



CRAVEN
SPORT
SERVICES

- Sport Physiotherapy
- Orthopaedic Rehabilitation
- Training

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SASK Volleyball U16 July 2020		SETS	REPS	TEMPO
Strength				
A1	1/2 kneeling - lift knee - to stand-up to March A	2	4	CONTROL
A2	Single leg HOLD	2	30/60sec	CONTROL
A3	Side Lunge to March A	2	4	CONTROL
A4	Forward & Backward//Side Jump and Stick	2	4	CONTROL
REST - 2 MINUTES				
B1	High Tubing Rev Grip Pull to Chest in Squat	2	8	CONTROL
B2	High Tubing 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	3	8	CONTROL
C2	Squat Jump HOLD	3	3	THINK FAST
C3	Clean Prep	3	4	CONTROL
REST - 2 MINUTES				
D1	High Cable 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	Rev incline Plank March A	2	6 side	CONTROL



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SASK Volleyball U16 August 2020		SETS	REPS	TEMPO	
Strength					
A1	Weighted Deadlift	3	8	CONTROL	
A2	BB/Dowel Deadlift to Toes - Jump - Clean	3	6	CONTROL	
A3	Step down - Jump Up (progress to tspine rotation in air)	3	4	CONTROL	
REST - 2 MINUTES					No Tubing Alternative
B1	High Tubing W Pull in Long Lunge	2	6 side	CONTROL	W Hold in Long Lunge
B2	High Tubing 1 Arm Chest Press in Squat	2	12	CONTROL	DB 1 Arm Chest Press Feet up
B3	Mid Tubing Straight Arm Pull to Waist in Bridge on Foor	2	6 side	CONTROL	DB Bent Over Row Tricep Kick
B4	Mid Tubing Squat Row	2	12	CONTROL	DB Squat to Shoulder Press
B4	Mid Tubing Molly in March A	2	6 side	CONTROL	Molly in March A No Resistance
REST - 2 MINUTES					
C1	Weighted Side Lunge to A	2	6 side	CONTROL	
C2	Side Jump and Stick to Jump	2	3 side	CONTROL	
C3	Half Kneeling Hover to Stand w Rotation	2	4 side	CONTROL	
REST - 2 MINUTES					
D1	DB Alt Bench Press with Feet Up	2	6 side	CONTROL	
D2	DB 1 Arm Row in Long Lunge	2	6 side	CONTROL	
D3	DB Bicep Curl to Shoulder Press in March A	2	6 side	CONTROL	
D4	DB T Row in Parallel Deadlift	2	12	CONTROL	