



## At-Home Volleyball Workout

### Day 1: Bodyweight Strength and Conditioning

**What you'll need:** Table or chair, towel/t-shirt/broomstick (something you can make a straight line with)

#### **Warm-up (3 rounds)**

1. High knee hugs                      10 reps each leg
2. Bodyweight squats                    20 reps total
3. Hip bridges                            20 reps total
4. Plank                                    1 minute total
5. Jumping jacks                        20 reps total
6. Split squat hold                      30 seconds each leg

#### **Bodyweight strength and conditioning (3 rounds)**

1. Bodyweight squats                    20 reps total
2. Push-ups                                10 reps total
3. Alternating forward lunges        10 reps each leg
4. Tricep dips                            10 reps total
5. Squat-press-stand                    10 reps total
6. Deficit push-ups                      10 reps total
7. Single leg squats                    10 reps each leg
8. Prone shoulder Y-cuffs              20 reps total
9. Prone shoulder T-cuffs              20 reps total



## At-Home Volleyball Workout

### Day 2: Jumping, Stability And Agility

**What you'll need:** Table or chair

#### Warm-up (3 rounds)

1. Toe to heel walks 20 steps total
2. Laying hip rotations 10 reps each direction
3. T-kicks 10 reps each direction
4. Bulldog kickers 10 reps each leg
5. Sumo squat with arm circles 10 reps total
6. Half skips 20 reps each leg
7. Complex stretch 5 reps each leg  
\*High knee to lunge to twist to elbow tuck to hamstring stretch
8. Ankle flips 20 reps total (10 - break - 10)
9. Skaters 20 reps total
10. High knees 30 reps total
11. Butt kickers 30 reps total
12. Hackysack kicks 10 to 20 reps total
13. Single leg calf raises 10 reps each leg
14. Inchworm 10 reps total
15. Tuck jumps 10 reps total

#### Jumping (3 rounds)

1. Jump landings 10 reps total
2. Double leg hops 20 reps total  
\*1 set of back to front, 1 set of side to side
3. Single leg hops (back to front) 10 reps each leg  
\*1 set of back to front, 1 set of side to side
4. Split jumps 20 reps total
5. Stutter step to stick 20 reps total
6. Jump landing to jump 10 reps total
7. Split squat jumps 20 reps total
8. Meter block jumps 10 reps each direction
9. Burpee to block jump 10 reps total

#### Cool down (1 round)

1. Quad stretch 30 seconds each leg
2. Wide leg stretch 30 seconds each leg
3. Soleus stretch 30 seconds each leg
4. Figure-4 stretch 30 seconds each side
5. Hip flexor stretch 30 seconds each side
6. Laying figure-4 30 seconds each side
7. Calf stretch 30 seconds each calf



## At-Home Volleyball Workout

### Day 3: Full Body Strength

**What you'll need:** Backpack filled with books or something weighted, towel or t-shirt, table or chair

#### Warm-up (3 rounds)

1. Hip bridges 12 reps total
2. Side plank 30 seconds to 1 minute each side
3. Calf raises 20 reps total
4. Towel over and backs 20 reps total
5. Russian twists 20 reps total
6. Towel overhead squats 20 reps total
7. Around the world lunges 10 reps each leg  
\*1 rep = front lunge, lateral lunge, reverse lunge
8. Push-ups 10 reps

#### Core strength (3 rounds)

1. V-crunch weighted situps 10 reps each leg
2. Side stars 6 reps each side
3. Mountain climbers 20 reps each side
4. Modified superman (bird-dogs) 10 reps each side
5. Russian twists to overhead press 20 reps total

#### Lower & upper body strength (3 rounds)

1. "Kettlebell" backpack swings 20 reps total
2. Squat to overhead press 20 reps total
3. Squat to single-arm press 10 reps each arm
4. Single leg RDL to press 10 reps each leg
5. Weighted push-up negatives 5 reps total
6. Single arm "dumbbell" row 10 reps each arm



## At-Home Volleyball Workout

### Day 4: Agility and Conditioning

**What you'll need:** Backpack filled with books or something weighted, two towels or t-shirts

#### Warm-up (3 rounds)

1. Weighted squat circles 10 each direction
2. Reverse crunch 12 reps total
3. Forearm rocking plank 30 seconds each  
\*1 set of back to front, 1 set of side to side
4. Side lying open and close 10 reps each arm
5. Spiderman stretch 6 reps each leg
6. Arm circles w/ hamstring stretch 5 reps each leg
7. Inchworms 10 reps total
8. Ankle flips 20 reps total
9. Half skips 10 reps each leg
10. Full skips 10 reps each leg

#### Agility and conditioning (3 rounds)

1. Front and back line hops 25 reps total
2. Lateral line hops 25 reps total
3. Single-foot front and back hops 20 reps each leg
4. Single-foot lateral line hops 20 reps each leg
5. Split hops 20 reps total
6. Four-square hops 10 reps total  
\*1 rep = all four directions - repeat for both clockwise & counterclockwise
7. Four square hops with pattern 10 reps total
8. Lateral "cone" shuffles 25 reps total
9. Broad jumps 10 reps total
10. Squat to max block jumps 10 reps total
11. Approach-block-transition 10 reps total
12. Meter block jumps 10 reps each direction  
\*With transition and approach

#### Cool down (3 rounds)

1. Towel or dowel rotations 5 reps each direction
2. Up-down plank 20 reps total  
\*10 leading with the right elbow, 10 leading with the left elbow



## At-Home Volleyball Workout

### **BONUS: Cardio and Shoulder Strength**

**What you'll need:** Space outside to run and throw, a tennis ball, baseball, or softball to throw, partner or parent to throw and catch with

#### **Warm-up (1 round)**

- |                                     |                 |
|-------------------------------------|-----------------|
| 1. Jumping jacks                    | 30 reps total   |
| 2. High knee hugs                   | 20 reps total   |
| 3. Spiderman stretch                | 6 reps each leg |
| 4. Arm circles w/ hamstring stretch | 5 reps each leg |
| 5. Ankle flips                      | 20 reps total   |

#### **Cardio: Part 1 (5 rounds)**

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|--------------------|-----------|
| 1. Run - easy pace | 3 minutes |
| 2. Walk            | 3 minutes |

#### **Cardio: Part 2 (5 rounds)**

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|---------------------------|-------------|
| 1. Run - 75% sprint speed | 45 seconds  |
| 2. Walk                   | 1.5 minutes |

#### **Cardio: Part 3 (1 round)**

- |                    |            |
|--------------------|------------|
| 1. Run - easy pace | 10 minutes |
|--------------------|------------|

#### **Throwing (1 round)**

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|------------------------|-----------------|
| 1. 10ft distance throw | 10 throws total |
| 2. 20ft distance throw | 10 throws total |
| 3. 30ft distance throw | 10 throws total |
| 4. 60ft distance throw | 10 throws total |

#### **Cool down (1 round)**

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|-------------------------------|----------------------|
| 1. Quad stretch               | 30 seconds each leg  |
| 2. Figure-4 stretch           | 30 seconds each side |
| 3. Hip flexor stretch         | 30 seconds each side |
| 4. Calf stretch               | 30 seconds each side |
| 5. Tricep overhead stretch    | 30 seconds each side |
| 6. Crossbody shoulder stretch | 30 seconds each side |
| 7. Slow arm circles           | 30 seconds total     |