

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 2 (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	30cm Double Leg Altitude Landig	CONTROL	30s	1	6	Begin standing on top of a 30cm box, with feet comfortably at hip width apart. Step off the bpx with one leg, and land on the ground with both feet simultaneously in front of the box. As you step off the box, create tension on the muscles of the hip and leg to absorb the landing. Land firstly on the balls of the feet then drop controlled ont heels. Ensure both knees remain in line with toes and do not swing inwards during landing.
		Maximal jumps and ensuring perfect landing		2	6	
	20cm Single Leg Altitude Landing	CONTROL	30s	1	6	
		Maximal jumps and ensuring perfect landing		2	6	
SHOULDER ESSENTIALS	Diagonal Pull-Apart	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. Return hands back in front of the body slowly and controlled. Repeat this movement with hands at 2 o'clock and 8 o'clock, and 10 o'clock and 4 o'clock. These three movements together count as one repetition.
		(12 and 6) (2 and 8) (10 and 4)		2	12	
				3	12	
	Half T Rolls	ISO	↓	1	5	
				2	5	
	Incline Scapula Push Ups	111	45s	1	15	
		2	15			
LOWER BODY ESSENTIALS	Double Leg Hip Thrust	211	↓	1	10	Sit in front of a chair with knees drawn up to 90°, feet flat on the floor. Feet and knees positioned hip width apart. Place a volleyball between your knees. From sitting, lean back into the chair, and by squeezeing your gluteals lift your hips up form the floor. Take the weight of your body over your shoulder blades and drive your heels into the floor. Once you have reached the top of the movement, pause briefly then lower your hips the the floor in a controlled manner.
				2	10	
				3	10	
	Overhead Squat (Stage 1)	311	45s	1	8	
Volleyball overhed		2	8			
		3	8			
CORE ESSENTIALS	Side Bridge - Elbow & Feet	ISO	↓	1	40s	Lie on your side with both legs straight. Lean on your forearm and on the side of your bottom foot creating a straight line from head to heel. Elbow of your supporting arm should be directlybeneath your shoulder. Lift your hips until your shoulder, hip and feet are in a straight line. Your body should not deviate from the start posioin. Do not rotate forwards or backwads, nor should you drop your hips towards the ground.
				2	40s	
	Prone Hold - Alternating Raises	ISO	45s	1	10	
				2	10	

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

NOTE Warm Up' exercises performed at begining 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 2 (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	30cm Double Leg Altitude Landig	CONTROL	30s	1	6	Begin standing on top of a 30cm box, with feet comfortably at hip width apart. Step off the bpx with one leg, and land on the ground with both feet simultaneously in front of the box. As you step off the box, create tension on the muscles of the hip and leg to absorb the landing. Land firstly on the balls of the feet then drop controlled ont heels. Ensure both knees remain in line with toes and do not swing inwards during landing.	
				2	6		
				3	6		
	Maximal jumps and ensuring perfect landing						
20cm Single Leg Altitude Landing	CONTROL	30s	1	6	Start standing on top of a 20cm box with feet comfortable hip width apart. Step off the box with one leg and land on the ground using the same leg. As soon as you step off the box, create tension in the muscles of the hip and leg to absorb the landing. Land firstly on the balls of the feet then drop controlled ont heels. Ensure knee remains in line with toes and does not swing inwards during landing.		
			2	6			
			3	6			
Maximal jumps and ensuring perfect landing							
SHOULDER ESSENTIALS	Horizontal Inverted Pullup (Underhand)	311	↓	1	12	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 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		
	Feet supported on 30cm box						
	Wall Supported Half Handstand	ISO	↓	1	15s		Begin as in the wall supported static push up hold, ensuring hands are placed directly beneath shoulders, and body is in a straight line from head to heel. Progress from the starting position by walking feet up the wall into a decline of 60°. Ensure your body remains straight and hips do not sag. Move hands closer to the wall as needed, to keep hands underneath. At all times the body must stay in a straight line with no 'dropping' through the hips or midsection.
				2	15s		
Incline Push Ups	211	45s	1	10	Begin n the tatic push up hold position with hands one hand widths wider than shoulder width apart. Hands supported on a bench. Directly under shoulders so that your body is on a 45° lean. Eyes focused 2m out in front and a stright line formed from head to heel. From this position, lower your body to the bench by bending your arms and allowing the elbows to travel slightly towards the hips. Lower yourself until your chest touched the bench, then rise by "pushing away the bench" while maintaining a straight line from head to heel and not dropping at midsection.		
			2	10			
			Decrece the incline to progress the exercise				
LOWER BODY ESSENTIALS	Double Leg Glute Bridge (Stage 2)	201	↓	1		10	Lie on the ground eith your knees drawn up to 90° and feet flat on the floor. Feet and knees positioned hip width apart. Ensure both shoulders are flat on the floor, hands resting by your side. Place a volleyball between your knees. By squeezing your gluteas, slowly raise your hips off the ground until your body reaches a straight line from shoulder to knee. Hold this position breifly then lower your hips to the floor in a slow and controlled manner.
				2		10	
				3	10		
	Single Leg Squat (Stage 1)	301	45s	1	8	Stand in front of a chair or bench that is roughly knee height. Stand with your arms extended out in front of your. Balance on one leg with the opposite leg extended straight out in front as high as possible. Lower yourself uding the one leg in a slow and controlled manner until you are sitting on the chair or bench. Your eyes should remain looking ahead and head uthroughout the movement. Back remains straight ad upright. Once seated, place both feet on the ground and simply stand up. Maintain flat foot throughout the movement.	
2				8			
3				8			
CORE ESSENTIALS	Side Bridge - Elbow & Feet	ISO	↓	1	40s	Lie on your side with both legs straight. Lean on your forearm and on the side of your bottom foot creating a straight line from head to heel. Elbow of your supporting arm should be directlybeneath your shoulder. Lift your hips until your shoulder, hip and feet are in a straight line. Your body should not deviate from the start posioin. Do not rotate forwards or backwads, nor should you drop your hips towards the ground.	
				2	40s		
	Prone Hold - Alternating Raises	ISO	45s	1	40s		Lie on your front, supporting yourself on your forearms and feet. Your elbows shoulf be directly under your shoulders, eyes focused 2m in fornt of you. Lift your body up, drawing your belly bottom in. Lift each leg in turn, squeezeing your gluteals, then lift each forearm off the ground in turn. Your body should not move as you move your limbs independantly. Do not rotate, or arch your back. Every movement should be slow and controlled. A consecutive lift of all four limbs counts as 1 repetition.
				2	40s		

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