



ATTACK MODE:

Gator Volleyball ALL 2017

STRENGTH AND CONDITIONING MENU

Step off bleacher with one foot, stick landing, then jump. Eyes up
Step off box with both feet. Stick landing. Rise up on toes
Alternating leg box jumps
Bulgarian lunge. Back foot rests on step. Squat and hold.
Glute bridge
Glute bridge with one leg extended up or out
Glute bridge with med ball
Glute bridge with diagonal leg sweep.
Fire hydrant with leg extended
Hip circles: On all fours, rotate bent leg in a circle.
Gluteus medius abductor with bands "Clam"
Down dog split with knee drives
Side step with bands
Goblet hop
Tuck jumps
Jump rope intervals
Rim jumps
Med ball approach
Lateral cone hop
Wall sit with arms extended front
Skier
Skater
Zig-zags, forward/backward and sideways
Monster walk

Side lunge butt kick.
Scissors jump
Hop with one leg extended
Hurdle hop, stick landing
Ladder hopscotch
Squat on one leg with opposite leg extended sideways, hands behind back. Could jump as well.
Med ball side lunge with ball sweep.
Med ball lunge and chop.
Diamond.

V-ups
Crunches
Touch side of foot crunch
Alternating knee crunch
Sideways crunch
Side arm bridge
Side arm bridge with knee tuck. Rest on forearm
Side arm bridge with leg raised
Plank with alternating arm/leg raise
Med ball back-to-back passing
Seated med ball toss
Superman
Med ball stand on one leg and overhead throw
Med ball between knees; twist
Russian twist sit-ups
Medicine ball oblique: Recline, curl legs to chest. Remind athletes to stabilize lower back with palms pressed to floor under butt.
Pilates sit-ups
Hold plank 3" off floor with arms bent – like you're half-way through a push-up
Rotating pillar (This is side arm bridge, then rotate to the other arm – back and forth)
Donkey kicks
Towel pike
Lat pulls
Toy soldiers
Tabletop
Tabletop with leg straight out and one straight up
Plank hold with single arm row
Plank with leg lift. Rest on forearm. Both ankles in dorsiflexion
Med ball walk with arms extended overhead
Plank curl.
Bow extension with kettle ball
Med ball roll out.

Push ups with feet on black box

Medicine ball tricep extension behind head
Towel pull for lats
Tricep extension with resistance band behind back
Resistance band bent over row
Wood choppers
Push ups
Staggered push up with hands at 2-8 and 10-4
Spiderman push up.
Throw with med ball.
Push ups alternating on and off med ball
Medicine ball anterior deltoid raise