

## TCHS 2022 Summer Clinic (7/25-7/27 4pm-7pm)

The summer clinics are meant to both introduce volleyball fundamentals to new players and to review skills for players with prior volleyball experience. It is open to **ALL** interested students who are either incoming students or existing TCHS students. Players will be grouped by skill level and instruction will be tailored to that skill level. Various types of game play will be included in each session. Please wear tennis shoes that lace up, shorts, short sleeve t-shirts, and bring plenty of water as the gym gets very, very warm. Knee pads are optional. Players do not need to bring balls or other volleyball equipment as that is provided at the clinic. This clinic is NOT mandatory to be eligible to try out for the team.

For any questions or concerns related to this, please contact us.

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## Volleyball Summer Home Workouts

TCHS Volleyball season is quickly approaching! Let's get a jump on the season! 😊

The more you can work with a volleyball and practice game related exercises/movements, the easier it will be to **DO** them once we get in-season. Some of these activities are meant to help with in-game volleyball specific movements, others are meant to help you move quickly in short bursts.

### Instructions:

**At least 3** times per week for the summer, choose **at least 2** of the following exercises to complete. Extra Credit: Track completion on the conditioning worksheet and show off to coach at tryouts!

### Activities:

1. **Shuffle footwork movement-** **Watch video**  
([https://www.google.com/search?q=shuffle+footwork+volleyball+drill&rlz=1C1GCEA\\_enUS935US938&oq=shuffle+footwork+volleyball+drill&aqs=chrome..69i57.7062j0j7&sourceid=chrome&ie=UTF-8#kpvalbx=ch63YtnfO6KgqtsPos2i2AQ24](https://www.google.com/search?q=shuffle+footwork+volleyball+drill&rlz=1C1GCEA_enUS935US938&oq=shuffle+footwork+volleyball+drill&aqs=chrome..69i57.7062j0j7&sourceid=chrome&ie=UTF-8#kpvalbx=ch63YtnfO6KgqtsPos2i2AQ24))
  - **Complete 5 cycles.** Get down in ready position. Shuffle 5 times left, 5 times right, 5 times front, 5 times back. Rest 30 seconds and repeat.
2. **Agility work-** [https://www.youtube.com/watch?v=VVFbc\\_eYcnk](https://www.youtube.com/watch?v=VVFbc_eYcnk)
  - **Fast feet T position-** use a piece of painters tape to make a 12 inch line on the floor. Stand one step behind the tape with feet close together. You will then step forward over the tape straight ahead with left foot/right foot, step back behind the line with left foot/right foot. Step forward across the tape with a wide step left/right, then behind the tape left/right bringing them back together again. Repeat. 10 seconds on 20 seconds off for **12 cycles**. (Total time should be 6 minutes)
  - **N Drill-** [https://www.youtube.com/watch?v=VVFbc\\_eYcnk](https://www.youtube.com/watch?v=VVFbc_eYcnk)
  - You can use cones, tape, chairs etc.. to mark 4 corners. They should be at least 3 large steps apart. Start at back right cone. Get down into a ready position. Move forward to front right cone, then shuffle diagonal to back left cone, forward to front left cone,

shuffle diagonal back to back right cone. Repeat. 15 seconds on 30 seconds off for **8 cycles**. (Total time should be 6 minutes)

