



Dedication Determination Domination



Champions do not become champions when they win the event, but in the hours, weeks, months and years they spend preparing for it. The victorious performance itself is merely the demonstration of their championship character.

----T. Alan Armstrong

Practicing Volleyball:

- Wall Ball
 - Pass, set, pepper, and serve against wall (side of house, outside building, etc.)
 - With serving: Bow and Arrow, Practice tosses, Step, toss, hit, follow through
- Toss Pass Catch
 - Have parent, sibling, friend, anyone toss a ball to practice passing and setting
 - Passing- focus on thumbs best friends, flat platforms, and straight and simple arm movements
 - Setting- focus on hands at shoulders, finishing like a superhero, and footwork RLR
- Footwork
 - Practice swing blocking—step, cross, hop, make sure to swing your arms
 - Practice block, transition, and approach—Block--Step, Cross, Hop--LRL

Speed and Agility:

- Step Ups
 - On stairs, step R foot first on stair then L foot, then R foot off stair followed by L. Also do L foot first, followed by R.
 - Repeat at fast pace for 30 seconds, rest for 30 seconds. Alternate starting foot each 30 seconds. Complete 3 sets of 30 seconds for each lead foot L and R.

Jump Training:

- Line Jumping
 - Find a line or make one up
 - Jump forward and backwards 30 times, Jump sideways (Left to Right) 30 times
 - Repeat series 3 times

• Jump Rope Routine

Warm-up for 3 minutes at med. pace

Speed up pace for 1 minute

Jump as fast as you can (sprint) for 30 seconds, regular pace for 30 seconds

Rest

Jump side to side at regular pace for 30 seconds

Normal Jump Sprint for 30 seconds

Rest

Jump front to back at regular pace for 30 seconds

Normal Jump Sprint for 30 seconds

Rest

Double Swing Jump for 45 seconds

Rest

Right Leg for 30 seconds, faster for another 30 seconds

Rest

Left Leg for 30 seconds, faster for another 30 seconds

Rest

Normal Jump at regular pace for 2 minutes

