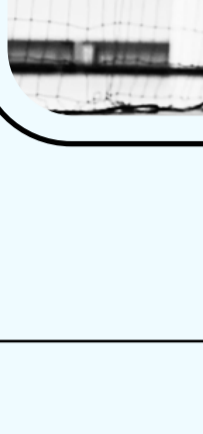
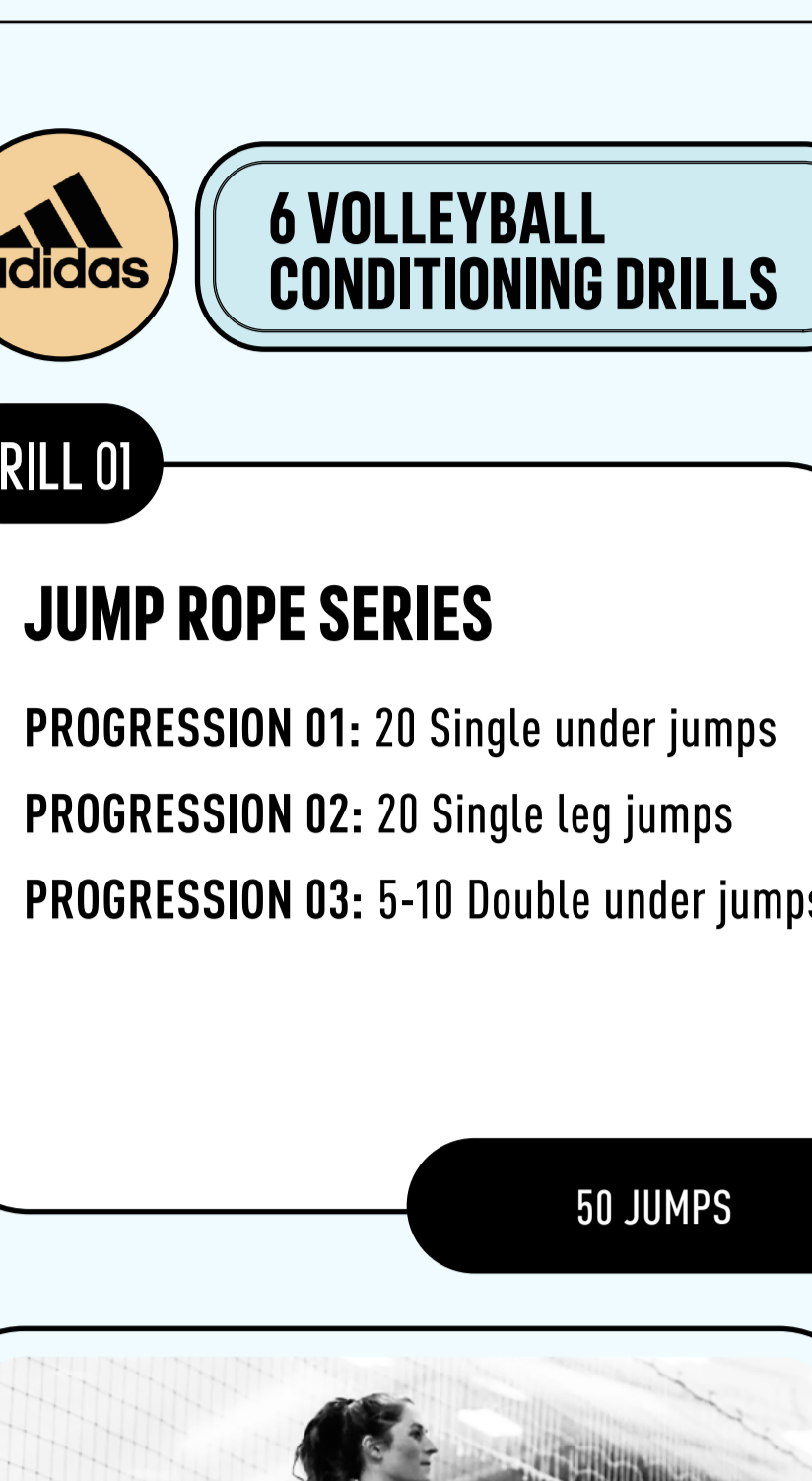




6 VOLLEYBALL CONDITIONING DRILLS

GET READY!

