

# Suggested Workouts for Volleyball Players

Being strong is one of the most important aspects of volleyball. We have another expression for this: Being athletic. Jumping high and hitting hard is what volleyball is all about. I often tell participants at my clinics that players who jump high usually hit very hard. Some people are natural athletes. Some have to put in a little extra to gain an advantage.

The biggest issue in working out is long term discipline. Many people get fired up to build up their strength only to have this desire to give way to either a time commitment or lack of motivation. These fundamental issues have given rise to the “personal trainer” who do a great job of making sure you get the right workout in a short period of time.

The question is: Can you do it on your own? It is my experience that only 5% (at best!) of athletes can actually train themselves adequately.

Here is my first suggestion for you:

## **Tip #1 Find somebody who wants to work-out with you!**

Generating strength to jump high is not that hard. I will recommend a couple of simple things you can do and do often that do not cost a lot of money. If you have a membership at a gym, you are really going to be smiling as I have a few workout programs for you to try.

Here is my next piece of advice: Listen to your body. If you are doing a certain exercises and you have soreness, it often indicates inflammation. Stop doing what you are doing and if it persists, see a qualified medical professional. Taking anti-inflammatories can mask what really ails you and get you into bigger trouble.

Here is my second suggestion to you:

## **Tip #2 Jump stairs to increase your vertical**

Jumping stairs is the single best exercise for improving your vertical and stamina. Find a set of stairs with 45 steps for women or 60 for men. Run to the top four or five times as a warm-up. Stretch out a bit. Next, start at the bottom and broad jump three steps at a time for women, or four at a time for men until you reach the top. Fifteen jumps per set. Early in the season, start out with five running and four jumping, working up to five running and ten jumping. Pay attention to your descent. Make sure you walk down sideways to avoid additional stress on the knee. For added strength, consider putting a six to ten-pound weight belt around your waist. I

would suggest jumping stairs one or two times a week, but again, pay attention to the bodies of the team. If patellar tendonitis is an issue, cut back.

### **Tip #3** Run hills to increase strength and stamina

Running hills is second only to jumping stairs for building strength and endurance. Make sure you stretch your hamstrings before and after you run. Find a suitable hill that would be at least 100 yards long and a good slope to it. Start slowly and ease into the process of running hills. Work up to ten to twelve reps three times a week.

### **Tip #4** Circuit train twice a week

Circuit training compresses an extensive amount of physical work into a short period of time.

Start at one of the twelve stations and perform that exercise for thirty seconds. Use a stop-watch and start each exercise. At the end of thirty seconds, rotate to the next station and do that exercise for thirty seconds. Rest should be sixty seconds between each station to allow for recovery. Continue until all of the stations have been completed.

After the first series is done, take a three-minute water break. Come back in for *another* series of stations, this time only twenty seconds in duration.

Suggested stations:

- Bench Press
- Chest Exercise
- Quad Extensions
- Hamstring Extensions
- Squat Machine
- Bicep Machine
- Military Press
- Toe Raises
- Sit-ups
- Pushups
- Shoulder Pulldowns
- Lat Pulldowns
- Deltoid Raises
- Dumbbell Bench Press
- Dumbbell Lunges

## **Tip #5 Pyramid train once a week**

Pyramid lifting is a training method for strength and power. Keep a close eye on your body to see how it handles the demand. Pyramid lifting can be done for all types of exercises. I will use women's college squats as an example.

Again, be careful with the weight you choose. This is an example and should not be used as an absolute guideline. Vary the weights based on the age and ability. For example: take 15#'s off of each weight set if you are a young junior girl. Add 10#s if you are a boy.

Three players for each group.

First player enters the squat rack with a 25-pound weight on each side of the bar. It should total 95 pounds. The player does five to six reps as a warm-up, and then exits. The next player enters the rack and does five to six reps, and then exits. The last player steps in and does five to six reps.

After all three players have warmed up to the first weight, add another 25 pounds—145 pounds total. Repeat the same steps with each player doing five to six reps to warm up.

After all three players have warmed up to the second weight, add another 25 pounds—195 pounds total. Repeat the same steps with each player doing five to six reps to warm up.

You are ready to begin the Pyramid

The first player steps in and does 6 reps at 195 pounds, then immediately steps out and racks the bar. The other two players immediately remove one 25-pound weight from each side. The same player steps in and does ten reps, then racks the bar. The other two players remove another 25-pound weight from each side. The same player steps in and finishes with 15 reps at the lowest weight.

Put all the weights back on and have the second player step back in and repeat the process.

Pyramid lifting can be done three times for each exercise.

Do it no more than once a week.

### **Pyramid Program**

Five to six reps as a warm-up to the top weight for each player.

6      x      195 lbs.

10	x	145 lbs.
15	x	95 lbs.