

# **GARRISON FOREST**



Hello Volleyball!

We are excited that you will be joining us for what will be another exciting fall season! On the following pages you will find a training program that would be beneficial for you to utilize prior to preseason.

Take your training seriously this summer. We need you fit and healthy for our entire season. In order for you to maintain our high level of play you need to be prepared mentally and physically. The most important key to success is self-confidence. An important key to self-confidence is preparation. Do the hard work this summer so that you can come into preseason with confidence!

If you would like to come to GFS this summer to work out and train please bring a buddy!

## Volleyball

### Guidelines for Summer Training:

Be sure to complete a warm-up and cool down after each workout session.

Complete Cardio 3-4 times per week

Complete Agility work 2-3 times per week

Complete Plyometric exercises 2 times per week

Don't forget your volleyball skills as often as possible!

### Types of Cardio:

Line running: Starting on the end line sprint up to the ten-foot line, then sprint back to the end line. Next, sprint to the middle line, then back to the end line. Sprint to the far ten-foot line, back to the end line, and finally to the far end line and back. You should touch each line with your hand as you run.

Interval training: Interval training is also an excellent technique for increasing anaerobic ability, while also slightly developing greater aerobic ability. Intervals can be performed by running, on a stationary bike, or in some type of body weight circuit. For example, walk 1 min, sprint 30 seconds, repeat 15 times. Increase running time - walk 1 min, run 1 min, repeat 15 times.

Jump rope: a combination of regular, two-footed jumps; 1-footed jumps; "running" jumps (where you are actually running in place "thru" the jump rope - be careful that you are not skipping rope here, but actually running in place). You can also jump rope from one place to another (end line to net) or jump rope front and back or side to side over a line.

### Types of Agility:

The most effective exercises include agility ladder drills, cone drills, hurdles, jump rope, and dot drills.

### Types of Plyometrics:

Explosion type exercises 10-15 reps.

Vertical jumps, box jumps, depth jumps, broad jumps, side-to-side box jumps