

CHSS VOLLEYBALL TRAINING

Resource: Marie Zidek, DePaul University.

1. GOOD MORNINGS

This volleyball exercise, done with two dumbbells, is ideal for glute strength, hamstrings and improving your vertical jump.

Recommended Reps:
3 sets of 10 reps

2. SIDE-TO-SIDE TWIST WITH OVERHEAD PRESS

Hold a plate with your hands at the 9 and 3 positions. This volleyball-specific exercise builds the core and also develops upper body strength. This workout helps your shoulders stay healthy and aids in transferring power from the core to the upper body.

Recommended Reps:
3 sets of 20 reps (10 left, 10 right)

3. SINGLE LEG RDL TO OVERHEAD PRESS

This volleyball workout, which works your hamstrings and glutes, helps improve your balance and boosts your jump.

Recommended Reps:
3 sets of 10 reps

4. LUNGE WITH A TWIST

You'll need a plate for this volleyball exercise. It strengthens your legs and stabilizes your ankles to reduce injury risk. It also helps you train for single-leg jumps.

Recommended Reps:
3 sets of 16 reps (8 left, 8 right)

5. LATERAL LUNGE WITH A PRESS

These lateral lunges with plates are suitable for developing quicker side-to-side moves and strengthening the arms for a more stable digging and passing platform.

Recommended Reps:
3 sets of 20 reps (10 left, 10 right)

6. DUMBBELL SNATCH

The dumbbell snatch is best for training triple extension (the mechanics of jumping), power development and improving explosiveness.

Recommended Reps:
3 sets of 8 reps

7. DUMBBELL PULLOVER

This volleyball training exercise has similar benefits as the side-to-side twist with the overhead press: it improves core and upper body strength and transfers of strength from the core to the upper body in rhythm. It also helps with all overhead volleyball movements, including serving, blocking, setting and attacking.

Recommended Reps: 3 sets of 12 reps

8. DUMBBELL SQUAT TO PRESS

The dumbbell squat to press is a general volleyball exercise for all positions. It builds lower-body strength and also accounts for the upper-body movements that are crucial to volleyball: setting, serving, attacking, blocking and transferring power from the lower body to the upper body in a fluid motion.

Recommended Reps:
3 sets of 16-20 reps

9. 10-AND-2 DROPS

The 10-and-2 drop is a volleyball workout for shoulder health and core stability. It helps the shoulder build the muscles and strength needed to slow the shoulder down during throwing motions. It's suitable for any volleyball move, but particularly blocking, setting and attacking.

Recommended Reps:
3 sets of 10 reps

10. BICEPS WITH OVERHEAD PRESS

This volleyball exercise is best for preventing shoulder injuries. It helps attackers develop muscles that act as secondary movers during spiking.

Recommended Reps:
3 sets of 8 reps