

WHEELER VOLLEYBALL



On-Site Training: #2 – Tuesday, June 18

ARENA

Warm-up:

Jog – 2 laps

Dynamics (high knees, straight leg kicks, side shuffle w/ arm swing, quick skips, high skips, carioca w/ high knee, back pedal, hips forward & backward)

Jumping Jacks x 25

Touch 6 (sprint service line to 10' line 6 times) – x6 rounds

Shuffle 6 (shuffle service line to 10' line 6 times) – x6 rounds

T Drill (sprint service line to 10' line, shuffle to left sideline, shuffle to right sideline, shuffle to middle, back pedal to service line) – x6 rounds

W Drill – start at service line on left sideline, sprint to 10', drop step right, shuffle to MB position, sprint short to RB position, roll right, up & back pedal to service line

Approach Jumps x1 min

Passing Visualization & Movement

– right foot forward, move forward & to the right at an angle 3 steps, extend platform to pass low ball

– move backward & to the left at an angle 3 steps, drop shoulder with angle to target to pass ball outside of body

Repeat moving the opposite direction

Suicide – ½ court (sprint service line to 10' line, back, service line to center line, back) – x6 rounds

Laps – 5 min jog

WEIGHT ROOM – 3 Rounds, x15 reps each

Leg Lifts using fork – raise body weight using forearms, support by arms on fork, straight leg raises heels to waist high

Dips using fork – raise body weight hands, lower body, lift back up

Inverted Rows – upside down plank, use barbell to left shoulders to bar & back down in reverse plank position, on heels

Weighted Bridges – lie on back with knees up & feet on the floor, place weight onto hips, left hips up & lower back down slowly controlled

Box Jumps – two footed jumps with arm swing, stand tall at top, keep knees balanced at shoulder width apart

Weighted Side Lunges – alternate side lunges to both the right & left, hold weight out in front with extended arms at shoulder height

Weighted Forward Lunges – alternating leg lunges, step forward & lower back leg, knee should stay behind toes / over ankles, weight is held to chest, keep upright posture for form & balance, suck in your belly button to your spine

Cool Down:

Dynamics (high knees, straight leg kicks, side shuffle w/ arm swing, quick skips, high skips, carioca w/ high knee, back pedal, hips forward & backward)

Stretch