

Volleyball Summer Workout 2020

- Run for 10 minutes without stopping
 - Stretch
 - Line Jumps
 - <https://www.youtube.com/watch?v=wy3J1D6oWLw>
 - 1. Two feet together jump *side by side* total of 25 times per set. Do 3 sets.
 - 2. Two feet together jump *front to back* total of 25 times per set. Do 3 sets.
 - 3. One foot down one foot up, jump *side by side* a total of 15 times per set – then switch feet. Complete 3 sets per foot.
 - 4. One foot down one foot up, jump *front to back* a total of 15 times per sets – then switch feet. Complete 3 sets per foot.
 - 5. Long jumps. Using your arms as momentum, jump as far as you can front to back SWINGING your arms as you do this. Complete 3 sets of 25
 - ❖ PLEASE MAKE SURE YOU CONTINUE TO DRINK WATER
 - Arm swing
 - 1. Make sure you always keep your elbow above your shoulder and rotate your hips. Do 30 swings 3 times. See link below
 - Watch "Arm Swing Mechanics : 3 Motions (part 1/2) - How to SPIKE a Volleyball Tutorial" on YouTube
 - https://youtu.be/VzkVivsRB_0
 - Passing
 - 1. Please make sure you use proper technique. See link below
 - Watch "Passing FUNDAMENTALS - How to PASS Volleyball Tutorial (part 1/6)" on YouTube
 - <https://youtu.be/gOgfoEGUDCA>
 - You can pass against a wall or get a family member to toss a ball to you. Do this as long as you like.
 - Finish with 10 minutes of running and be sure to stretch again.
- You do not need any experience to come and tryout. All we ask is for you to hustle, listen to direction, and have a good attitude. We will show you how to play volleyball. I hope to see you all soon.

Coach,
Nicole