

RENEGADES

Volleyball Club

**Off Season
Training**

www.renegadesvolleyball.com

OFF SEASON WORKOUT

Our off season workout is centered around Speed, Agility & Quickness which are athletic attributes that are very trainable and necessary for advanced volleyball. Ideally, we want these skills to peak during our competitive season and allow us to complete our specific training. You must perform some light/moderate activities now in order to maintain your current level of SAQ, and to prepare your body for higher intensity drills/activities as the season approaches. Use the following guidelines to maximize your training:

- The Dynamic Warm-ups (described below) should be done DAILY!
- SAQ should be done 2 days per week– no more!
- SAQ workouts should be done 2-3 days apart to adequately let your body recuperate from the intensity of the drills
- Each SAQ workout should be performed at 100% intensity and should last a maximum of 45 minutes
- Because of the intensity, make certain you are thoroughly warmed up and stretched (if you are not sweating, you are not warmed up!)

SAQ Workout Components

Warm-Up:

General: Light intensity aerobic activity to warm muscles, increase circulation and begin mental focus:

5 minutes jogging in multiple directions (forwards, backwards, 30' shuffles L/R, Carioca, etc...)

Dynamic Warm-Ups:

Choose 5 drills from the list below along with **Jogging with arm movement** to complete with moderate and increasing to high intensity with focus on details: Run Form Drills

Stretch: As necessary, no more than 2-3 minutes, making certain major muscles (hamstrings, quads, groin, calves, low back) are loose and ready for SAQ Training.

SAQ Training:

Pick 5 drills/activities designed to progressively improve your SAQ and follow the weekly workout log at the end of the SAQ description and increase duration/reps accordingly.

***NOTE: DO NOT ATTEMPT EXERCISES USING WEIGHTS WITHOUT PROPER TRAINING.**

Cool-down:

General: Light intensity aerobic activity to warm muscles, increase circulation and begin mental focus:

5 minutes jogging in multiple directions (forwards, backwards, 30' shuffles L/R, Carioca, etc...)

Additional Stretching: As necessary, no more than 2-3 minutes, making certain major muscles (hamstrings, quads, groin, calves, low back) are loose.

Dynamic Warm-Ups Drill Descriptions

Jogging with arm movement (all parts of one exercise)

Regular [upper body] [lower body] [core]

Jog within a 20-50 meter zone moving your arms in various directions. These drills not only help stretch the shoulder girdle, but initiate the core muscles to stabilize the torso.

Lateral crossover

Jog within a 20-50 meter zone moving their arms laterally across their bodies. Upon abduction the arms are brought in to touch the opposite shoulder, and during adduction the arms are moved comfortably backward to the extent of your ability.

Forward swimming motion

Jog within a 20-50 meter zone rotating your arms in a forward swimming motion. Your arms should mimic a windmill-like motion; as one arm reaches a peak overhead, the opposite arm will be at the thigh.

Backward swimming motion

Jog within a 20-50 meter zone rotating your arms in a backward swimming motion. Your arms should mimic a windmill-like motion; as one arm reaches a peak overhead, the opposite arm will be at the thigh.

Double arm swing forward

Jog within a 20-50 meter zone rotating your arms forward in a butterfly-like swimming motion.

Double arm swing backward Jog within a 20-50 meter zone rotating your arms backwards in a reverse butterfly-like swimming motion.

Zigzag jogging [lower body]

Jog within a 20-50 meter zone swerving and cross stepping. This drill works on the motion of the muscles surrounding the hip girdle along with the knee and ankle joints.

Marching heel touch [lower body] [core]

March within a 20-50 meter zone alternately lifting your knees to a point high enough that you can reach down and touch your heel with the opposite hand. The knee should start to rise higher as the participants' range of motion increases.

Supported leg swing front-to-back [lower body] [core]*Straight Leg*

Stand facing parallel next to a wall, fence, or other type of supporting object. Support yourself by holding the object with the inside arm, brings the inside leg slightly off the ground, and begins to swing the leg in a front-to-back motion, keeping the leg straight. The opposite arm may aid by swing across the chest in a hurdling-like motion. The range of motion starts very shallow and works up to long exaggerated swings.

90-degree bent-knee

Stand facing parallel next to a wall, fence, or other type of supporting object. Support yourself by holding the object with the inside arm, bend the inside leg to 90degrees, and begin to swing the leg in a front-to-back motion, keeping the knee bent. The opposite arm may aid by swinging across the chest in a hurdling-like motion. The range of motion starts very shallow and works up to long exaggerated swings.

