



Volleyball 1 on 1

"The Ultimate Resource for Volleyball Players & Coaches"



High Knees:

Keep your knees high, driving them up towards the surface of the water while you move forward. Keep your arms in tight as you move.

Butt Kicks:

Kick your heel straight up towards your butt. This exercise is about quick short steps, stay balanced and keep your knees pointed down towards the floor.

Rhythm Skips:

Drive one knee up towards the surface of the water while simultaneously bringing up the opposite arm. Switch off between your left and right side to move forward through the pool, exploding up with every step.

Bunny Hops:

Focus on your calves, start with a shoulder width athletic stance. Keep your knees slightly bent and hop on your toes, pushing your hips slightly forward to move across the pool in short precise hops.

Lateral Slide:

Start with an athletic stance, turn yourself to the side and take a big step with your lead leg while pushing off with your back leg. Complete the exercise by bringing your feet together.

Power Hop:

Feet shoulder width apart, knees bent exploding jump out of the water.

Running:

Lean forward while you are running in the water and move your arms as if you were pulling a rope.

Back Pedal:

Start in the athletic stance and move your feet backwards, driving backwards with your legs using your arms for balance and momentum.

Block Jump:

Start in the athletic stance with your hands up and drop to a squatting position with your head underwater. Then explode out of the water and repeat when your feet hit the ground. Visualize blocking the ball.

Side Step Block Jump:

Start in the athletic stance, side step to one side and submerge your body. Explode up with your hands in a side block position.

Approach Jumps:

Take two steps forward, swimming your arms on the second step, take a controlled jump up, completely submerge your body and then fully explode up. Focus on balance.

Meat Grinder:

Swim across the pool when you get to the pool deck do 5 press outs and swim back and do 10 push ups.

Swimming:

When your swimming extend your arms as if you were swinging to hit a volleyball, when your hands hit the water pull with all your power to gain strength in your arms.

Backstroke:

Keep the length of your arms all the way through the motion and pull your arm through the water and reach back.

UnderWater Swim:

Take a deep breath push off and go as deep and as far as you can without surfacing and when you do surface freestyle your way to the wall take one breath and do the same coming back to the other side.

Combo:

Do the freestyle to one end in a sprint, backstroke the way back as if you were in a race, then do the underwater swim to the end of the pool and back. This is called the combo.

