

PGYVC Volleyball Circuit Athletic Plan

Workout Plan: This workout plan is to introduce and promote off court training for PGYVC athletes as well as to build confidence for athletes who have not done physical training before. Each circuit is structured with a combination of 4 stations: core, upper body, legs/cardio, and break. In the tables shown below in this program, there are select circuits that are built for teams of 8, 10, or 12 athletes as well as for U15/16 Boys and Girls followed by U17/18 Boys and Girls. While coaches or trainers may have to adapt circuits to correlate with athlete numbers, it is important to try and keep the exercise combination (core, upper body, legs/cardio, and break) as to allow strengthening entire body and proper break time. The U15/16 Boys and Girls programs are designed to be completed at facilities where there is no exercise equipment available. Whereas the U17/18 Boys and Girls programs incorporate a box, medicine balls, exercise balls and Bosu balls. Both programs can be adapted to suite what the facility has for equipment.

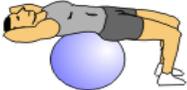
Warm-up: Before beginning any athletic and exercise program, a complete and proper warm-up is crucial for injury prevention, ability to complete exercise or task, and finally to get the most out of every session.

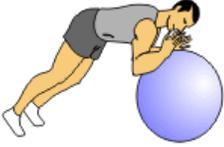
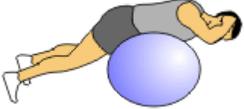
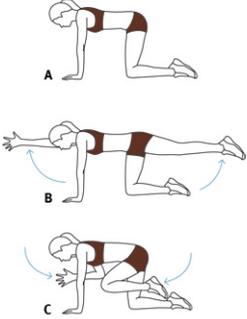
Timing: Duration of each station should be either 30, 45, or 60 seconds. It is advised to begin with 30 second stations during the first few weeks to ensure proper form and posture for full completion of the exercises.

Results: Results for a circuit program are simple: You get as much out of it as you put in. Athletes who continually engage and dedicate themselves for the duration of each station will have a more positive result as opposed to athletes who don't.

Important Note: All movements and exercises are designed for enhancing athletic performance. Many of the movements illustrated are not complex, although serious injury can result if exercises are not done properly or with caution. Please ensure athletes and those involved are taking the right precautions to not injure, further injure or reinjure themselves.

Core Strengthening Exercises

<p>Front Plank</p> 	<ol style="list-style-type: none"> 1. Start by lying face down on the ground. Place your elbows and forearms underneath your chest. 2. Prop yourself up to form a bridge using your toes and forearms. 3. Maintain a flat back and do not allow your hips to sag towards the ground. 4. Hold until you can no longer maintain a flat bridge. 	<p>Comments:</p> <ul style="list-style-type: none"> • Maintain proper posture throughout <p>Equipment Needed:</p> <ul style="list-style-type: none"> • None
<p>Side Plank</p> 	<ol style="list-style-type: none"> 1. Lay on the ground on one side. Raise your body using one forearm and support it in this raised position until you can no longer maintain a flat bridge. 2. Lower your body and repeat on the other side. 3. Remember to keep your head, neck and body in a straight line. 	<p>Comments:</p> <ul style="list-style-type: none"> • Maintain proper posture throughout • Alternate between right arm and left arm throughout circuit <p>Equipment Needed:</p> <ul style="list-style-type: none"> • None
<p>V-Sit</p> 	<ol style="list-style-type: none"> 1. Maintain 60° angle from the floor to the low back. 2. Keep spine in a neutral position by pulling your chest towards the roof. 	<p>Comments:</p> <ul style="list-style-type: none"> • Maintain proper posture as long as possible <p>Equipment Needed:</p> <ul style="list-style-type: none"> • None
<p>Bicycle Kicks</p> 	<ol style="list-style-type: none"> 1. Lie on your back with your knees at chest level and your arms flat on the floor. 2. Alternate extending your legs by extending one leg out straight and as you bring it in extend the other leg out. 	<p>Comments:</p> <ul style="list-style-type: none"> • Keep your low back against on the floor • If low back raise up off the floor stop and rest <p>Equipment Needed:</p> <ul style="list-style-type: none"> • None
<p>Oblique Crunch with Ball</p> 	<ol style="list-style-type: none"> 1) Sit in upright position on exercise ball with feet flat on floor. 2) Walk feet forward allowing exercise ball to roll underneath body until it is positioned on lower to mid-back region. Raise hips slightly to create a “table top” position parallel to floor. 3) Place hands behind head with elbows back and out of sight. Head should be in a neutral position with a space between chin and chest. 4) Leading with the chin and chest towards the ceiling, contract the abdominal and raise right shoulder up and twist towards left knee. Alternate sides from left to right for the recommended time frame 	<p>Comments:</p> <ul style="list-style-type: none"> • Do not pull head/neck towards opposite knee • Use your abs to pull yourself up <p>Equipment Needed:</p> <ul style="list-style-type: none"> • Exercise Ball