Supported leg swing side-to-side [lower body] [core]

Stand facing a wall, fence, or other type of supporting object. Support yourself by holding the object with one arm, then bring your opposite leg slightly off the ground, and begin to swing the leg across your body in a side-to-side motion. The opposite arm may aid by swing across the chest in a hurdling-like motion. The range of motion starts very shallow and works up to long exaggerated swings.

Crossover toe touches [lower body] [upper body] [core]

Stand erect in a star pattern: legs spread slightly greater than shoulder width and arms held perpendicular to the body. Begin by bending at the torso and twisting to touch the opposite foot, and then returns to the erect position and alternates to touch the other foot. You should keep your arms at full extension to get the greatest range of motion during this drill.

Walking lunge with shoulder touch [lower body] [upper body] [core]

Step forward and bend your knees forming a 90-degree angle on the forward knee. Proceed to bend at the waist, placing both hands on the ground and touching your shoulder to the forward knee. Push yourself up with your arms and forward leg to return to a standing position, and alternates to the opposite leg forward to continue the drill.

Flying eagles [lower body] [core]

Begin lying on your back in a star pattern, legs spread slightly greater than shoulder width and arms held perpendicular to the body, placing the hands palms down. Begin by swinging one leg across your body to try to touch the opposite hand, and then return the leg to the starting position. As soon as the initial leg has returned, the other leg is swung to touch the opposite hand. You should attempt to keep a constant motion of alternating legs to allow the inertia to move your body through a full range of motions.

Scorpions [lower body] [core]

Begin lying on your chest in a star pattern; legs spread slightly greater than shoulder width and arms held perpendicular to the body, placing the hands palms down. Begin by swinging one leg across the backside of the body to try to touch the opposite hand, and then return the leg to the starting position. As soon as the initial leg has returned, the other leg is swung across the backside to touch the opposite hand. You should attempt to keep a constant motion of alternating legs to allow the inertia to move your body through a full range of motion.

Hamstring roll-over [lower body] [upper body] [core]

Begin lying on your back with arms directly overhead and legs together and straight. Begin by bringing your legs up and over to touch your finger tips. Upon returning your legs to the floor, the participant drops one leg to touch the heel to the opposite knee (hurdlers stretch) and brings the upper body to a sitting position. On the landing of the legs, reach forward to the toes to perform a hurdlers stretch, and then return to the starting position and continue to roll back again and alternate legs upon landing. Attempt to keep a constant motion of alternating legs to allow the inertia to move your body through a full range of motion.

Hurdlers twist [lower body] [core]

Begin seated in a hurdlers stretch with the bent leg turned outward. Initiate the drill by leaning forward and reaching for your toes. Upon returning to the upright position, lean backward, rolls laterally 360-degrees over the straight leg and swings the previously straight leg into the bent hurdlers stretch. Continue into the hurdlers stretch by bending forward again. Reverse the direction of your rolls each time to cause an alternation of the leg being stretched. You should attempt to keep a constant motion of alternating legs to allow the inertia to move your body through a full range of motion.

SAQ DRILLS

***NOTE: DO NOT ATTEMPT EXERCISES USING WEIGHTS WITHOUT PROPER TRAINING.**

Ankle Hops

Starting Position: Stand straight with arms extended straight over head.

Movement: With your knees slightly bent and arms raised over head, bounce up and down off of your toes. You should not be bending significantly at the knees; the focus is on the ankles and calf muscles. Concentrate on performing quick and precise jumps, keeping yourself in the same spot on the ground for the designated amount of time.



Tuck Jumps

Starting Position: Stand in a half-squat position with your hips back, knees over toes, and shoulders over your knees. Keep your hands out in front of you for balance.

Movement: Jump up as high as you can, bringing your knees to your chest at the top of the jump. Land in a soft and controlled manner with hips back and shoulders over your knees. Hold this position for 12 seconds and repeat the jump. Continue this movement for the duration of the prescribed time.



Squat Jumps

Starting Position: Begin with your feet shoulder-width apart in a squat position with hands touching the ground in front of your toes. Your knees should be directly over your toes with hips sitting back. Your knees should be bent approximately 90-degrees. Your chest should be directly over the middle of your thighs.

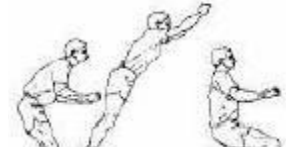
Movement: Explode up and jump as high as you can into the air reaching for the sky. Land soft and under control with your hips back, knees over your toes in the starting position. Immediately repeat the jump for the designated amount of time.



Standing Long Jumps

Starting Position: Stand with your toes on a line, feet shoulder-width apart. Keep your hands in front of you for balance.