- 01 Jump Rope
- 02 12" Box
- 03 Mini Hurdles
- 04 Open Space
- 05 Dumbbells
- 06 Ab Wheel



6 VOLLEYBALL CONDITIONING DRILLS

DRILL 01

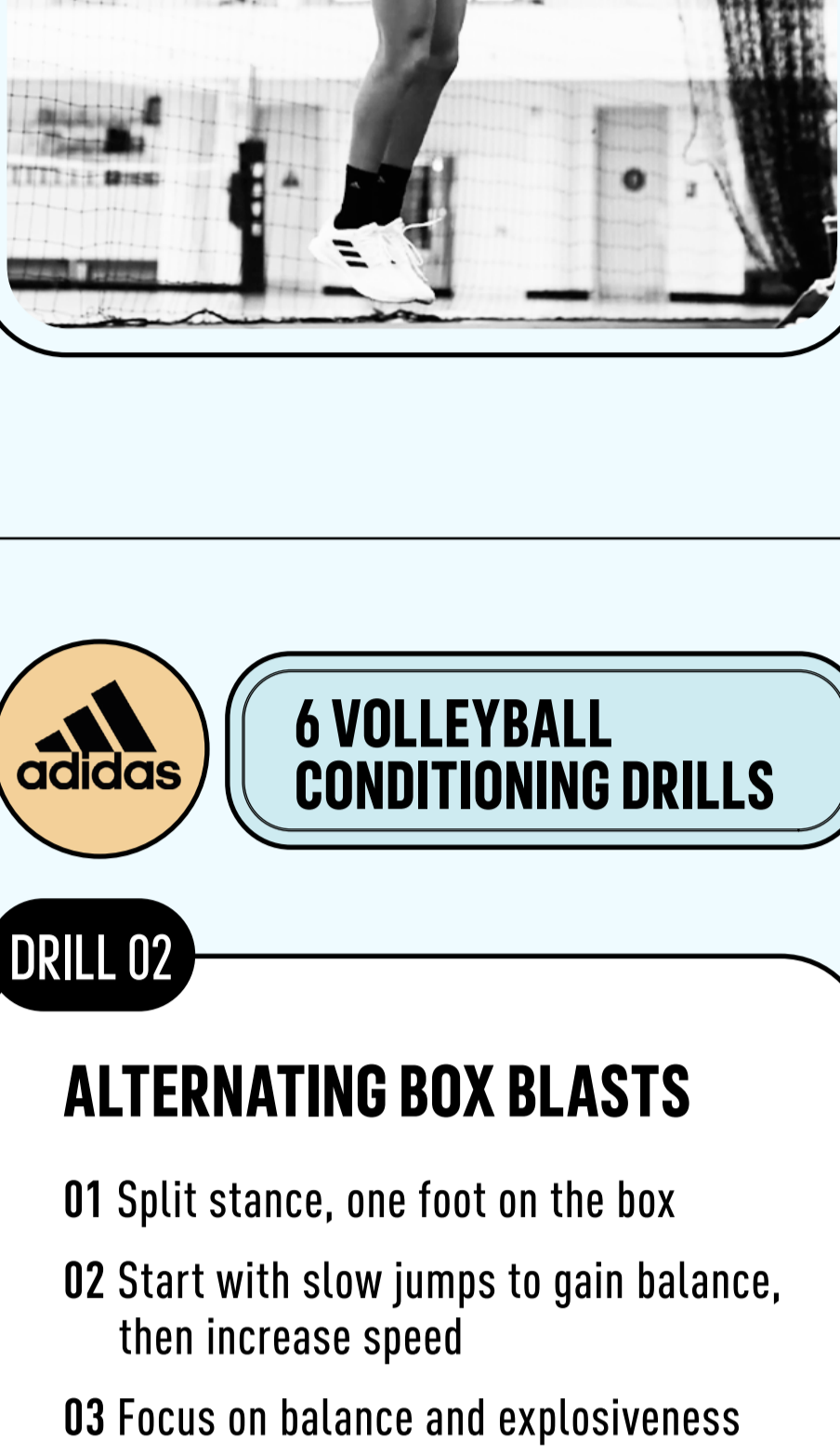
JUMP ROPE SERIES

PROGRESSION 01: 20 Single under jumps

PROGRESSION 02: 20 Single leg jumps

PROGRESSION 03: 5-10 Double under jumps

