



Volleyball
KOMPASS

WOCHE 1

»» START NOW ««

WARM UP

Jumping Jacks 60s
Armkreisen 15s
Kneepull + Lunge + Kick 3-5x
Crossbody + Superman + Kick 3-5x
OpenHip + Sidestep Mobi 3-5x
Forward Fold 3-5x
Beinschwingen 15-25s



STABI

Resisted Side Walk 2-4 Sets a 15-25s
Squat Jumps (Stabi) 2-4 Sets a 8-12 Repts
Resisted Side Steps 2-4 Sets a 15-25s
Res. Torso Rotation 2-4 Sets a 8-12 Repts
Shoulder Stabi 8+ 2-4 Sets a 8-12 Repts



SCHNELLKRAFT

Dynamic High Knees 2-4 Sets a 4-6 Repts
High Knees (Alternative) 2-4 Sets a 10-15s
Dynamic Push Up 1-2 Sets a 4-6 Repts
Plyometric Push Up 2-3 Sets a 4-6 Repts
Dynamic Lunge + Tuck 1-2 Sets a 4-6 Repts
Dynamic Lunge + Jump 2-4 Sets a 4-6 Repts
Single Leg Stabi Jumps 2-4 Sets a 6-10 Repts
Squat Jumps (Stabi) 2-4 Sets a 6-8 Repts



COOL DOWN

Black Roll 8-15 Minuten
Auslaufen / Cycling 10-30 Minuten
Stretching 8-15 Minuten
Core Exercises 6-12 Minuten

HIGH
EXPLOSIVE