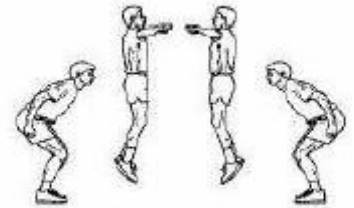
Movement: Using your knees, you will be bending down, keeping feet stationary. Rock back and then jump forward as far as you can under control; (under control means landing on both feet and being able to hold the landing in one spot; falling forwards or backwards is not being under control) Land softly and hold for a second. Also, swing your arms to help further your distance. Perform for sets and reps as directed.



180-degree Jumps

Starting Position: Stand in a half-squat position with your hips back, knees over your toes, and shoulders over your knees.

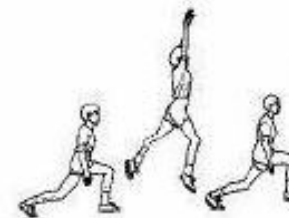
Movement: Jump up as high as you can and, while in the air, spin 180 degrees, so that you land facing the opposite direction. Land softly and under control. Repeat, jumping in the opposite direction. Perform for designated time.



Split-Squat Jumps

Starting Position: Start in a semi-lunge position with one foot in front of the other.

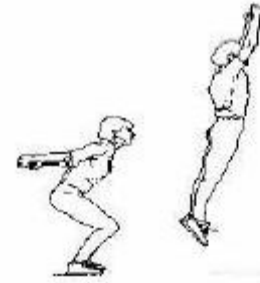
Movement: Jump up as high as you can, alternating foot positions in midair. (If you begin this exercise with your left foot forward, your left foot should be in the back of the right foot at the completion of one repetition.) Use your hands for balance, land softly and under control. Repeat the action for prescribed time.



Single Leg Jumps

Starting Position: On one leg, lean forward so your shoulders are over your knee and hips are back. *(The picture to the right shows on two legs, but you need to do this on one leg only)*

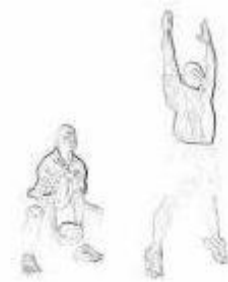
Movement: Jump from one leg to the other straight up and down. Bend at the knee as much as you can while still performing a controlled jump. Land softly and under control and hold the landing for 12 seconds. Increase the rhythm and knee height as you progress. Continue for the designated time.



Medicine Ball Catapult

Starting Position: Stand in a half-squat position with feet slightly wider than shoulder-width apart. Hold a medicine ball (10-25 lbs) between your legs, keeping your back straight and eyes forward.

Movement: Throw the medicine ball as high as you can. Press your legs through the ground and drive your knees, hips, and ankles upward. Extend your arms as high as possible as you release the medicine ball from your hands. Let the medicine ball drop to the ground, pick up and repeat for the duration.



Reverse Lunges

Starting Position: Stand upright holding a bar across the back of your shoulders; you could also hold dumbbells at your side. For beginners, just use your body weight for resistance by placing your hands on your hips.

Movement: Step backward directly behind you. As you reach back, allow your shoulders to come forward slightly. As you drop down DO NOT allow your front knee to go out in front of your toes. This places undue stress on the knee. Your front leg should be perpendicular to the floor (90-degrees) at the bottom position. Hold this position for a moment and then slowly and under control pull yourself upright with your forward leg. Do not spring off your back leg. Allow your forward leg to perform the entire movement.



Plate Squats

Starting Position: Stand with feet shoulder-width apart, knees slightly bent, hips back. Hold a weight plate with both hands at chest level, elbows bent.

Movement: Lower yourself until knees and hips are fully bent. Be certain to keep the knees directly over the toes. If you lean forward out in front of the toes, you can place undue pressure on the knees. Extend knees and hips until legs are straight. Return and repeat. Also, be sure to keep your head forward, back straight and feet flat on the floor, do not raise your heels. As you extend up, think of driving your heels into the floor.



Single Leg Squats

Starting Position: Stand on one leg and lean forward so that your chest is almost perpendicular to the ground. Place arms out to the side and other leg back on a bench for balance. For added difficulty, you can hold dumbbells at your side.

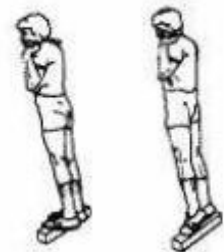
Movement: Making sure you are balanced, bend your knee to approximately to a half-squat position. Push back up slowly and repeat. Perform 10 repetitions on each leg. **ADVANCED:** Perform the single leg squat on the floor or standing on a bench and do not rest your back leg on a bench for support. This will place more focus on the one leg to improve strength and balance, but will increase difficulty.