<p><u>Russian Twist</u></p> <ol style="list-style-type: none"> 1. Start by sitting on the floor with hips and knees flexed to approximately 90 degree angles. 2. Grasp a volleyball, medicine ball, or small dumbbell and swing it to the right and left as you keep the hips from rotating with the shoulders. 3. The arms are not perpendicular to the torso, but instead, kept low, near the thighs, as the medicine ball is swung to each side. 3. Repeat for the prescribed repetitions. 	<p><u>Comments:</u></p> <ul style="list-style-type: none"> • No sagging of the hips • Maintain a neutral spine • Can be done with a partner by sitting 1-2 metres away tossing ball to partner after completion of 1 left and right rotation. <p><u>Equipment Needed:</u></p> <ul style="list-style-type: none"> • 2, 5, or 10 lbs Medicine Ball
<p><u>3 Point Ball Rollout</u></p> <ol style="list-style-type: none"> 1. Place your forearms on top of the ball and your feet anchored on the floor. 2. Keep your trunk in a parallel position and draw your belly button in towards your spine. 3. Slowly extend your arms out away from your body and then bring them back in towards your chest. 	<p><u>Comments:</u></p> <ul style="list-style-type: none"> • Do not let your hips drop below parallel. If this happens do not extend your arms as far. • Your arms should only be extended as far as you can without dropping your hips below parallel <p><u>Equipment Needed:</u></p> <ul style="list-style-type: none"> • Exercise Ball
<p><u>Low Back Extension</u></p> <ol style="list-style-type: none"> 1) Lie face down on exercise ball with knees and feet on floor. 2) Exercise ball placement should be at abdominal to lower chest region. 3) With hands on chest, raise trunk 8-12 inches. 4) Lower to start position. 	<p><u>Comments:</u></p> <ul style="list-style-type: none"> • To increase intensity, position ball down towards hips, feet wide with knees off floor. • To increase stability, place feet against wall or stationary object. • To further increase resistance hold weight plate to chest. <p><u>Equipment Needed:</u></p> <ul style="list-style-type: none"> • Exercise Ball
<p><u>Bird Dog</u></p> <ol style="list-style-type: none"> 1) Starting position with knees and hands on the floor fingers pointing straight ahead, and aligned at the nipple line 2) Lift opposite arm and leg and hold for five seconds. 3) Transition to other arm and leg and hold for another 5 seconds 	<p><u>Comments:</u></p> <ul style="list-style-type: none"> • Maintain a straight back during entire movement. <p><u>Equipment Needed:</u></p> <ul style="list-style-type: none"> • None

