

VOLLEYBALL *Summer* **WORKOUT**



Summer Volleyball Workout Calendar

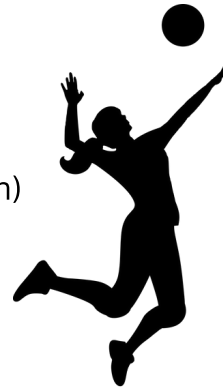
Date	Day	Workout Focus
	Monday	Conditioning + Ball Control + Plyometrics
	Tuesday	Strength + Agility + Serving
	Wednesday	Recovery / Optional Yoga
	Thursday	Speed + Jump Training + Offensive Skills
	Friday	Strength + Defensive Skills
	Saturday	Optional Open Gym / Scrimmage / Cardio Fun
	Sunday	Rest & Recovery
	Monday	Conditioning + Ball Control + Plyometrics
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Warm-Up (15 min daily)

- Jog or jump rope – 3 min
- Dynamic stretches: high knees, butt kicks, lunges – 5 min
- Arm circles, shoulder rolls, wrist and ankle mobility – 2 min
- Volleyball-specific warm-ups (pepper, footwork drills) – 5 min

Sample Strength Circuit (2x/Week) - (3 rounds, 12–15 reps)

- Squats (bodyweight or goblet)
- Bulgarian split squats (each leg)
- Push-ups (or incline push-ups)
- Dumbbell rows
- Plank (45 seconds)



Plyometric/Jump Training (2x/Week) - (3 sets each)

- Broad jumps (5 reps)
- Box jumps (6–8 reps)
- Lateral bounds (10 total)
- Skater jumps (10 total)
- Depth jumps (if advanced)

Agility & Footwork (2x/Week)

- Ladder drills (in & out, 2-feet quick step)
- Cone shuffles
- 3-point star drill
- Quick reaction partner drill
- Mirror drill



Volleyball Skill Work (4x/Week)

- Serving (Target Zones): 30 reps/day
- Passing: Partner or wall passing – 10 mins
- Setting: Wall sets or partner sets – 10 mins
- Hitting footwork: No ball and with ball – 10 mins
- Pepper or controlled rallies: 15 mins
- Game simulation (if open gym available)

Cooldown (10–15 min)

- Light jog or walking
- Static stretching (hamstrings, quads, calves, shoulders)
- Foam rolling
- Deep breathing

Optional Weekly Challenges

- Jump test (record progress)
- Wall sit challenge (time)
- Serving accuracy test (5 targets)
- Vertical jump retest at week 4 and week 8