

HARVARD WOMEN'S VOLLEYBALL

SUMMER 2008 SPEED, AGILITY AND CONDITIONING

- **Day One Speed and Agility:**

- 5-10-5 Progression 3x2 each way
- 5-Yard Box Drill (Sprint/Shuffle and Sprint/Backpedal) 3x2 each way
- Ground Start Sprints 3 x 5 yards each leg

- **Day One Conditioning:**

- THE TERMINATOR - 12 reps
 - New rep every minute, remainder of minute is rest period

- **Day Two Speed and Agility:**

- Triangle Cone Drill (from Spring training)
 - Sprint/Sprint x 3 each way
 - Sprint/Shuffle x 3 each way
- W Cone Drill – 5 cones in a “W” shape 5 yards apart
 - Sprint/Backpedal x 3 each way
 - Sprint/Shuffle x 3 each way
- 1-Leg-Start Tennis Ball Drops x 5 each leg
 - Partner drops ball/athlete must sprint and catch before second bounce

- **Day Two Conditioning:**

- 20-Yard Sprint Series
 - 20-yard sprint every 30 seconds (running clock)
 - Each week of the summer add 2 reps to the Series
- Bike Choice
 - 45 minutes – intervals of 3:00 minutes hard/2:00 minutes moderate

- **Day Three Speed and Agility:**

- Agility Bags or Cones (5):
 - Lateral 2-In High Knees Over Bags/Cones 5 x 3 each way
 - Attack/Retreat Weave Around Bags/Cones x 5 each way
- Crossover Sprint Starts:
 - 5 yards x 3 each leg
 - 10 yards x 3 each leg

- **Day Three Conditioning:**

- 40-yard ladder (5yds and back, 10yds and back, 15yds and back, 20yds and back, 25yds and back, 30yds and back, 35yds and back, 40yds and back)
 - Phase One: 2 reps separated by 2:00 minutes rest
 - Phase Two: 3 reps separated by 2:00 minutes rest