

# BOOST

V O L L E Y B A L L

*\*\* Exercise with Adult Supervision \*\**

## MONDAY / WEDNESDAY / FRIDAY

- **Jump A Line**
  - Feet together, on your toes
  - Forward and back for 1 rep.
    - 2 sets of 25 reps (displayed 2x25)
  - Side to Side
    - 2x25
  - Square pattern
    - 2x15
- **High Knees**
  - Standing in place, high knees to 90 degree angle.
    - 2x20 (count only one leg for reps)
- **Burpees**
  - With pushup and jump to finish
    - 2x8
- **One Leg Squats**
  - Start with one foot on a chair or box (angle should not exceed 90)
  - Push to standing, alternate legs
  - Push up quick, come down slow
  - One left leg, one right leg = 1 rep
    - 3x12
- **3 Step Approach w/ Jump**
  - Left...right, left. (for right handed people)
  - Slow to fast
  - Last two steps should be coming close in timing.
  - Jump from a loaded position. Knees over toes.
  - \*Older girls should work on 4-step approach
    - 2x10
- **Knee Tucks**
  - Max Jump, "hug knees"
  - Land balanced and in control.
    - 1x8

## TUESDAY / WEDNESDAY

- Push Ups - 30 second challenge (2x)
- Sit-Ups - 60 second challenge (2x)

**SATURDAY / SUNDAY** - Go play!

- Ideas: Soccer ball - footwork, Volleyball - skills, Trampoline - more jumping, Juggling - hand/eye coordination