Day 1

Dynamic Warm-Up - see website for exercise list and videos

Agility

Partner Mirror Drill (leader run/follower shuffle) 2 x 10 sec. each way
4 corner reaction 2 x 5 movements

*If you don’t have a partner do the following

Volleyball Agility Box x 2 each way
5 cone drill (shuffle out, sprint back) x 2 each way

Plyos

Band Vertical Jumps (or 15LB DB’s) 3 x 6
Split Jumps or scissor jumps 3 x 4 e.l.
Continuous Lateral Bounds 3 x 8 e.l.

Conditioning

Shuffle continuously from 10ft line to 10ft. Line Under Net
8 sec. x 30 reps
16 sec. rest between reps

Day 2

Dynamic Warm-Up - see website for exercise list and videos

Agility

(3 to 1 rest between reps)

5 Cone (shuffle out/shuffle back) x 2 each way
Volleyball Agility Box x 2 each way

Plyos

Band Vertical Jumps (or 15LB DB’s) 3 x 6
Split Jumps or scissor jumps 3 x 4 e.l.
Continuous Lateral Bounds 3 x 8 e.l.

Conditioning

Shuffle continuously from 10ft line to 10ft. Line Under Net
8 sec. x 30 reps
16 sec. rest between reps

Day 3

Dynamic Warm-Up - see website for exercise list and videos

Agility

3 cone partner reaction (AH on outside cone) x 2 each way
4 cone agility reaction (AH facing partner each rep) x 2 each way

Plyos

* No pause between drop and jump

Box Drop (18in. Box) into vertical jump 3 x 4
Box Drop (18in. Box) into broad jump 3 x 3
Box Drop (18in. Box) lateral hop and vertical jump 3 x 3 e.s.

Conditioning Circuit - rest 10 sec. between each exercise x 5 rounds

Vertical Jumps x 15 sec. - rest 10 sec.
Tuck Jumps x 15 sec. - rest 10 sec.
Split Jumps x 15 sec. - rest 10 sec.
S.L. Lateral Line Hops (right) x 15 sec. - rest 10 sec.
S.L. Lateral Line Hops (left) x 15 sec. - rest 10 sec.

Macalester Volleyball
Cycle 4
Week 13 Aug. 3rd
### Day 1

**Dynamic Warm-Up** - see website for exercise list and videos

#### Agility
- Partner Mirror Drill (leader run/follower shuffle) 2 x 10 sec. each way
- 4 corner reaction 2 x 5 movements

*If you don’t have a partner do the following*
- Volleyball Agility Box x 2 each way
- 5 cone drill (shuffle out, sprint back) x 2 each way

#### Plyos
- (30 sec. rest between sets)
  - Band Vertical Jumps (or 15LB DB’s) 3 x 6
  - Split Jumps or scissor jumps 3 x 4 e.l.
  - Continuous Lateral Bounds 3 x 8 e.l.

#### Conditioning
- Shuffle continuously from 10ft line to 10ft. Line Under Net 8 sec. x 30 reps
- 16 sec. rest between reps

### Day 2

**Dynamic Warm-Up** - see website for exercise list and videos

#### Agility
- (3 to 1 rest between reps)
- 5 Cone (sprint out/shuffle back) x 2 each way
- Volleyball Agility Box x 2 each way

*If you don’t have a partner do the following*
- Volleyball Agility Box x 2 each way
- 5 cone drill (shuffle out, sprint back) x 2 each way

#### Plyos
- 5 Cone Drill 3 x 4
- Zig Zags 2 x 5

#### Low Hurdle Hops (use 8 6in. Hurdles)
- Double Leg Forward 3 x 8
- Single Leg Forward 2 x 8 e.l.
- S.L. Lateral 2 x 8 e.l.
- Lateral 3 hurdle continuous 3 x 10 sec.

* If you don’t have low hurdles use cycle 2 jump rope

#### Conditioning
- at end of each sprint stop in a defensive stance for 2 sec.
  - sprint into defensive stance
  - 14 x 5yds - 10 sec. rest between reps
  - 14 x 10yds - 15 sec. rest between reps
  - 14 x 15yds - 20 sec. rest between reps

### Day 3

**Dynamic Warm-Up** - see website for exercise list and videos

#### Agility
- 3 cone partner reaction (AH on outside cone) x 2 each way
- 4 cone agility reaction (AH facing partner each rep) 2 x 3 movements

*If you don’t have a partner do the following*
- 5 Cone Drill x 2 each way
- Zig Zags x 2 each way

#### Plyos
- * no pause between drop and jump
  - Box Drop (18in. Box) into vertical jump 3 x 4
  - Box Drop (18in. Box) into broad jump 3 x 3
  - Box Drop (18in. Box) lateral hop and vertical jump 3 x 3 e.l.

#### Low Hurdle Hops (use 8 6in. Hurdles)
- Continuous Lateral Bounds 3 x 8 e.l.
- S.L. Lateral 2 x 8 e.l.
- Lateral 3 hurdle continuous 3 x 10 sec.

* If you don’t have low hurdles use cycle 2 jump rope

#### Conditioning
- at end of each sprint stop in a defensive stance for 2 sec.
  - sprint into defensive stance
  - 14 x 5yds - 10 sec. rest between reps
  - 14 x 10yds - 15 sec. rest between reps
  - 14 x 15yds - 20 sec. rest between reps