

LOGO	<b>Volleyball Essentials Program - Level 1</b>					
	Draft 4 - 2/week, Circuit-Based					
	Perform twice per week on days off from volleyball					

**SESSION A**

WARM UP			SET	REP	MOBILITY & STRETCHES			SET	REP
ESSENTIALS	4 Point Thoracic Rotation		1	15	ESSENTIALS	Laying Back Stretch w/ Arm Arc		2	10
	Broomstick Overhead Mobility		2	10		Knee to Wall		2ES	30s
	Inchworms		2	5		Spiderman Stretch w/ Hold		2ES	5
	Walking Lunge - Stage 1 (F / B)		2	10		Cossack Lunge w/ Low Transition		2ES	5
						Prone Glute Stretch		2ES	30s
				Wall Pectoral Stretch		2ES	30s		

EXERCISE		TEMPO	REST	SET	REP	DESCRIPTION
JUMP LOAD & LANDING	Vertical Jump & Land	CONTROL	30s	1	5	Begin facing forwards, feet comfortably hip width apart and arms outstretched maximally overhead. Raise up onto toes then driving elbows backwards, descend into a 1/4 squat. Quickly reverse arms upwards driving legs into the ground with as much force as possible. Jump vertically, looking up with arms stretched maximally overhead. Absorb landing by increasing tension in hip and leg muscles, contacting the ground with the balls of the feet then the heels. Hold the landing controlled for three seconds before repeating movement.
		Maximal jumps and ensuring perfect landing		2	5	
	Single Leg Hop & Hold	CONTROL	30s	1	5	
		Maximal jumps and ensuring perfect landing		2	5	
				3	5	Begin facing forwards, standing on one leg with arms outstretched maximally overhead. Slightly raise up onto toes, drive elbows backwards while descending into a 1/4 squat. Quickly reverse arms upwards driving stance leg into the ground with as much force as possible. Jump vertically, looking up with arms stretched maximally overhead. Absorb landing by increasing tension in hip and leg muscles, contacting the ground with the ball of the foot then the heel. Hold the landing controlled for three seconds before repeating movement.
SHOULDER ESSENTIALS	Band Pull-Apart (Underhand)	112	↓	1	12	Standing comfortable with resistance band held between hands out in front at chest height. Hands should be slightly wider than shoulder width apart with elbows slightly bent. While maintaining arm position, 'pull apart' band by drawing arms back until they form a straight line through the shoulders. Squeeze your shoulders together at the peak of the movement. Thumbs should stay pointing up throughout the whole movement. Return hands back in front of the body slowly and controlled.
		Arms in front of body, slightly bent at elbows. Pull band apart while maintaining elbow position.		2	12	
				3	12	
	Wall Incline Scapula Awareness	222	↓	1	20	
		Retract and Protract Scapula		2	20	
Static Push Up Hold	ISO	45s	1	20s		
			2	20s		
					Start in a kneeling position, ensuring hands are shoulder width apart with fingers slightly spread. Hands should be directly under shoulders, eyes focused to a point 2m in front of you on the floor. Raise your knees off the ground and extending your knees straight as you lift your body into a straight line from your shoulders to your feet. Ensure both hips are facing the ground and there is no 'dipping' or 'sagging' through the midsection.	
LOWER BODY ESSENTIALS	Double Leg Hip Thrust (Isometric)	ISO	↓	1	20s	Sit in front of a chair or bench, with knees drawn to a 90° bend and feet flat on the floor. Feet and knees hip width apart, with a volleyball placed between the knees. From sitting, lean back onto chair or bench. By squeezing your gluteals lift your body up, taking the weight over your shoulder blades and through your flat feet on the floor. Maintain straight line from head to knee, head may relax back onto chair or bench.
		Back on bench with volleyball between knees, Progress up to 45 seconds		2	20s	
	Back Squat	211	45s	1	15	
		Hugging volleyball, sitting onto box until technique is perfect		2	15	
					Stand 20cm in front of a chair or bench facing forwards. Feet flat on the floor and comfortably spaced just wider than your hips, toes facing outwards slightly. Hold a volleyball to your chest, eyes looking directly ahead at all times. From this position, sit down in a slow and controlled manner with eyes facing ahead and back straight. Once your gluteals touch the chair or bench, squeeze them driving your chest up to return to standing. Elbows should never touch your thighs. Remove the chair or bench as technique is perfected.	
CORE ESSENTIALS	Side Bridge - Knees & Elbow	ISO	↓	1	30s	Lie on your side with your knee with both legs bent to 90°. Support your upper body by resting on your forearm with your elbows directly under our shoulder. Lift your hips up until your shoulder, hip, and knee are in a straight line. Your body should not deviate from the start position or rotate from the straight line for the entirety of the movement.
				2	30s	
	Prone Hold - Basic	ISO	45s	1	30s	
				2	30s	
					Lie on your front, supporting yourself on your forearms and feet. Elbows directly under shoulders and eyes focussed to a point 2m in front of you. Lift your body up, supported on your forearms and toes while drawing your bellybutton inwards. Shoulders, Hips, Knees, and Heels in a straight line. Your body should not deviate from the start position or rotate from the straight line for the entirety of the movement.	