Upper Body Strength Exercises

<p>One Arm Med Ball Pushup</p>  <ol style="list-style-type: none"> 1) Get on hands and knees on floor with hands palm down, fingers pointing straight ahead, and aligned at the nipple line. 2) Place hands slightly wider than shoulder width with one hand on top of the medicine ball; extend legs and place feet at hip width with toes on floor. 3) Start position: Extend the elbows and raise the body off the floor. 4) Lower your entire body (legs, hips, trunk, and head) 4-8 inches from the floor. 5) Alternate ball after each repetition 	<p>Comments:</p> <ul style="list-style-type: none"> • During continuous reps do controlled up and down <p>Equipment Needed:</p> <ul style="list-style-type: none"> • 5 or 10 lbs Medicine Ball or Volleyball
<p>Push-up</p>  <ol style="list-style-type: none"> 1) Get on hands and knees on floor with hands palm down, fingers pointing straight ahead, and aligned at the nipple line. 2) Keep you body straight and parallel to the ground and active the core muscles to stabilize body. 3) Go down towards the floor until your elbows are on the same level as your shoulders. 4) Push back up to starting position 	<p>Comments:</p> <ul style="list-style-type: none"> • Do not descend too low too avoid stretching the front of the shoulder <p>Equipment Needed:</p> <ul style="list-style-type: none"> • None
<p>Bosu Ball Push-up</p>  <ol style="list-style-type: none"> 1) Place your hands on the flat side of the Bosu Ball and legs extended out to form a push-up position. 2)) Keep you body straight and active the core muscles to stabilize body. 3) Go down towards the floor until your elbows are on the same level as your shoulders. 4) Push back up to starting position 	<p>Comments:</p> <ul style="list-style-type: none"> • Maintain a stabilized and strong core throughout movement. <p>Equipment Needed:</p> <ul style="list-style-type: none"> • Bosu Ball
<p>Exercise Ball Push-up</p>  <ol style="list-style-type: none"> 1) Stand with exercise ball directly in front of you 2) Placing hands exercise ball approximately 1.5 feet away from each other aligned at the nipple line and slowly extend feet back into push-up position. 2) Keep you body straight and activate the core muscles to stabilize body. 3) Go down towards the ball until your elbows are on the same level as your shoulders. 4) Push back up to starting position 	<p>Comments:</p> <ul style="list-style-type: none"> • During continuous reps do controlled up and down • Keep core engaged during entire movement <p>Equipment Needed:</p> <ul style="list-style-type: none"> • Exercise Ball
<p>Reverse Exercise Ball Push-up</p>  <ol style="list-style-type: none"> 1) Get hands and knees on floor with hands palm down, fingers pointing straight ahead, and aligned at the nipple line. 2) Placing shins on exercise ball directly behind body and toes hanging over far side of ball. 3) Keep you body straight and parallel to the ground and activate the core muscles to stabilize body. 4) Go down towards the floor until your elbows are on the same level as your shoulders. 5) Push back up to starting position 	<p>Comments:</p> <ul style="list-style-type: none"> • During continuous reps do controlled up and down • Keep core engaged during entire movement <p>Equipment Needed:</p> <ul style="list-style-type: none"> • Exercise Ball
<p>Shoulder Push-up</p>  <ol style="list-style-type: none"> 1) Get on hands and knees on floor with hands palm down, fingers pointing straight ahead, and aligned at the nipple line. 2) Keep you body straight and parallel to the ground and active the core muscles to stabilize body. 3) Shrug your shoulder blades together going down only 2-3 inches while keeping your arms relatively straight 4) Push up to bring shoulders blades away from each other 	<p>Comments:</p> <ul style="list-style-type: none"> • During continuous reps do controlled up and down • Keep core engaged during entire movement <p>Equipment Needed:</p> <ul style="list-style-type: none"> • None
<p>Med ball Toss</p>  <ol style="list-style-type: none"> 1) Stand with feet shoulder width apart and knees slightly bent. 2) Start position: Position medicine ball to ear level. 3) Go into a full squat. Immediately extend legs and stand up and at the same time press hands up above head keeping wrists over the elbows and arms moving parallel to body at all times. 	<p>Comments:</p> <ul style="list-style-type: none"> • Controlled movements. <p>Equipment Needed:</p> <ul style="list-style-type: none"> • 8, 10 or 12 lbs Medicine Ball

