Hops	<u>Station #9</u> Crunches	<u>Station #8</u> Shuffles Down the line	<u>Station #7</u> YC	<u>Station #6</u> 'V' Sits

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### Circuit #2

<u>Station #1</u> Single leg Swing w/JC Band	<u>Station #2</u> Ankle Hops	<u>Station #3</u> 90 Degree Arm Pulses	<u>Station #4</u> Single Leg Squat Jumps	<u>Station #5</u> Medicine Ball Planks
<u>Station #10</u> Overhead Lateral Squats w/SuperBand	<u>Station #9</u> Single Leg Pendulum Swing	<u>Station #8</u> Ladder Drill	<u>Station #7</u> Lateral Lunge & Reach	<u>Station #6</u> YC

There you go.....two circuits that your athletes will love. This is not like the typical 'team training' you see at very expensive sport performance facilities where the athletes are usually standing around waiting for their turn to workout. These workouts are designed to train/workout an entire team. You can be very creative and train up to 100 athletes at the SAME TIME. It can be done 😊



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### Training alone?

If you plan on training alone with the Training for Volleyball exercises I suggest you train a few different ways. Please decide which is best for you. They are as follows:

✚ **Super Sets** – Super sets are similar to circuits, but with less exercises. You can pick the first three exercises from Circuit #1 and perform them one after the other until you have gone through 2-5 times. **Length of time and Repetitions are the same as in circuit training.** Then continue on to the next 3-4 exercises and do the same. You can continue until you are finished with the Super Set / Circuit

✚ **Incorporate into your current routine** – Whatever your current routine is, you can add a few of these exercises in between sets or after your workout. For example, you can do 3 sets of hovers, 3 sets of 90 degree Arms Pulses and 3 sets of Single Leg Swing w/ JC Band after your workout OR you can add hovers between exercises; making sure you do at least 3 sets of 45 second to one-minute repetitions. In between your next exercise you can do Ankle Hops. Use these scenarios to add Training for volleyball exercises into your current workout routine.

✚ **Perform Training for Volleyball exercises only** – You can choose to do a few sets of each exercise 3-4 days a week. Example: Perform 2-5 sets of 3-5 exercises on Monday, the same scenario with different exercises on Wednesday and the same scenario on Friday. This is an example only. You can train, Mon, Thurs, Sat, but keep in mind 3 days of training with these exercises will enable you to see fabulous results.

**Repetitions:** 45 seconds to one-minute each exercise

✚ **SPECIAL NOTE ON REPETITIONS OR LENGTH OF STATION:** I am recommending 45 seconds to 1 minute each station. It is HIGHLY recommended to perform each exercise with proper form and never deviate from that. Everyone is different so if you feel you are compensating (using improper form) after 10 seconds –STOP. It will do you or your athletes no good to ‘force’ themselves through an exercise just because it is recommended to perform it for 45 seconds. Also, if the exercise is

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too 'easy' and not challenging to the athlete, then move them to the next progression and follow the same protocol as mentioned above.

### **Equipment**

For proper training equipment, please visit [www.barrysproducts.com](http://www.barrysproducts.com) for the equipment needed for the exercises in Training For Volleyball.

Please feel free to email me anytime at [barry@training4yoursport.com](mailto:barry@training4yoursport.com) with any questions you have. I will do my best at responding ASAP.

Thank you for your purchase of Training for Volleyball and I wish you the best success.

In Good Health,

*Barry Lovelace*

Barry Lovelace

[www.barrylovelace.com](http://www.barrylovelace.com)

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