50 JUMPS



6 VOLLEYBALL CONDITIONING DRILLS

DRILL 02

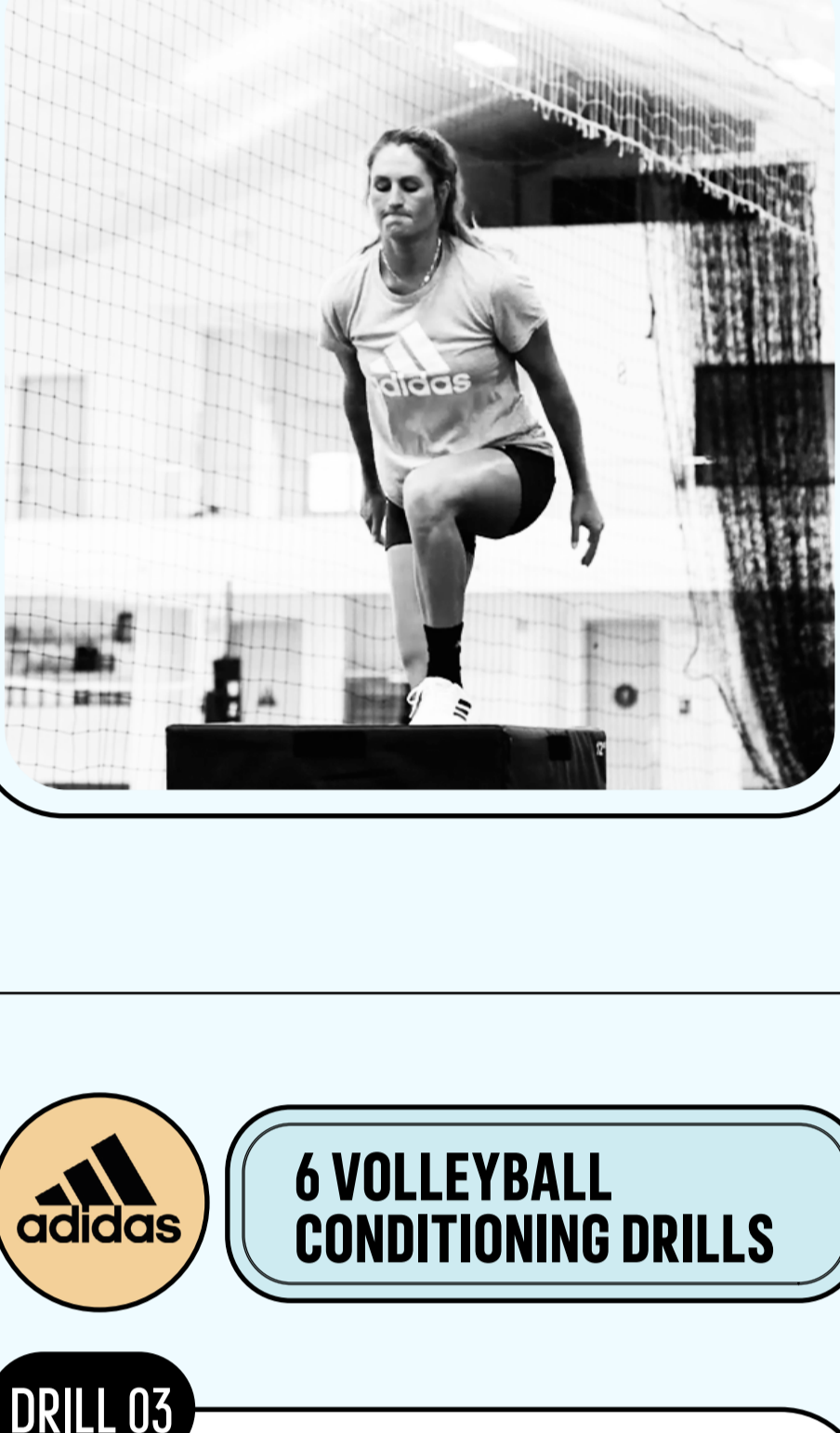
ALTERNATING BOX BLASTS

01 Split stance, one foot on the box

02 Start with slow jumps to gain balance, then increase speed

03 Focus on balance and explosiveness off the ground

4 SETS,
8 REPS PER LEG



