

This is the 2nd workout in our COVID- 19 volleyball training series. The first workout was a full body strength session. Workout 2 is more volleyball specific and has a speed/power focus. This would be a great workout to perform outside.

If you find this video helpful, please share with your volleyball athletes, teammates, friends, or anyone who might be interested in getting into better volleyball shape.

## **Workout 2**

**A. Multi Directional Stability Jumps-** 3 sets, at the halfway point of the ladder switch legs, if you do not have access to a ladder then just imagine it is there, rest for 25secs between sets

**B1. Band Resisted Approach-** 4 sets, 3 band resisted approaches followed by two max approaches to jump, if you do not have access to these bands then perform 5 hard approaches to max jump, 45secs rest

**B2. Banded Star Drill-** 4 sets, performing all 3 directions = 1 rep, perform 4 reps per set, 45secs rest

**C1. Jumping Lunges** (advanced) or **Power Skips** (beginner)- 4 sets, 4 jumps per leg, 30secs rest

**C2. Band External Rotations-** 4 sets, 8 per side, 30secs rest

**D. Figure 8's-** 5 sets, 4 figure 8's, 30secs rest

**E. Falling Start Sprints-** 6 sets, 30 yards, 90secs rest

## **COVID 19 Volleyball Workout 2 | Speed and Power**

During this crazy time that we are in, you need to keep exercising. Obviously the workouts will help you improve physically but it will also help you have a healthy immune system. Exercise is a key ingredient in maintaining a high functioning body and mind.

If you have any questions or need any help, please do not hesitate to send me an email.

If you are looking to take your training to the next level, then I recommend setting up a complimentary strategy session with me. This can be held over the phone, Skype, or any other type of video call.

### **What is Covered in the FREE Strategy Session?**

- Thorough analysis of your goals, past training, and injury history
- How to intelligently increase your strength/power
- How to increase your vertical jump
- How to balance out your training schedule so that you can maximize your performance
- Reid will outline some of the most important exercises for you to focus on
- Open Question and Answer

To set up your Strategy Session please respond to this email and give a couple dates and times that would work well for you.

Coach Reid