



MidShore Volleyball Club
www.midshorevb.com
midshorevb@gmail.com

Club Season is over, now what?!

We are so grateful that you chose to join our club for the 2018-2019 season! We hope you loved it as much as we did. There are so many positives that we can take from this season! We are still learning and growing as an organization, so thank you for sticking with us during the transitions and natural slumps of the season.

So, club season is over and your daughter wants to do more... now what? We believe that setting personal goals is an intricate part of success, so we'd love to help set realistic, attainable goals for your daughter! We thought about writing an 'End of Season' review sheet, but decided that since the comments are mostly the same, we would gather our thoughts towards the whole group give each player more meaningful feedback!

Something that I encourage each athlete can do during the off season to help track goals and successes: *Keep a journal or log of daily/weekly practices & workouts!*

Things that each athlete should be doing to increase their volleyball skills while out of the gym: (in order of importance!)

1. **Ball control**; pass/ set/ pass & set to self. The more you touch the ball, the easier and more comfortable it gets.
2. **Wall sets**: quick touches - 3ft high sets on the wall/building. All players should be comfortable setting the ball.
3. **Serving Toss**: Toss & Step with non-dominant foot. Ball should land just in front of your dominant foot(or catch with dominant hand in front of hip.)
4. **Speed & Agility Training, Jump Training**: sweat equity is so important. If you can't jump or get the ball quickly you will not be as valuable. More on the reverse.
5. **Approach Footwork**: (arms neutral)right, left, (arms back) RIGHT-LEFT, JUMP (both arms up!) (lefties, just reverse!)
6. **Video**: Have your parent/friend video you playing (pass, set, attack, block or serve!) and look at what you are doing well + what needs to be tweaked.
7. **Video**: Get on Youtube and search USA Volleyball. They have a ton of tutorials. Also, watch games, practice watching the *players*, **not** the *ball*.
8. **GO PLAY!** There are a ton of outdoor courts; get some people together and go play! It's the best way to learn! Just have fun!



MidShore Volleyball Club
www.midshorevb.com
midshorevb@gmail.com

Workout Circuit:

Set of 10(or time), break; 3x each round, 3-4x a week.

****Form is SO important. Don't just go through these, make sure you are doing them correctly or you could injure yourself!! If you have questions, look it up, video yourself, send it to a coach!****

Always warm-up; jog in place, arm circles, etc. before going into a big workout.

1. Situps: Hold core tight, do not strain your neck when lifting up. Quickly.
As many as you can do in 30 seconds. Record these so you can see improvement. Push yourself to increase each week!
2. Jump Squats: Like you are sitting in a chair, on your toes; explode up, land on toes
3. Pushups: Hold core tight. Elbows to 90 degrees. Quickly.
As many as you can do in 30 seconds. Record these so you can see improvement. Push yourself to increase each week!
4. Lunge jump: Hold Core tight, lunge with front leg at 90 degrees. On toes, explode up, land on toes, with opposite leg in front.
5. Plank: Hold core tight. Plank on either your forearms or hands. Keep back straight.
Time yourself, get better each week!
6. High Knees: On your toes, hold core tight. Bring knees as high as possible, alternating. 30 seconds. Count each knee up try to increase each week!
7. Vsit - twist: Sit with legs in a V shape. Hold ball in center; alternate sides with ball, touch floor with ball, for 30 seconds. Count each tap as 1. Keep track, increase weekly.
8. Cone touches: put anything 8-12" high about 6ft apart. Start in middle. Shuffle and touch each one.
9. Squats- on toes, standing to "sitting" 90 degree knees to standing.
- 10: Cone touches: Same. But line the up in about a 45 degree angle. (back one to the left!) Practice Drop step; run; touch back, shuffle then run forward.

If you have any questions or need any help our coaching staff is always available to help! We are working on a list of camps and clinics that we recommend and will send those out as well!