6 VOLLEYBALL CONDITIONING DRILLS

DRILL 03

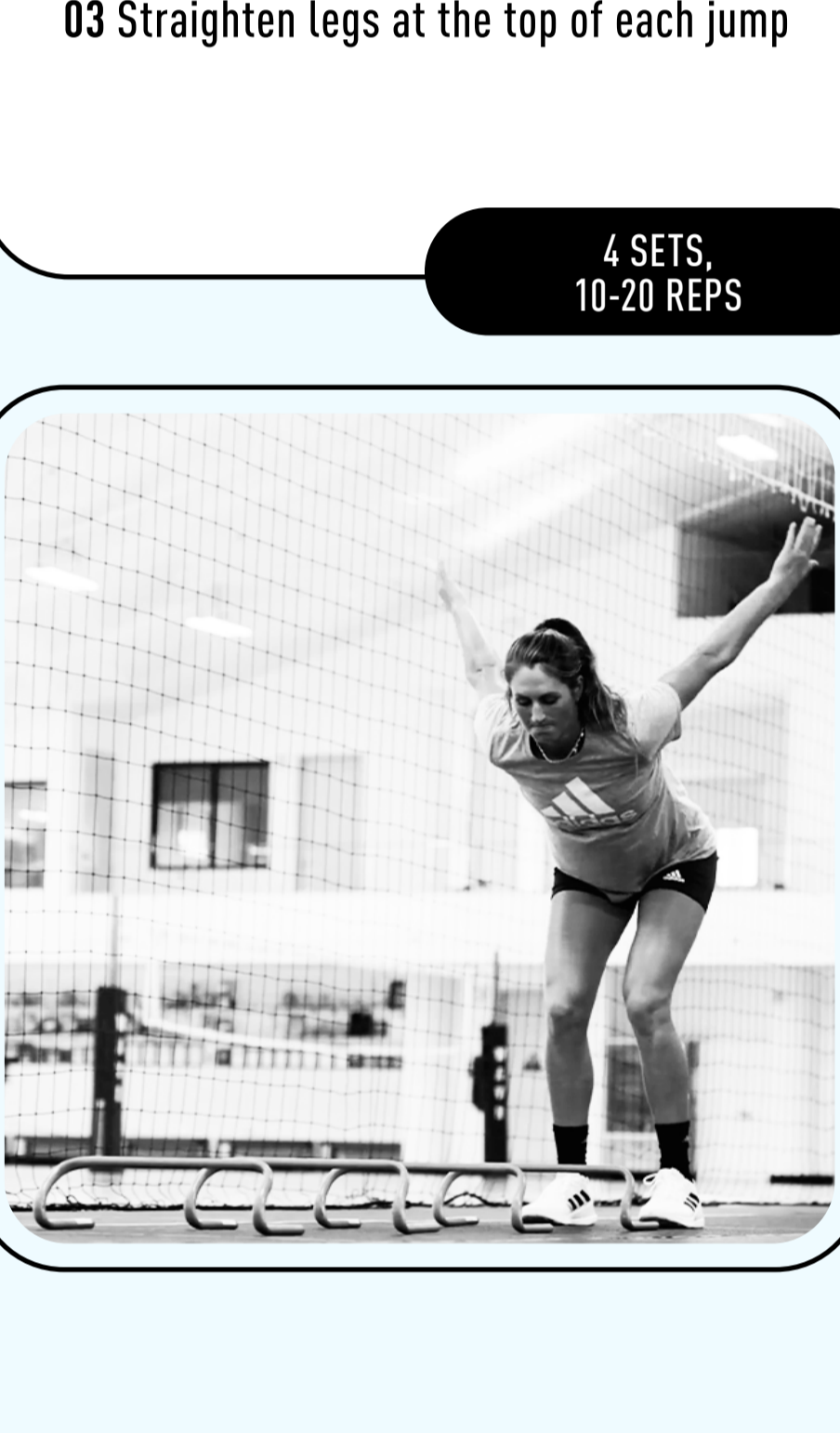
MINI HURDLE SERIES

01 Do single jumps over the hurdle

02 Start slow, then do continuous jumps over the hurdles

03 Straighten legs at the top of each jump

4 SETS,
10-20 REPS



6 VOLLEYBALL CONDITIONING DRILLS

DRILL 04