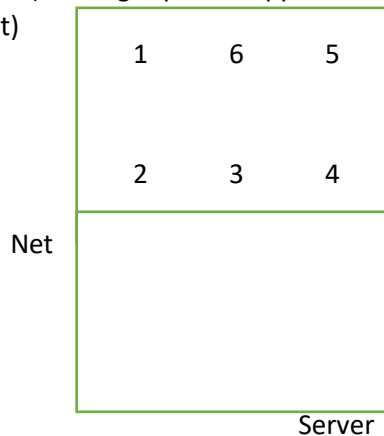
3. **Jump rope intervals**- Jump rope for 1 minute, rest for 30 seconds. Repeat 4 more times for a total of **5 intervals**. (Total time should be 7.5 minutes)
4. **Standing Vertical/Block Jump**
  - Practice block jump. Stand at a wall (2 steps from wall), hands raised, with elbows bent 90 degrees. Create deep knee bend then spring up with legs, push arms up stretching as high as you can reach and touch fingertips to the wall. Land, shuffle left, repeat. Land shuffle right, repeat. Repeat total sequence for a total of **5 times**.
  - Measure yourself and try to improve week over week!
    - Hold a piece of painters tape in your hand/fingers, stick to wall to mark high point of block jump. Trend your improvement in the worksheet!
5. **Overhand Serve Toss:**
  - **Right handed Servers**- Stand with left arm at shoulder height with ball in palm (heel of hand is up helping keep hand flat under the ball), right arm is raised above shoulder. Overall, you are creating a “bow and arrow” position. Lift the ball and step with your left foot as if you are going to serve the ball. Let the ball hit the floor. Look at where it landed. Is the ball in front of your right foot? Did it land in front of you, on you, or behind you? (It should be in front of you.) Did you lift the ball high enough to touch it with your arm completely extended in a 45-degree angle above your head? Put a piece of painters tape on the floor for your starting position and a piece of painters tape where the ball should land on the toss. Practice the lift, step, let the ball land until you get 5 (or more) in a row that land on the tape. Repeat, Repeat, Repeat! The toss is key to getting good overhand serves.
  - **Left handed servers**- Stand with right arm at shoulder height with ball in palm, left arm is raised above shoulder in bow position. Lift the ball and step as if you are going to serve the ball. Let the ball hit the floor. Look at where it landed. Is the ball in front of your left foot? Did it land in front of you, on you, or behind you? (It should be in front of you.) Did you lift the ball high enough to touch it with your arm completely extended in a 45-degree angle above your head? Put a piece of painters tape on the floor for your starting position and a piece of painters tape where the ball should land on the toss. Practice the lift, step, let the ball land until you get 5 (or more) in a row that land on the tape. Repeat, Repeat, Repeat! The toss is key to getting good overhand serves.
6. **Overhand Serve Arm Swing**- (You need a wall inside or out and some painters tape)-
  - **Right handed Servers**- <https://www.youtube.com/watch?v=8h7Wgz06Fk8>  
Extend left arm straight out from shoulder with palm facing upwards with ball in palm. Place bottom of tape on the wall where fingers of hand touch the wall. Extend tape up towards ceiling about 2 feet in length. (The video shows you what it should look like.) Then stand with the tape in line with the right shoulder, right hip, and right hand. Step with your left foot and extend the right arm above the head at a 45 degree angle. Place tape mark at point where fingers touch tape mark. Then step back two steps from the wall. Place ball in left hand with arm extended and at shoulder height. Lift, step, pin ball

to the wall. Work on keeping everything on the right side in line with the tape mark and that you “pin” the ball at your tape mark. Repeat 25 times.

- **Left handed servers**<https://www.youtube.com/watch?v=8h7Wgz06Fk8>  
Extend right arm straight out from shoulder with palm facing upwards with ball in palm. Place bottom of painters tape on the wall where fingers of hand touch the wall. Extend painters tape up towards ceiling about 2 feet in length. (The video shows you what it should look like.) Then stand with the painters tape in line with the left shoulder, left hip, and left hand. Step with your right foot, lift the ball and extend the left arm above the head at a 45 degree angle. Place tape mark at point where fingers touch tape mark. Then step back two steps from the wall. Place ball in right hand with arm extended and at shoulder height. Lift, step, pin ball to the wall. Work on keeping everything on the left side in line with the tape mark and that you “pin” the ball at your tape mark. Repeat 25 times.

