

DIGGIT
Volleyball SKILLS
SUMMER CAMP

TOP SECRET

At Home
Training Manual

**For Volleyball power,
foot speed, agility & quickness**

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FOR POWER

1. **Sand/Gravel jumps** (spike approach, blocking, knee tucks)
 - find a sand pit or gravel pit (playgrounds work great!) to jump in
 - do 3 sets of 3-5 jumps each (spike approach, blocking, and knee tucks) in the sand
 - allow a 30s – 1 min rest in between each set (great time to do some finger push ups to work on your setting! Do 5 finger push ups!)
 - after your third set of jumping, immediately perform the same jump 5 times on a solid ground (concrete, floor, etc.)
 - also try jumping knee tucks and stride jumps (sets of 10-20, or 10-30 secs)

2. **Stair jumps** (or box jumps or hurdle jumps)
 - if you don't have any boxes to jump onto or off of that are 16" to 24" high (or higher if your ability allows for it), you can use the stairs (just be careful when landing!)
 - a) jump up approximately 3 stairs or equivalent height on a box (this is about 16" high)
 - try to land without bending your knees so much that your butt sinks below the level of your knees
 - try to land very softly
 - do 3 sets of 10 jumps with 30 sit ups in between each set
 - b) jump down off of the stairs (3-4 stairs up) or a box approximately 16-24" high
 - as soon as you land, immediately spring back into the air as quick and as high as you can
 - minimize the time your feet touch the floor; imagine the floor is on fire and your feet will melt if they touch it for too long!
 - do 3 sets of 10 jumps with 50 bicycles in between each set (elbow to knee touches)

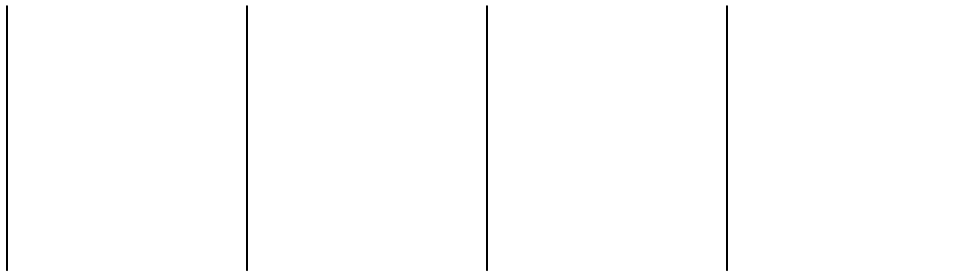
3. **Skipping**
 - get out the skipping rope and skip as much as you can
 - two foot skipping, single foot skipping, whatever pattern you want (double unders are really good for developing calf power and explosiveness!)
 - strengthening your calf and shin muscles, your ligaments and tendons, as well as lengthening your Achilles tendon will increase your vertical
 - plus, skipping increases your coordination and boosts your cardiovascular system

FOOT SPEED/AGILITY/QUICKNESS

1. **Dot Drills**
- | | |
|---|---|
| X | X |
| | X |
| X | X |

- forward and back
- right foot hourglass
- left foot hourglass
- two feet hourglass
- forward and back with a spin
- perform these five patterns, or make up your own patterns
- can do these a variety of ways:
 - a. do each one for 10 seconds
 - b. do each one 5-10 times
 - c. do each pattern 3 times but don't stop in between each pattern; do all five patterns 3 times each as fast as you can

2. **Edgrin Shuffle**



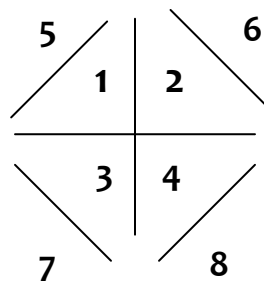
- on your floor or sidewalk, use tape or chalk to place 5 lines 1 yard apart
- start by straddling the center line; have a partner time you for 10 secs
- you can go either to the left or right
- shuffle (don't cross over) back and forth, coming in contact with the outside lines
- count how many times you go back and forth (multiply this number by 4 because that is how many yards you travelled one way; add 2 because you started in the middle and went 2 yards to get to the side)
- if you went back and forth 5 times and ended up on the middle line at 10 seconds, this would be a score of 24 (5 X 4 yds + 2 yds + 2 yds)
- do 5 sets

3. Phone pad



- with some sidewalk chalk, draw a phone pad on the side walk with the numbers in the keypads about a foot apart
- have fun with this one and use your imagination!
- try starting on the O, *, or # key
- dial your home number (all 9 numbers, 7 numbers, the first 3, the last four!)
- perform this number 3-5 times as fast as you can with both feet
- now try it using only your right foot/left foot
- how about 911?! How about your cell number? Your friends' numbers?
- Try texting a message using ABC or T9
- the key is to do these as quick as you can
- PUT A BIG "SEND/CALL" BUTTON AT THE TOP SO YOU HAVE TO LAND ON IT AT THE END OF EACH PATTERN!!!!

