



East Coast Elite Volleyball Club | 927 E. Ridgeville Blvd. #199 | Mt. Airy, MD 21771

In Season Conditioning Drills

These drills work on strengthening your core and improving your vertical jump: the key physical aspects of volleyball. You can do the exercises at home or at a gym. Be sure to take one day per week off from strenuous exercise so that your muscles can recover.

On practice days, perform Set A by doing the following listed drills in a row. After you complete one set, start over and do it again, for a total of 2 sets.

Set A

1. Forward Lunges x 20
2. Lateral Lunges x 20
3. Body squat down and jump up x 20
4. Stair climbing (fast up and down) 20 x leftfoot, 20 x rightfoot
5. Lie down the floor, raise legs 2 feet high then open and cross x 30
6. Superman x 30
7. Push-ups x 15
8. Left and right split-step jump x 20
9. Swing arm to high spot x 30

On non-practice days, perform Set B. Do a total of five sets.

Set B

1. Single leg squat down, up 10 x left, 10 x right
2. Stair jump up and down fast with 2 feet x 20
3. Stair fast up and down 20 x leftfoot, 20 x rightfoot
4. V ups x 10
5. Superman x 20
6. Oblique crunches 20 x left, 20 x right
7. Push-ups x 15
8. Left and right split step jump x 20
9. Swing arm to high spot x 30

by Li Liu and Joy Zhou 12/5/13