



# Volleyball 1 on 1

"The Ultimate Resource for Volleyball Players & Coaches"



## POOL TRAINING

First Session	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
High knees	2x	3x	3x	4x	4x	4x
Butt kicks	2x	2x	2x	3x	3x	3x
Rhythm skips	1x	2x	2x	2x	3x	3x
Bunny hops	1x	2x	2x	3x	3x	3x
Lateral slides	2x	3x	3x	4x	4x	5x
Power hops	1x	2x	2x	3x	4x	5x
Running	2x	2x	3x	3x	4x	5x
Back pedal	2x	2x	3x	3x	3x	5x
Block Jumps	10	2X10	2X10	3x10	3x10	4x10

## SWIMMING

2nd session	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Freestyle	2x	3x	3x	4x	5x	5x
Backstroke	2x	2x	3x	3x	3x	4x
Under water	1x	2x	2x	2x	3x	3x
Combo's	2x	2x	3x	3x	4x	4x
Meat Grinders	2x	3x	4x	4x	5x	6x