7. **Serving Practice-** (You need an outside wall that your parents will let you bounce balls off of, a helper, or if you already have it, a net or clothesline for this) –

- Stand 10-15 feet away from a wall. If you can put a tape mark on the wall that is at 8 feet, that is a helpful visual. Otherwise, find a mark on the wall that is 8-10 feet in height. Practice lift, step, swing. Ball should hit the wall at, or above the 8-foot mark on the wall. Catch the ball and repeat. Work on following through with hitting arm towards the wall.
- OR, if you have someone to hit the ball to and the space, hit the ball to the other person. The other person should stand 30 feet away from you and the ball needs to be above their head when it gets to them.
- OR, if you have a net, make sure you are serving from at least 30 feet away and **practice, practice, practice!** If your serve % is achieving grade A status and it feels too easy, then work on serving/aiming at zone 1 (back right part of opposite side of net) or zone 5 (back left of opposite side of net)



8. **Hitting approach steps-** <https://www.youtube.com/watch?v=mlMaDL-mDJg>

- **Right handed-** (Only watch up to 4:06)  
<https://www.theartofcoachingvolleyball.com/teaching-spiking-to-beginnersintermediates/> Practice the “bow and arrow” with the arms. Left arm extended up and straight. Right arm bent at elbow and hand back by ear. Head up to

watch the ball. Swing through with right arm. **Repeat 10 times.** Then add in last two steps. Put weight on left foot, both arms back, right foot back. Swing right foot forward and land on it. Left foot comes forward to it. Jump up. Both arms go up in bow and arrow and then swing through with the right arm. Land. Step back and **repeat 10 times.** (This video shows you the arm and last two steps in slow motion. Ignore the first two left/right steps <https://youtu.be/xq6a5lxdmd8>)

- **Left handed-** (Only watch up to 4:06)  
<https://www.theartofcoachingvolleyball.com/teaching-spiking-to-beginnersintermediates/> Practice the “bow and arrow” with the arms. Right arm extended up and straight. Left arm bent at elbow and hand back by ear. Head up to watch the ball. Swing through with left arm. **Repeat 10 times.** Then add in last two steps. Put weight on right foot, both arms back, left foot back. Swing left foot forward and land on it. Right foot comes forward to it. Jump up. Both arms go up in bow and arrow and then swing through with the left arm. Land. Step back and **repeat 10 times.** (This video shows you the arm and last two steps in slow motion for a right-handed hitter. Ignore the first two left/right steps <https://youtu.be/xq6a5lxdmd8>)

9. **Choose your own workout adventure** (Total time should be 11 minutes):  
(Each round is 20 seconds on/10 seconds rest)

- **Exercise 1 - (6 rounds)**

Choose your own adventure... pick your favorite **ONE** from below

Push ups- [https://www.youtube.com/watch?v=FaIpD\\_zfrJI](https://www.youtube.com/watch?v=FaIpD_zfrJI)

Plank Up/Downs- <https://www.youtube.com/watch?v=L4oFJRDAU4Q>

Bicycle Crunches- <https://www.youtube.com/watch?v=PAEo-zRSanM>

- **Rest 1 minute**

- **Exercise 2 - (6 rounds)**

Choose your own adventure... pick your favorite **ONE** from below

Jump Squats- <https://www.youtube.com/watch?v=SDJIQq-BrCc>

Walking Lunges- <https://www.youtube.com/watch?v=vni4IEITvsY>

(You do not need weights, but you can work up to that.)

Jumping Jacks- <https://www.youtube.com/watch?v=9gDfNpzytLo>

- **Rest 1 minute**

- **Exercise 3- (6 rounds)**

Choose your own adventure... pick your favorite **ONE** from below

Speed Skaters- <https://www.youtube.com/watch?v=KOTEyGY93OY>

Mountain Climbers- <https://www.youtube.com/watch?v=cnyTQDSE884>

Burpees-

[https://www.google.com/search?q=burpees+proper+form+video&rlz=1C1GCEA\\_enUS935US938&oq=burpees+proper+form+video&aqs=chrome..69i57j0j4&sourceid=chrome&ie=UTF-8#kpvalbx=HMe5YuKHGYKgqtsPjuqhuAg17](https://www.google.com/search?q=burpees+proper+form+video&rlz=1C1GCEA_enUS935US938&oq=burpees+proper+form+video&aqs=chrome..69i57j0j4&sourceid=chrome&ie=UTF-8#kpvalbx=HMe5YuKHGYKgqtsPjuqhuAg17)

10. **Walk/Run intervals-** This can be done anywhere inside or outside. Walk for one minute, then run for one minute. Continue to repeat until you have completed **8 cycles.** (Total time should be 16 minutes)

