

Option A	Option B
Squat jumps 2x 30 seconds Standing lateral leg lifts 2x 30 seconds each Hip circles 2x 30 seconds each - Squat 3x 15 Fire hydrant and kickback 3x 15 each Calf raises 3x 15 - Kneeling push up 3x 10 Shoulder taps 3x 10 each Knee to elbow bird dog 3x 12 each - Lateral to curtsy lunge 3x 12 each Side plank clamshells 3x 12 each Hip extension 3x 15	Good mornings 2x 10 Reverse lunge to high knee 2x 10 each Hip circles 2x 10 each - SL RDL 3x 15 each Lateral walk 3x 20 each Lower body extension 3x 15 - Prone pullback 3x 15 T-spine rotation 3x 15 each Downward dog to plank 3x 15 - Alternating split squat jumps 3x 20 Quadruped lateral leg lifts 3x 12 each Glute bridge on chair/couch 3x 15

In addition to the above:

1. Volleyball approach (2 sets of 10) jump as high as you can
2. Quick block jumps, being explosive only using your calves (3 sets of 20)
3. Lay in a sit up position, back on the ground and set above your face (1 set to 50, 2nd set to 25, 3rd set to 15) knees bent, feet flat on the ground
4. Lay in a sit up position, back on the ground and set above your face, this time going up into a sit up and back down on the ground (1 set to 25, 2nd set to 15) knees bent, feet flat on the ground
5. Solo passing (platform passing) controlled walking from one end to the other – 3 sets of 10 (down and back is 1) if you drop the ball you start over
6. Solo passing (platform to overhead passing) controlled walking from one end to the other – 3 sets of 10 (down and back is 1)
7. If you can't go outside to do #5 and #6 you can stand in one place
8. Hold ball in hand and practice hitting the ball with full contact. Open your hand wide – slap should sound loud (25 times)
9. If you have a partner, have your partner toss the ball left to right. You should focus on shuffling and getting your body around the ball and keeping the ball in front of you. (Free ball passing 2 sets of 25) right to left is 1
10. If you have a partner, have your partner either hold out the volleyball in front of their hands or two tennis balls and you will be in a passing stance. Your partner will drop one tennis ball at a time/or the volleyball and you are to react by dropping low to catch the ball so it does not touch the ground. You must catch the ball in front of you as if you are going to pass. Keep elbows straight and locked (5 sets of 10)