



FULL VOLLEYBALL WORKOUT TO DO AT HOME

Warm up for your volleyball workout by jogging in place for 10 minutes, and then completing **WorkoutLab's Fit Dynamic Warm Up**

LEG STRENGTH

- Lunges - 3 sets of 15 (or 2 sets of 20 if balancing a volleyball on your platform)
- Wall sits (3 sets. First set is 30 seconds, then 45 seconds, then 60 seconds)
- Squats while holding out volleyball directly in front of you (3 sets of 30)

ARM STRENGTH

- Lateral Dumbbell Raise - 3 sets of 20
- Push Ups - 3 sets of 15

AGILITY & SPEED:

- Jump Rope - Normal pace jump, 60 seconds
- Jump Rope - Fast as you can go, 30 seconds
- Fast Feet - 3 bursts of 10 seconds each
 - Feet shoulder-width apart and jumping one foot at a time front and back
- Side block jumps - 3 jumps each way, 2 sets
 - jump block facing wall, two quick shuffles right, block jump, then two quick shuffles back, block jump again

Repeat 3 times with a 1-minute rest between sets.

CORE STRENGTH

- Sit-Ups (3x50)
- Plank (3 sets. First set is 30 seconds, then 45 seconds, then 60 seconds)

Volleyball Drills

When practicing your volleyball skills at home, concentrate on your technique. Practice getting your hands and feet into the right position while setting, swinging your arms through and opening up your hip while spiking and planting your feet while passing.

SETTING DRILLS

Warm Up Hands

- Quick sets against a wall for 45 seconds
- Take a step back, set against wall for 60 seconds
- Take a bigger step back and set against wall for 90 seconds

Lie Down and Set

- Lie on your back with your knees bent
- Set the volleyball to yourself quickly 100 times without pushing the ball high
- Slow down and set the ball a bit higher 100 more times

PASSING DRILLS

Pass to Self

- Plant your feet and lower your legs like you are passing in a live game
- Pass to yourself without moving your feet
- Pass to yourself by moving forward and backward
- Pass to yourself side-to-side by shuffling your feet

Wall Pass

- Pass forward or diagonal, using the wall to return the ball
- After getting the hang of wall passing, move into pass-set-hit against the wall (similar to peppering with a partner)

Pass-Set-Pass

- Alternate between passing and setting to yourself

HITTING DRILLS

- Practice approach in an open space
- Hit against a wall
- Sit on chair to practice hip rotation and form. Click [here](#) for example video.

SERVING DRILLS

- Wall Traps - Toss to self and trap against wall - focus on technique and arm strength
- Serve against a wall outside (space permitting)