

Complete Volleyball Performance Plan

Frequency

- Mobility + Pre-Game Prep: Every practice & game day (10 min) -

Strength Training: 2-3x per week (45-60 min)

- Plyometrics & Power: 2x per week

- Recovery/Prehab: Daily (5-10 min)

1. Mobility Warm-Up (Daily / Pre-Game)

1. World's Greatest Stretch - 30 sec each side

2. 90/90 Hip Rotations - 10 reps per side 3. Shoulder CARs - 5 slow rotations

each way 4. Ankle Dorsiflexion Stretch on Wall - 10 reps each side 5. Cat-Cow with T-Spine Reach - 10 reps

Goal: Improve joint mobility for explosive movements and reduce injury risk.

2. Strength Training (2-3x/Week)

Lower Body:

- Trap Bar Deadlift / Dumbbell Deadlift - 4x5 - Bulgarian Split Squats - 3x8 each leg - Lateral Lunges - 3x8 each side - Glute Bridges / Hip Thrusts - 3x12

Upper Body:

- Pull-Ups or Lat Pulldown - 3x6-8 - Push-Up to T Rotation - 3x10 - Dumbbell

Overhead Press - 3x8 - Band Face Pulls - 3x12

Core:

- Pallof Press - 3x10 each side

- Dead Bug - 3x10 - Plank with Shoulder Taps -
3x30 sec

3. Plyometrics & Power (2x/Week)

- Pogo Jumps - 3x15 - Depth Jumps - 3x5 - Broad Jumps - 3x5 - Med Ball

Overhead Slams - 3x10 - Bounding Skips - 2x20 yards

Goal: Develop vertical jump, quickness, and explosive power.



4. Injury Prevention / Prehab

- Banded Shoulder External Rotations - 3x15 - Scapular Wall Slides - 3x10 - Hip Airplanes - 3x5 each side - Ankle Eversion/Inversion Strengthening with Bands - 3x15

5. Recovery Focus

- Light foam rolling post-training - Sleep: 8+ hours - Hydration + proper nutrition (protein & carbs post-workout)

Bonus: Performance Tips

- Track vertical jump progress monthly - Mix in agility ladder drills or cone work 1-2x per week for foot speed - Warm down with light stretching post-training

Disclaimer: This performance plan is provided for educational purposes only and is not a substitute for professional medical advice, diagnosis, or treatment. Always consult a qualified healthcare provider before beginning any new exercise program. Results may vary. This resource is free and not intended for resale.

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