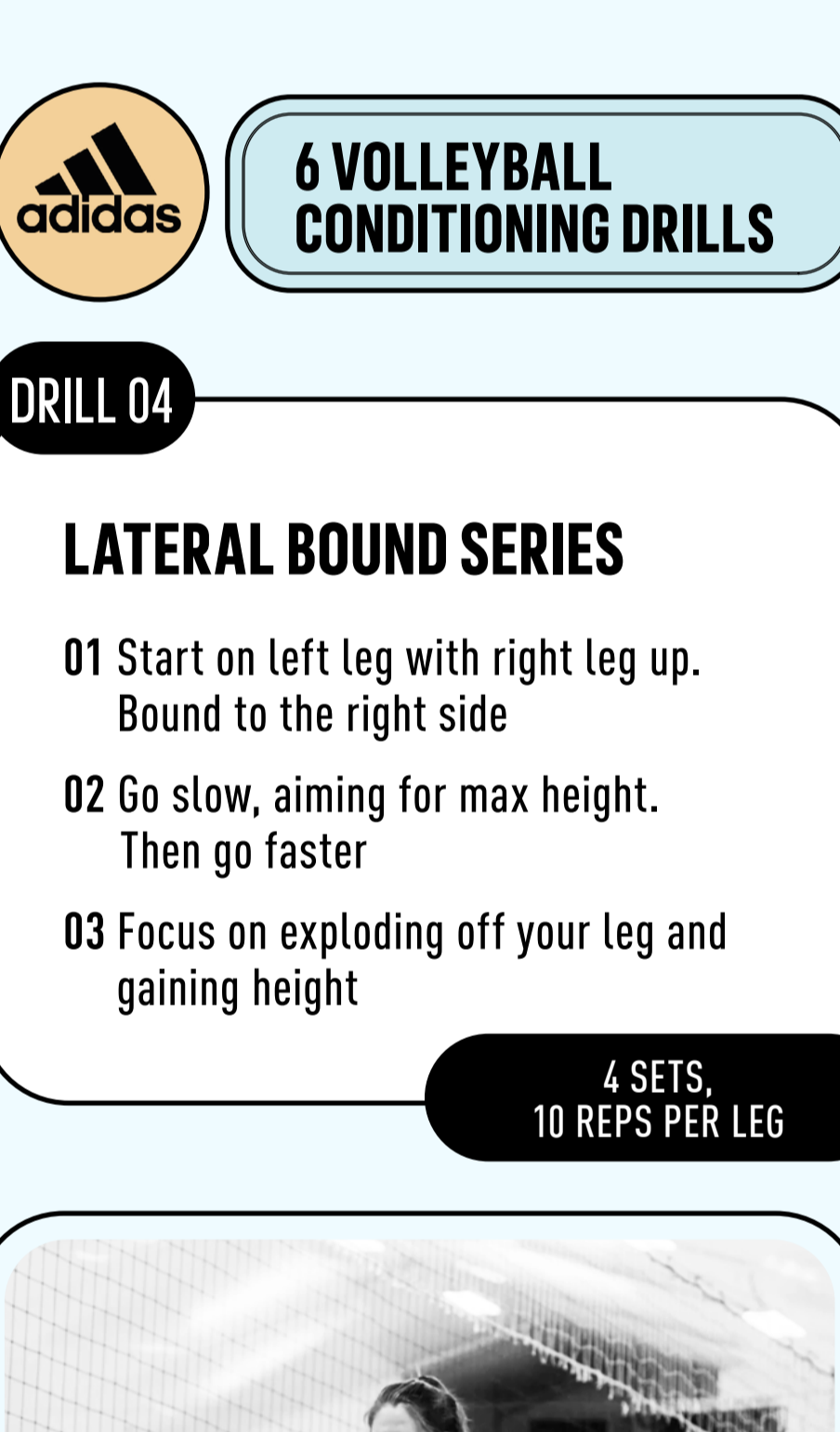
LATERAL BOUND SERIES

01 Start on left leg with right leg up. Bound to the right side

02 Go slow, aiming for max height. Then go faster

03 Focus on exploding off your leg and gaining height

4 SETS,
10 REPS PER LEG



6 VOLLEYBALL CONDITIONING DRILLS

DRILL 05

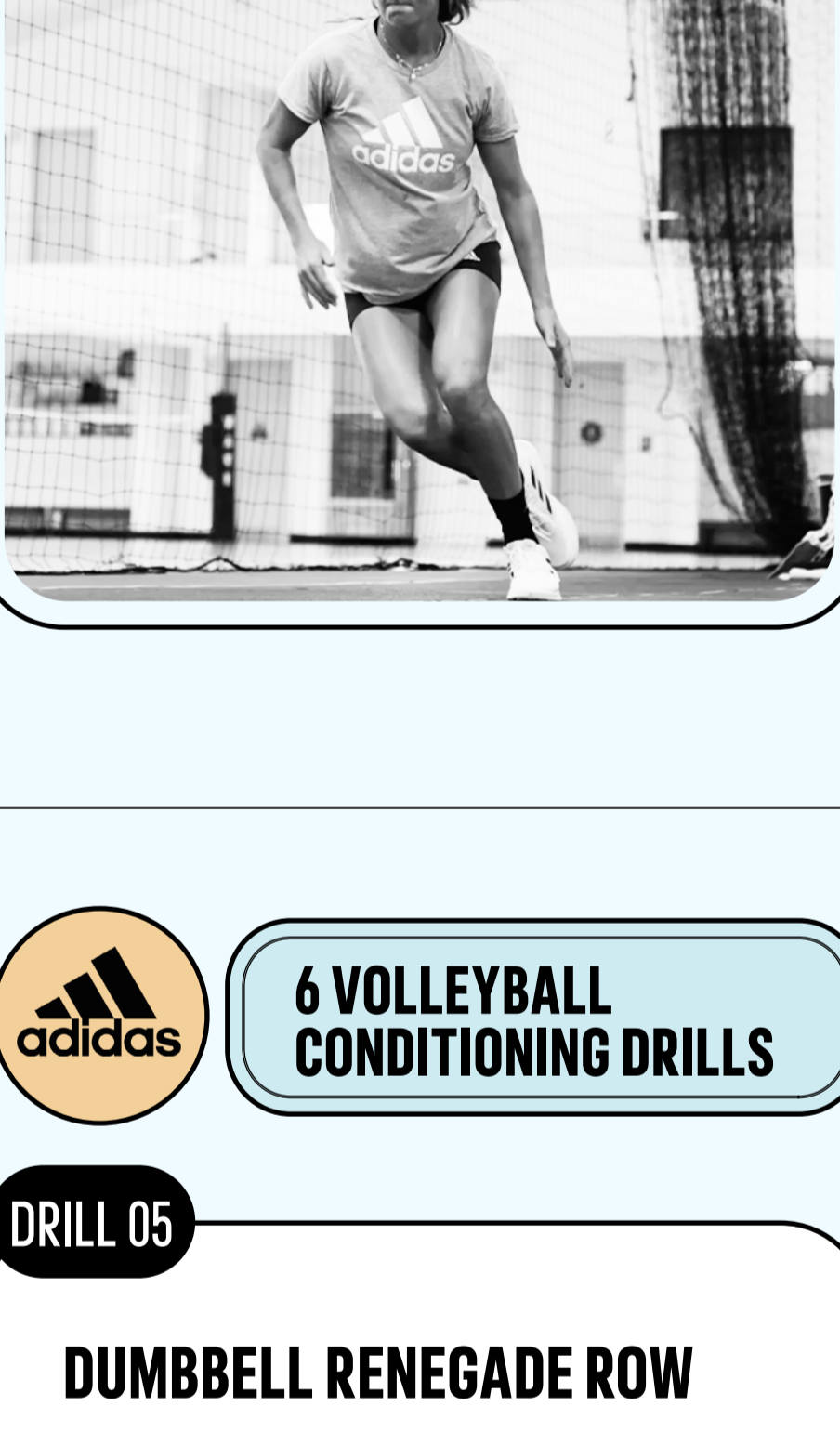
