LADY ROCKET VOLLEYBALL
SUMMER WORKOUT PLAN

Notes:
-Stretch thoroughly before each workout
-Increase the number of repetitions per set for each exercise by 10 every week.
-The workout is designed to be doable in any location including your home or while on vacation.
-It is VERY IMPORTANT that you arrive in season ready to play. If you follow this plan, you will have made at least 10,000 quality touches on the volleyball and at least 2500 jumping drills before you walk into our first fall practice.

M-W-F
Blocking Jumps-10x3
Rapid Blocking Jumps-10x3
Bounds-20x3
Gut Busters-15x2
*100 Underhand passes to yourself
*100 Overhand passes to yourself

T-Th
Repeat Monday
Crunches-25x3
Push Ups-25x3
Simulated Approach-25x3

Saturday and Sunday
Try to touch the volleyball at least 500 times every weekend. Work on hand passing, arm passing, tipping, and roll shots either to yourself, with a partner, or against a wall. The focus should be on ball control.

"EVERYONE HAS THE WILL TO WIN, IT IS FAR MORE IMPORTANT TO HAVE THE WILL TO PREPARE"