

LOGO	Volleyball Essentials Program - Level 2				
	Draft 1 - 2/week, Cluster-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 3 (F / B)		2	10		Crossack Lunch w/ Low Transition		2ES	5
						Prone Glute Stretch		2ES	30s
				Wall Pectoral Stretch		2ES	30s		

EXERCISE	TEMPO	REST	SET	REP	DESCRIPTION	
JUMP LOAD & LANDING	40cm Double Leg Altitude Landing w/ Ball	CONTROL	30s	1	8	Begin standing on top of a 40cm box, with feet comfortably hip width apart. Partner positions themselves 3m in front of you, holding a volleyball. Your partner with throw the ball to you as you step off the box. Step off the box with one leg, creating tension in your legs and hips to absorb landing on the ground with both feet simultaneously. Land controlled firstly on the balls of your feet then your heels in a 1/4 squat. You must control your landing while negotiating the ball catch.
				2	8	
				3	8	
JUMP LOAD & LANDING	20cm Single Leg Altitude Landing w/ Ball	CONTROL	30s	1	6	Start standing on top of a 20cm box, with feet comfortably hip width apart. Partner positions themselves 3m in front of you, holding a volleyball. Your partner with throw the ball to you as you step off the box. Step off the box with one leg, creating tension in your legs and hips to absorb landing on the ground with the leading leg. Land controlled firstly on the balls of your feet then your heels in a 1/4 squat. You must control your landing while negotiating the ball catch.
				2	6	
				3	6	
SHOULDER ESSENTIALS	Banded Face Pull	212	↓	1		Anchor a theraband at shoulder height. Standing 1m away from the anchor, overhand grasp each end of the theraband with arms extended out in front. Position yourself in a slight squat for stability. Draw elbows back while rotating hands towards your back until a W shape is formed between your arms with forearms vertical to the ground. Briefly pause in this position before returning to start position in a slow and controlled manner. Ensure wrists are locked in a neutral position through whole movement.
				2		
				3		
				4		
SHOULDER ESSENTIALS	Fat T Rolls	ISO	↓	1	3	Start in the static push up hold position, ensuring hands are directly under your shoulders and your body is in a straight line from head to heel. Eyes are focused 2m in front of you at all times, and follow your body as you roll. Lift one arm off the floor and rotate the body around your supporting shoulder into the side bridge position (Hold for 10s). From this position, continue to roll to a supine plank position facing up (Hold for 10s). Continue to roll onto the other side bridge position (Hold for 10s). Complete the exercise facing the front.
				2	3	
				3	3	
SHOULDER ESSENTIALS	Full Scapula Push Ups	111	45s	1	12	Form the static push up position. Ensure hands are directly under shoulders, and feet are spaced comfortably apart. The body must be in a straight line from head to heel, and eyes focused 2m in front. From this position, retract the shoulder blades by 'squeezing them together' in a slow and controlled manner. Then, protract the shoulder blades by 'pushing them apart' as far as you can, imagining rounding the top part of your back in a slow and controlled manner.
				2	12	
				3	12	
LOWER BODY ESSENTIALS	Single Leg Hip Thrusts	311	↓	1	10	Sit in front of a chair, with knees drawn up to a 90° bend, and feet flat on the floor. Feet and knees are positioned hip width apart. From sitting, lean back into the chair, and by squeezing your gluteals lift your body up into the isometric hip thrust position. Lift one leg off the ground, and keeping the knees aligned with each other, slowly lower your hips towards the ground. At the bottom of the range, squeeze your gluteals to raise your hips as high as you can without bending your lower back.
				2	10	
				3	10	
LOWER BODY ESSENTIALS	Overhead Squat (Stage 2)	311	45s	1	8	Stand with your feet flat on the floor, comfortably placed just wider than hip width apart and toes turned out slightly. Grip broomstick very wide in your hands, so the angle between your armpit and your side is about 35°. Take the broomstick overhead, your arms should sit just behind your ears. Press up broomstick while locking out elbows. From this position, feet remaining flat on the ground, perform the same movement you have learnt with the Volleyball overhead (See - Volleyball Essentials: Level 2).
				2	8	
				3	8	
CORE ESSENTIALS	Side Bridge - Hands & Feet	ISO	↓	1	45s	Lie on your side with both legs straight. You will support your body with your hand closest to the ground and the side of your bottom foot. The hand supporting your weight should be positioned directly beneath your shoulder, with a slight bend in your elbow. The top arm is fully extended to the sky. Lift your body up until your shoulder, hip, and feet are in a straight line. Your body should not deviate from this position or rotate in any direction. Do not let hips drop during the movement.
				2	45s	
CORE ESSENTIALS	Prone Hold - Stability Challenge	ISO	45s	1	45s	Lie on your front, supporting yourself on your forearms, with your elbows positioned directly beneath your shoulders. Place a volleyball beneath your toes, with your feet resting on the ball. Eyes are focused 2m in front of you. Lift your body up, supported on your forearms and by the ball beneath your feet. Draw your belly button in, and maintain a straight line through your shoulders, hips, and feet. Keep your balance by making small adjustments as needed, maintaining tension within your body through the whole movement.
				2	45s	