4. Cross hairs



- just like "Phone Pad", use your chalk and your imagination
- do any combination of numbers 2-5 numbers long (ie: 2-3, 3-6-4-5, 1-2-7, 1-3-8-7-5, whatever)
- use both feet, right foot only, left foot only
- do each pattern 3-10 times, or time yourself for 10-20 seconds

FIREHOSE DRILLS

For Speed, Agility, Quickness/For Power/For Strength

8' FIREHOSE (a thin rope or a line of socks will work too)

1. Speed, Agility, Quickness Drills (SAQ's)

-lay the firehose on the ground/floor (can use a longer 30' hose as well for large groups)

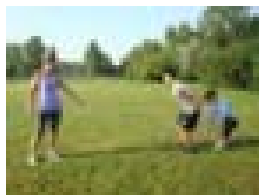
- High knee crossovers
- Slalom (double leg, single leg)
- Icky shuffle
- In & out
- Hopscotch
- Hand walk
- Scissor jumps
- Forward/backward run
- Single leg alternating jab steps
- Backward crossovers

2. Groups of 3 (2 people holding hose)(can use a 30' hose and 5-8 athletes working)

- Over unders



- Forward jumps
- Lateral jumps
- Progressive height Lateral jumps (low end/high end)



3. Groups of 5-8

- a) 4 people holding 2 hoses parallel to each other
- Same height: over over, over under, under over
 - Low hose/High hose: over over
 - High hose/low hose: over over
- b) 4 people holding 2 hoses at right angle to each other
- Forward/lateral jumps
 - Lateral/forward jumps
 - Forward jump/lateral dive
 - Lateral dive/forward jump

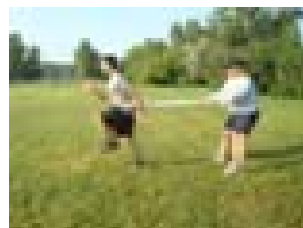
4. Resisted Strength

- Forward run
- Backward run
- Lateral shuffle
- 2 step lateral shuffle (reset)
- 2 step lateral shuffle & release
- Bear crawl

Upper body

- Chest fly
- Single arm punch
- Single arm row/double arm row combo
- Single arm plank & row/double arm row & squat
- Bicep curl/tricep pulldown combo
- Single arm tug o war (slow & steady resistance)
- Double arm tug o war (slow & steady resistance)
- Twists
- Around the world

Forward run



Backward run



Lateral shuffle



Bear Crawl



Chest Fly



Single arm punch



Single arm/double arm



See-saw combo



Single arm plank & row/double arm row



Bicep curl/tricep pulldown combo



Single arm tug 'o war



Twists



Around the World



MUSCULAR STRENGTH/ENDURANCE

Body weight exercises are really good for developing the strength and endurance necessary to compete at any level.

Upper body Bodyweight Exercises:

- Push-ups (regular, wide and narrow hand positions)
- Chin-ups/ Pull-ups
- DB Front & Lateral Shoulder Raise
- Inverted Shoulder Press (difficult)
- Towel Shoulder Press
- Towel Bicep Curls
- Dips (bench, hanging)

Lower Body Bodyweight Exercises:

- Squats (double or single leg)
- Split Squats (add a towel on back leg to increase difficulty)
- Lunges
- Lateral Lunges
- Bootstraps (flexibility)
- Hip Lifts (double or single leg) (Partner assisted)
- Towel/Swiss Ball Hamstring Curls
- Calf Raises
- Partner Hamstring Lower

Core Exercises:

- V-sits
- Single Arm/Single Leg V-sits
- Crunches
- Supermans
- Single Arm/Single Leg Supermans
- Oblique Crunch
- Flutter Kicks
- Russian Twists
- Leg Raise (single or double, with band)
- Plank (Front, side, reverse)
- Up Downs
- Oblique Hip Lift