Legs/Cardio Exercises

<p><u>Med Ball Lunges</u></p> 	<p>1) Start position: Feet should be positioned parallel, hip width apart with head and back erect and straight in a neutral position. Hold medicine ball outside the left hip. 2) Extend the left leg forward while lowering the body by bending at hip and knee until thigh is parallel to floor. Body should follow a straight line down towards the floor. As you are lunging forward extend the medicine ball towards the right shoulder. 3) Return to start position by reversing the aforementioned movement, exploding back off the left leg. 4) Repeat by reaching leading with the right leg and reaching to the opposite side with the ball.</p>	<p><u>Comments:</u></p> <ul style="list-style-type: none"> Controlled movements Alternate or switch to other leg after each rep <p><u>Equipment Needed:</u></p> <ul style="list-style-type: none"> 8, 10 or 12 lbs Medicine Ball
<p><u>T-Test</u></p> 	<p>1) Position cone in the shape of a 'T' 1. Cone 1 at base of T 2. Cone 2 directly in front of cone 1 approximately 10 metres ahead 3. Cone 3 and 4 placed 10 metres to the left and right of cone 2 2) Sprinting from cone 2, followed by shuffling (without crossing feet over) to cone 3, followed by shuffling the other direction to cone 4, followed by shuffling back to cone 2. 3) Lastly at cone 2 back pedalling back to cone 1.</p>	<p><u>Comments:</u></p> <ul style="list-style-type: none"> Touch each cone passing by it Do as many sets as possible. <p><u>Equipment Needed:</u></p> <ul style="list-style-type: none"> 4 cones
<p><u>4 Cone Sprint</u></p> 	<p>1) Position cones in straight line. 1. 1st-----10 metres-----2nd-----40 metres-----3rd-----10 metres-----4th 2) Beginning at cone 1, jog to cone 2, followed by a sprint to cone 3, ending with a jog to cone 4. 3) Turn around and repeat in other direction.</p>	<p><u>Comments:</u></p> <ul style="list-style-type: none"> Jogging to sprinting should be explosive Continue sprint until fully reached 3rd cone <p><u>Equipment Needed:</u></p> <ul style="list-style-type: none"> 4 cones
<p><u>One Leg Squats</u></p> 	<p>1) Stand with feet hip width apart with knees slightly bent and toes pointing forward. 2) Start position: Lift one foot off ground and extend leg forward. Extend arms forward at hip level. 3) Lower body by flexing at the hips and knees. Upper body can flex forward at the hips slightly (~5°) during movement. Be sure to "sit back" so that knees stay over the feet. 4) Once thigh is slightly above parallel return to start position.</p>	<p><u>Comments:</u></p> <ul style="list-style-type: none"> Remember to keep head and back in a neutral position Keep weight over the middle of foot and heel, not the toes. <p><u>Equipment Needed:</u></p> <ul style="list-style-type: none"> None
<p><u>Berpees</u></p> 	<p>1) Stand with feet hip width apart with knees slightly bent and toes pointing forward. 2) Kneeling down towards floor assume a push-up position. 3) Complete push-up and upon upwards motion, kick feet under neither body and accelerate upwards with legs and driving arms up towards the roof. 4) Repeat by assuming push-up position again.</p>	<p><u>Comments:</u></p> <ul style="list-style-type: none"> Do not jump down into push-up position after jumping up. <p><u>Equipment Needed:</u></p> <ul style="list-style-type: none"> None
<p><u>Squat Jumps</u></p> 	<p>1) Stand with feet shoulder-width apart, trunk flexed forward slightly with back straight in a neutral position. 2) Arms should be in the "ready" position with elbows flexed at approximately 90°. 3) Lower body where thighs are parallel to ground. 4) Explode vertically and drive arms up. 5) Land on both feet and repeat with knees bent to max 90°. 6) Prior to takeoff extend the ankles to their maximum range (full plantar flexion) to ensure proper mechanics.</p>	<p><u>Comments:</u></p> <ul style="list-style-type: none"> Explode into every jump maximally <p><u>Equipment Needed:</u></p> <ul style="list-style-type: none"> None