DUMBBELL RENEGADE ROW

01 In a push-up position, pull one weight up and lower it down

02 Alternate arms each time

03 Keep hips stable and core engaged

3-5 SETS,
5-10 REPS PER ARM



6 VOLLEYBALL CONDITIONING DRILLS

DRILL 06

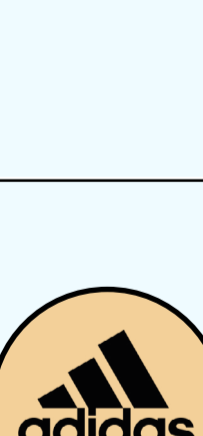
AB WHEEL

01 Kneel, grip ab wheel on the ground and slowly roll out

02 Keep the wheel under shoulders until torso is fully extended, then extend arms

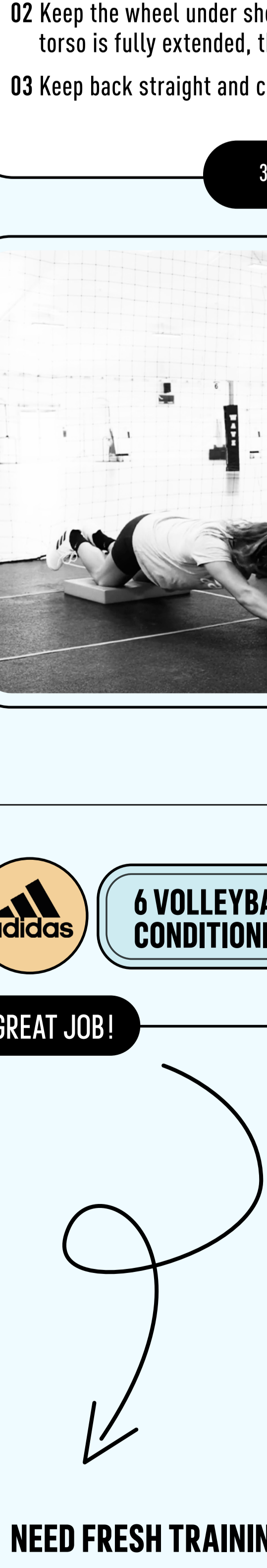
03 Keep back straight and core engaged

3-5 SETS, 5 REPS



6 VOLLEYBALL CONDITIONING DRILLS

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