**KEY** ES = Each Side, F / B = Forward and Backward, ISO = Isometric

**NOTE** Warm Up' exercises performed at beginning of session, finish with 'Mobility & Stretches'. Perform each 'essentials' block as one exercise, alternating between movements and only resting after a set of both movements. Tempo = Eccentric / Pause / Concentric. When completing 'Shoulder Essentials', finish the cluster on the pulling exercise.

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**SESSION B**

WARM UP			SET	REP	MOBILITY & STRETCHES			SET	REP
ESSENTIALS	4 Point Thoracic Rotation		1	15	ESSENTIALS	Laying Back Stretch w/ Arm Arc		2	10
	Broomstick Overhead Mobility		2	10		Knee to Wall		2ES	30s
	Inchworms		2	5		Spiderman Stretch w/ Hold		2ES	5
	Walking Lunge - Stage 1 (F / B)		2	10		Cossack Lunge w/ Low Transition		2ES	5
						Prone Glute Stretch		2ES	30s
				Wall Pectoral Stretch		2ES	30s		

EXERCISE	TEMPO	REST	SET	REP	DESCRIPTION
JUMP LOAD & LANDING	CONTROL	30s	1	5	Begin facing forwards, feet comfortably hip width apart and arms outstretched maximally overhead. Raise up onto toes then driving elbows backwards, descend into a 1/4 squat. Quickly reverse arms upwards driving legs into the ground with as much force as possible. Jump vertically, looking up with arms stretched maximally overhead. Absorb landing by increasing tension in hip and leg muscles, contacting the ground with the balls of the feet then the heels. Hold the landing controlled for three seconds before repeating movement.
			2	5	
	Maximal jumps and ensuring perfect landing		3	5	
	Single Leg Hop & Hold	CONTROL	30s	1	
2				5	
Maximal jumps and ensuring perfect landing		3	5	Begin facing forwards, standing on one leg with arms outstretched maximally overhead. Slightly raise up onto toes, drive elbows backwards while descending into a 1/4 squat. Quickly reverse arms upwards driving legs into the ground with as much force as possible. Jump vertically, looking up with arms stretched maximally overhead. Absorb landing by increasing tension in hip and leg muscles, contacting the ground with the balls of the foot then the heel. Hold the landing controlled for three seconds before repeating movement.	
SHOULDER ESSENTIALS	112	↓	1	12	Lay supine beneath a horizontal bar slightly higher than arm lengths away, directly above the chest line. Reach up to grab the bar approximately shoulder widths apart, palms facing towards your head. Holding your body tight and a straight line from head to heel, pull your chest up to the bar by drawing your elbows down towards the floor. Pause at the top of the movement, then lower yourself slowly and controlled back down to the floor.
			2	12	
			3	12	
	Wall Supported Static Push Up Hold	ISO	↓	1	20s
Progress up to 45 seconds		2	20s		
Kneeling Push Ups	211	45s	1	10	Start on hands and knees on the floor with your hands slightly wider than shoulder width apart below shoulders. Walk the knees back until you are in a straight line from shoulders to knees, feet resting gently flat on the floor. Focusing eyes 2m in front of you, perform a push up by lowering your body to the floor by bending your arms. Allow your elbows to travel in a slight backwards direction towards your hips. Lower yourself until your chest touches the floor, then return up by imagining yourself 'pushing the floor away'.
			2	10	
LOWER BODY ESSENTIALS	ISO	↓	1	20s	Lay supine on the ground with knees bent up to 90° and feet flat on the floor. Feet and knees hip width apart. Ensure both shoulders are on the floor, hands resting by your side. Place a volleyball between your knees. Squeeze your gluteals together to slowly raise your hips off the ground until your body reaches a straight line from your shoulder to knee.
			2	20s	
	Supine on floor with volleyball between knees, Progress up to 60 seconds				
	Single Leg Squat (Stage 1)	401	45s	1	5
2				5	
1 foot down, 2 feet up					
CORE ESSENTIALS	ISO	↓	1	30s	Lie on your side with your knee with both legs bent to 90°. Support your upper body by resting on your forearm with your elbows directly under your shoulder. Lift your hips up until your shoulder, hip, and knee are in a straight line. Your body should not deviate from the start position or rotate from the straight line for the entirety of the movement.
			2	30s	
	Prone Hold - Basic	ISO	45s	1	30s
2				30s	

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