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	SK Volleyball June 2020	SETS	REPS	TEMPO														
	Strength				June 4th													
A1	1/2 kneeling - lift knee - to stand-up to March A	2	4	CONTROL														
A2	Single leg HOLD	2	30/60sec	CONTROL														
A3	Forward//Side Lunges	2	4	CONTROL														
A4	Forward//Side Jump	2	4	CONTROL														
	REST - 2 MINUTES																	
B1	High Tubing 1A Rev Grip Pull to Chest in Squat	2	8	CONTROL														
B2	High Tubing 1A Chest Press in Squat	2	8	CONTROL														
B3	Mid Tubing Row in March A	2	8	CONTROL														
B4	Low Tubing Shoulder Press in High Kneeling	2	8	CONTROL														
	REST - 2 MINUTES																	
C1	Weighted Front Squats	5	5	CONTROL														
C2	Squat Jump HOLD	5	5	FAST														
C3	Depth Jumps / Landings / Jumps	5	5	CONTROL														
	REST - 2 MINUTES																	
D1	High Cable 1A Straight Arm Pull to Waist in March A	2	6 side	CONTROL														
D2	Mid Cable T to W Row in March A - foot on box	2	6 side	CONTROL														
D3	Mid Tubing March A in Chest Press Hold	2	6 side	CONTROL														
D4	Reverse Plank - Alt March A if poss.	2	6 side	CONTROL														
	REST - 2 MINUTES																	
E1																		
E2																		
E3																		
E4																		
	REST - 2 MINUTES																	
	REST - 2 MINUTES																	
			TOTAL LOAD PER SESSION		0	0	0	0	0	0	0	0	0	0	0	0	0	0

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	SK Volleyball U17 July 16th 2020	SETS	REPS	TEMPO	Weight Tracking													
	Strength				Jul-09													
A1	1/2 kneel lunge- rotation to stand up to March A	2	6/leg	CONTROL														
A2	Low/Mid Tubing Rows in Hinge hold	2	12+	CONTROL														
A3	Plyometric Pushups from Incline position	2	up to 10	FAST														
A4	Bodyweight Vertical Jumps with STICK at knees or back	2	up to 8	FAST														
	REST - 2 MINUTES																	
B1	High Tubing W Pull in Long Lunge Hold	2	8	CONTROL														
B2	High Tubing Chest Press in Long Lunge Hold	2	6/leg	CONTROL														
B3	Mid Tubing Squat Row Jump	2	8	FAST														
B4	Mid Tubing Overhead Shoulder Press in Squat Hold	2	12	CONTROL														
	REST - 2 MINUTES																	
C1	DB Deadlifts	3	8	CONTROL														
C2	ground	3	8/arm	CONTROL														
C3	DB Bent over Row	3	10	CONTROL														
	REST - 2 MINUTES																	
D1	Glute Bridge on Ground with Alt Feet Ups	2	8/leg	CONTROL														
D2	Bear Hold with Alt 3pt. Positions	2	30 sec total	CONTROL														
D3	Deadbug with DB Pullover	2	6/leg	CONTROL														
D4																		
	REST - 2 MINUTES																	
E1																		
E2																		
E3																		
E4																		
	REST - 2 MINUTES																	
	REST - 2 MINUTES																	
			TOTAL LOAD PER SESSION		0	0	0	0	0	0	0	0	0	0	0	0	0	0

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	SK Volleyball U17 Aug 2020	SETS	REPS	TEMPO	Weight Tracking													
	Strength				Aug-06													
A1	March and Skip ABC's	1	lots	Control														
A2	1/2 Kneel Hover - Rotations towards knee AND Extensions	2	8 each	Control														
A3	Elastic Jumps - keep body rigid and drive arms	2	20-30 sec	Quick Control														
A4	BB or DB or Stick Complex (Hinge, Row, Deadlift, Clean/Squat, Press Up)	2	8 total	Control														
	REST - 2 MINUTES																	
B1	Depth Jumps	4	8	Control														
B2	Resisted and Assisted Lateral Jumps - good landings	4	6 t/b X side	Control														
B3	Single Leg Landing Practice - from Depth Jump position	4	8/leg	Slow Control														
B4	Explosive Lateral Bound - push from one leg, jump/land with two	4	5 t/b x side	Control														
	REST - 2 MINUTES																	
C1	DB Deadlifts in Stride	3	8	Control														
C2	DB Single Arm Shoulder Press in stand, 1/2 kneel, or seated	3	8/arm	Control														
C3	DB Single Arm Bent over Row - must be parellel and stay	3	10	Control														
	REST - 2 MINUTES																	
D1	4 pt Thoracic Work - 'thread the needle' and 'Catcow'	2	lots of each	Slow Control														
D2	Low Tubing or BW TWY's on bench or parellel	2	30 sec total	Slow Control														
D3	March A Hold with Rotation - ball to wall	2	6/leg	Control														
D4	Bear to Downdog to Pushup to March A	2	AMAP	Slow Control														
E1																		
E2																		
E3																		
E4																		
	REST - 2 MINUTES																	
	REST - 2 MINUTES																	
			TOTAL LOAD PER SESSION		0	0	0	0	0	0	0	0	0	0	0	0	0	0