HARVARD
WOMEN'S VOLLEYBALL

PLYOMETRIC DRILLS OUTLINE

PHASE 1:

Day One Plyos Workout

- *Quick Feet Warm-Up*:
    - Line Hops with Two Legs Fwd/Back and Lat 3x20each
    - Ali Shuffle Over Line 3x20 each
- Box Jumps (2 Feet) 3x5
- Lateral Speed Skaters 3x5each (focus on height) – *Stick Landing*
- Approach Jumps 3x5
- Continuous 2-Foot Long Jumps for Distance 3x5

Day Two Plyos Workout

- *Quick Feet Warm-Up*:
    - Line Hops with Two Legs Fwd/Back and Lat 3x20each
    - Ali Shuffle Over Line 3x20 each
- Lateral Box Jumps (2 Feet) 3x3 each
- High Hurdle Jumps (Stick Landing) 3x5
- 2-Foot Box Jump-Downs 3x5

Day Three Plyos Workout

- *Quick Feet Warm-Up*:
    - Line Hops with Two Legs Fwd/Back and Lat 3x20each
    - Ali Shuffle Over Line 3x20 each
- Depth Jumps from Box to ground (2 Feet) 3x5
- Tuck Jumps (Stick Landing) 3x10
- Plyo Pushups (hands off ground on each rep) 3x5

PHASE 2:

Day One Plyos Workout

- *Quick Feet Warm-Up*:
    - Line Hops with Two Legs Fwd/Back and Lat 3x20each
    - Ali Shuffle Over Line 3x20 each
- Box Jumps (1 Foot) 3x4e
- Lateral Speed Skaters 3x5each (focus on height) – *Continuous*
- Approach Jumps 3x5
- Continuous 1-Foot Long Jumps (1-Leg Bounds) for Distance 3x5

Day Two Plyos Workout

- *Quick Feet Warm-Up*:
    - Line Hops with Two Legs Fwd/Back and Lat 3x20each
    - Ali Shuffle Over Line 3x20 each
- Lateral Box Jumps (1 Foot) 3x3 each
- High Hurdle Jumps (Continuous) 3x5
- 1-Foot Box Jump-Downs 3x3 each

Day Three Plyos Workout

- *Quick Feet Warm-Up*:
    - Line Hops with Two Legs Fwd/Back and Lat 3x20each
    - Ali Shuffle Over Line 3x20 each
- Rebound Jumps from Box to ground to Box (2 Feet) 3x5
- Tuck Jumps (Continuous) 3x10
- Plyo Pushups (hands off ground on each rep) 3x5