<p><u>Tuck Jumps</u></p> <ol style="list-style-type: none"> 1) Stand with feet shoulder-width apart, knees slightly bent, with arms at sides. 2) Jump up bringing knees up to chest. 3) Land on balls of feet and repeat immediately. 	<p><u>Comments:</u></p> <ul style="list-style-type: none"> • Remember to reduce ground contact time by landing soft on feet and springing into air <p><u>Equipment Needed:</u></p> <ul style="list-style-type: none"> • None
<p><u>Alternate Lunge Jump</u></p>  <ol style="list-style-type: none"> 1) Start position: Feet should be positioned parallel, hip width apart with head and back erect and straight in a neutral position. 2) With a slight hop extend the left leg forward while lowering the body by bending at hip and knee until thigh is parallel to floor. 3) Repeat by jumping up and switching forward leg. 4) Front leg should make a 90 degree angle while back leg should only be 2-3 feet behind front leg. 	<p><u>Comments:</u></p> <ul style="list-style-type: none"> • Maintain activated core. • Forward leg knee should not extend farther than front foot toes • Jump straight up and down to reduce side to side knee movement. <p><u>Equipment Needed:</u></p> <ul style="list-style-type: none"> • None
<p><u>Blocking (up/down, 2step, 3 step, 4 step)</u></p> <ol style="list-style-type: none"> 1) Along the side of the going through blocking footwork. 2) Begin with the 2-step blocking system, progressing to the 3-step block, followed by the 4-step. 3) Land in a loaded position after jumping to maximize strength and speed for lateral movement left or right 	<p><u>Comments:</u></p> <ul style="list-style-type: none"> • Controlled but quick reps. • Meant to be done with quick lateral, then vertical movements and not as concerned with hand or blocking position. <p><u>Equipment Needed:</u></p> <ul style="list-style-type: none"> • Volleyball Net
<p><u>High Knees</u></p> <ol style="list-style-type: none"> 1) Begin on a line on the floor. 2) Keeping neck erect and back straight raise knees alternating along a line. 	<p><u>Comments:</u></p> <ul style="list-style-type: none"> • Maintain controlled but quick reps. <p><u>Equipment Needed:</u></p> <ul style="list-style-type: none"> • None
<p><u>Butt Kicks</u></p> <ol style="list-style-type: none"> 1) Begin on a line on the floor. 2) Keeping neck erect and back straight raise knees alternating along a line. 	<p><u>Comments:</u></p> <ul style="list-style-type: none"> • Maintain controlled but quick reps. <p><u>Equipment Needed:</u></p> <ul style="list-style-type: none"> • None
<p><u>Box Jumps</u></p> <ol style="list-style-type: none"> 1. Stand facing box with feet slightly wider than hip-width apart. 2. Lower body into a semi-squat position and jump up onto box. Feet should land softly on box. 3. Step back down (not jump back down) and repeat according to prescribed reps. 	<p><u>Comments:</u></p> <ul style="list-style-type: none"> • Step down from the box after each jump <p><u>Equipment Needed:</u></p> <ul style="list-style-type: none"> • Stable box

<p>One Leg Box Step-Up</p>  <ol style="list-style-type: none"> 1. Stand to the right of the box. Place left foot on top of box. 2. Raise body using the left foot only until leg is extended 3. Lower to start position keeping the foot on top of box. Repeat with other leg according to exercise prescription. 	<p>Comments:</p> <ul style="list-style-type: none"> • Step down from the box after each jump • Hold dumbbells to increase difficulty <p>Equipment Needed:</p> <ul style="list-style-type: none"> • Stable box • Dumbbells
<p>Bosu Ball Squats</p>  <ol style="list-style-type: none"> 1) Stand with feet shoulder-width apart on a Bosu ball, trunk flexed forward slightly with back straight in a neutral position. 2) Lower body where thighs are parallel to ground. 3) Maintain Balance throughout movement. 	<p>Comments:</p> <ul style="list-style-type: none"> • Continuous quick reps on toes <p>Equipment Needed:</p> <ul style="list-style-type: none"> • Bosu Ball • 5, 10, or 12 lbs Medicine Ball
<p>Calf Jumps</p>  <ol style="list-style-type: none"> 1) Stand with feet slightly wider than hip-width apart and standing on your toes. 2) Holding medicine ball above head and slightly in front, arms near full extension while elbows bent. 3) Hop 5-6 inches off floor while maintaining arm and ball position 4) Repeat as soon as toes reach the floor keeping calves flexed 	<p>Comments:</p> <ul style="list-style-type: none"> • Continuous quick reps on toes <p>Equipment Needed:</p> <ul style="list-style-type: none"> • Volleyball Net • 5, 10, or 12 lbs Medicine Ball
<p>Cone Jump</p>  <ol style="list-style-type: none"> 1. Stand with feet slightly wider than hip-width apart with right side of body facing the barrier. 2. Hop to the right using both feet over the barrier. 3. Jump back to the start point. 4. Repeat from the left side of the cone/barrier and head on from the cone/barrier according to the prescribed number of repetitions. 	<p>Comments:</p> <ul style="list-style-type: none"> • Continuous quick reps on toes <p>Equipment Needed:</p> <ul style="list-style-type: none"> • Bench
<p>Fast Feet</p>  <ol style="list-style-type: none"> 1. Using a painted line on the floor and begin by standing to the left of the line 2. Step with your right foot over the line followed by your left foot. 3. Repeat to other side of the line beginning with your left foot followed by your right foot. 4. Continuous reps should be as quick as possible while progressing forward along the line. 	<p>Comments:</p> <ul style="list-style-type: none"> • Continuous quick reps on toes <p>Equipment Needed:</p> <ul style="list-style-type: none"> • Painted line on the floor