

FRANKLIN VOLLEYBALL

2018 SUMMER SPEED/PLYO WORKOUT

SPEED PLYO 1-

1. JUMP ROPE 4X1 min with 45 secs between sets
2. LINE RUNS Sprint 20 feet and back X 7 (end line to 10 ft. line and back)
3. SPEED LADDER Do 4 patterns for speed. Carioca, fast feet, hopscotch, 1 foot out
4. Box Jumps 3x10 for speed on low box, 3x10 on medium box
5. 30 seconds of hell X3 with min in-between (set up cones 10 ft apart and shuffle between cones for 30 secs.) goal is 28
6. Block Jumps Jump up like blocking on wall for 35 secs X3
7. Core Work X3 of core (30 crunches, 20 hip ups, 10 superwoman)

SPEED PLYO 2-

1. LINE TOUCHES Shuffling 20 ft for speed (end line to 10ft line) X6 GOOD SHUFFLE. NO DOROTHY
2. HOPS Large hops for 94 feet & back (basketball court)
3. PUSH-UPS 3X10
4. STAIR HOPS 2 foot hops up one stair at a time then 2 stairs, then 3, then TRY 4 if you feel comfortable
5. Squat Jumps 4X8 with 30 secs rest between
6. Core Work 3 bridges(front, left, right) 1min each

SPEED PLYO 3-

1. SHORT LINE RUNS Sprints for 94 ft. X5
2. BARRIER HOPS Side to side hops over a line, or a towel, 3X45 secs
3. SPLIT JUMPS 3X18 1 min rest between
4. SKATER SQUATS 4X12 30 secs of rest between
5. 30 SECS OF HELL X3 with min in-between (set up cones 10 ft apart and shuffle between cones for 30 secs.) goal is 28
6. Core Work CHOICE - Pick 3 core excersies and do them for 1 min each

SPEED PLYO 4-

1. SHOULDER TAPS In a plank position, tap shoulder with opposite hand 2X24
2. BURPEES 10X2 1 min rest between
3. LEG RAISES In a table position, extend back leg 2X25 hold 10 secs on last rep
4. STEP UPS On a stair X10 touches on each foot 20 total X4
5. Core Work CHOICE - Pick 3 core excersies and do them for 1 min each

CARDIO CHOICE

- 20 MINS BLEACHER RUNS
- 1 MILE RUN
- 6 MILE BIKE RIDE
- HILL RUNS
- 20 MINS STAIR CLIMBER