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
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	Broomstick Overhead Mobility		2	10		Knee to Wall	2ES	30s	
	Inchworms		2	5		Spiderman Stretch w/ Hold	2ES	5	
	Walking Lunge - Stage 3 (F / B)		2	10		Crossack Lunch w/ Low Transition	2ES	5	
						Prone Glute Stretch	2ES	30s	
					Wall Pectoral Stretch	2ES	30s		

EXERCISE	TEMPO	REST	SET	REP	DESCRIPTION		
JUMP LOAD & LANDING	40cm Double Leg Altitude Landing w/ Ball	CONTROL	30s	1	8	Begin standing on top of a 40cm box, with feet comfortably hip width apart. Partner positions themselves 3m in front of you, holding a volleyball. Your partner with throw the ball to you as you step off the box. Step off the box with one leg, creating tension in your legs and hips to absorb landing on the ground with both feet simultaneously. Land controlled firstly on the balls of your feet then your heels in a 1/4 squat. You must control your landing while negotiating the ball catch.	
				2	8		
				3	8		
	20cm Single Leg Altitude Landing w/ Ball	CONTROL	30s	1	6		
				2	6		
				3	6		
SHOULDER ESSENTIALS	Horizontal Inverted Pullup (Overhand)	311	↓	1	10	Lay supine beneath a horizontal bar slightly higher than arm lengths away, directly above the chest line. Feet are placed on a 30 cm box. Reach up to grab the bar approximately shoulder widths apart, palms facing towards the floor. 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	10		
				3	10		
				4	10		
	Handstand Walk Up & Down	333	↓	1	5		
				2	5		
3				5			
Full Push Ups	212	45s	↓	1	10	Begin in a static push up hold position, with hands slightly wider than shoulder width apart. Ensure your body is directly over your shoulders and that the hands are not out in front. Maintain a straight line from head to heel, with eyes focused 2m out in front. From this start position, lower your chest to the floor by bending your arms and allowing your elbows to travel slightly backwards towards your hips. Once you have reached the bottom position, return by 'pushing the floor away'. There must be no deviation in body alignment.	
				2	10		
				3	10		
LOWER BODY ESSENTIALS	Double Leg Glute Bridge (Stage 3)	222	↓	1	10		Lie on your back with knees drawn to 90° and feet flat on the floor. Feet and knees set hip width apart. Ensure both shoulders are on the floor and hands resting by your side. While maintaining a straight line from the shoulders to the knees slowly and controlled lift one leg off the ground and extend it out straight. Once straight, bring it back down to the ground in a slow and controlled manner. Do not rotate or droop through the hips.
				2	10		
				3	10		
	Single Leg Squat (Stage 2)	301	45s	1	8		
				2	8		
				3	8		
CORE ESSENTIALS	Side Bridge Stage 3 - Hands & Feet	ISO	↓	1	45s	Lie on your side with both legs straight. You will support your body with your hand closest to the ground and the side of your bottom foot. The hand supporting your weight should be positioned directly beneath your shoulder, with a slight bend in your elbow. The top arm is fully extended to the sky. Lift your body up until your shoulder, hip, and feet are in a straight line. Your body should not deviate from this position or rotate in any direction. Do not let hips drop during the movement.	
				2	45s		
	Prone Hold - Stability Challenge	ISO	45s	1	45s		
				2	45s		

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