Calf Raises

Starting Position: Stand with the balls of your feet on the block of a standing calf raise machine. Your hips should extend out behind you. Hook your shoulders under the pads of the machine and straighten your legs bringing the weights of the machine up. **DO NOT** lower heels as far as possible toward the floor as this puts tremendous stress on your calf muscles and tendons. Keep your feet parallel to the floor or slightly below. If you do not have access to the machine, you can stand on a step or box and perform this exercise; dumbbells or a weighted bar across the shoulders may also be used.

Movement: Come up on your toes as far as possible (1-2 seconds). Pause for a good second or longer, get a good squeeze at the top of the movement. Slowly lower back down (3-4 seconds) to the starting position.



Medicine Ball Sit-ups

Starting Position: For this exercise, you will need a medicine ball (5-20 lbs) and a partner. Begin by lying on your back with your feet on the floor and knees bent at 90 degrees. Hold the medicine ball directly over your head. Your partner is standing on your feet for stability during this exercise.



Movement: Throw the medicine ball to your partner while simultaneously performing a full sit-up. Your partner will catch the medicine ball and hand it back to you over your head. Slowly return to the ground keeping the ball over your head. Perform 25 reps. If you have no medicine ball or do not have a partner, try to do either incline sit-ups on a sit-up board and/or hold a weight on your chest as you perform the sit-ups.

ADVANCED: Perform on a decline sit-up board or stability ball. Instead of simply performing a sit-up and handing the ball to your partner, throw the ball to your partner as far as you can comfortably throw it. The partner will receive the ball and toss it back to your overhead position.

BELOW IS AN EXAMPLE OF HOW YOU SHOULD KEEP TRACK OF YOUR WORKOUTS AND PROGRESS FROM WEEK TO WEEK.

THIS WORKOUT IS FOR YOUR BENEFIT !

	Week 1		Week 2		Week 3		Week 4	
	Workout 1 & 2		Workout 3 & 4		Workout 5 & 6		Workout 7 & 8	
EXERCISE	Sets/Time	Sets/Time	Sets/Time	Sets/Time	Sets/Time	Sets/Time	Sets/Time	Sets/Time
Ankle Hops	1/:15 sec	1/:15 sec	1/:25 sec	1/:25 sec	1/:25 sec	1/:25 sec	1/:25 sec	1/:25 sec
Tuck Jumps	1/:15 sec	1/:15 sec	1/:25 sec	1/:25 sec	1/:25 sec	1/:25 sec	1/:25 sec	1/:25 sec
Squat Jumps	1/:10 sec	1/:10 sec	1/:20 sec	1/:20 sec	1/:20 sec	1/:20 sec	1/:20 sec	1/:20 sec
Standing Long Jump	1/5 reps	1/5 reps	2/5 reps	2/5 reps	2/5 reps	2/5 reps	2/5 reps	2/5 reps
180-Degree Jumps	1/:15 sec	1/:15 sec	1/:25 sec	1/:25 sec	1/:25 sec	1/:25 sec	1/:25 sec	1/:25 sec
Split-Squat Jumps (Each)	1/:10 sec	1/:10 sec	1/:20 sec	1/:20 sec	1/:20 sec	1/:20 sec	1/:20 sec	1/:20 sec
Single Leg Jumps (Each)	1/:15 sec	1/:15 sec	1/:25 sec	1/:25 sec	1/:25 sec	1/:25 sec	1/:25 sec	1/:25 sec
Medicine Ball Catapult	1/:10 throws	1/:10 throws	2/10 throws	2/10 throws	2/10 throws	2/10 throws	2/10 throws	2/10 throws
Reverse Lunges	1/:30 sec	1/:30 sec	1/:45 sec	1/:45 sec	1/:45 sec	1/:45 sec	1/:45 sec	1/:45 sec
Plate Squats	1/:20 reps	1/:20 reps	2/20 reps	2/20 reps	2/20 reps	2/20 reps	3/20 reps	3/20 reps
Single Leg Squats (Each)	1/10 reps	1/10 reps	2/10 reps	2/10 reps	2/10 reps	2/10 reps	3/10 reps	3/10 reps
Calf Raises (Each)	1/20 reps	1/20 reps	2/20 reps	2/20 reps	2/20 reps	2/20 reps	3/20 reps	3/20 reps
Medicine Ball Sit-ups	1/25 reps	1/25 reps	2/25 reps	2/25 reps	2/25 reps	2/25 reps	3/25 reps	3/25 reps