

<h1>WARM-UP</h1>		Goal: Warm-up and activate muscles. These exercises should be done with a technical focus.		
	Time/reps	Intensity	Focus	
<u>General: Skipping</u>		5 mins	low/med	Start slow and build. Try different footwork variations seen in the video.
Dynamic:	Body weight Lunges	5x/side	low	Flexibility and activation. Working on the active range of motion. None of these are held for time
	Heel to butt w/ toe touch	5x/side	low	
	High kicks	5x/side	low	
	Side Lunges	5x/side	low	
	Heel Sweeps	5x/side	low	
Activation:	Line hops - front to back	12s	med/high	Speed
	Line Hops - Side to Side	12s	med/high	Speed
	2 full jumps and sprint (5 steps)	4 reps	med/high	Explosive after your jump
	Hockey side to side jumps	8x/side	med	Forward and sideways
	Hamstring falls	8 reps	med	Slow on the way down

<h1>Cool-Down</h1>		Goal: Lower heart rate. Increase flexibility		
	Time/reps	Intensity	Focus	
General: Bike, jog, skip etc.		2 and 2 mi Jog - walk	Lowering heart rate	
Lower Body	Calf Stretch	30s each	light	You will be doing a lot of explosive movements. It is important that we pay special attention to the three main joints of the lower body, and the muscles surrounding them.
	Seated hamstring	30s each	light	
	Foot elevated lunge	30s each	light	
	Side lunge	30s each	light	
	Quad Stretch	30s each	light	
	Pigeon Pose	30s each	light	
	Groin Stretch (butterfly)	30s each	light	
Upper Body	Chest and shoulder vs. wall	30s each	light	Volleyball is an overhead sport. It is important that the muscles supporting/moving the shoulder are healthy and not too tight.
	Tricep behind head	30s each	light	
	Lat vs. wall	30s each	light	
	hands joint behind back	30s each	light	
	Standing Shoulder Stretch	30s each	light	