

## San Domenico Summer Workout

Staying active throughout the summer is the best way to ensure injury prevention during the season. While we know summers get busy, we expect our athletes to stay active, and use the following exercises to achieve the following goals:

- 1) Maintain strength, flexibility and stamina
- 2) Increase hip flexibility in order to avoid injuries to achilles, knees, and backs
- 3) Increase short sprint stamina and speed
- 4) Increase vertical jump

**It is REQUIRED that you at the very least jump rope, short sprint and stretch hips over the summer.**

**You will be TESTED in the Fall on any Goal in GREEN.**

### **Jump Rope (2 min quick, 15 sec off)**

The above in parenthesis is one rep for jump roping. Begin with 2 or 3 reps and every week add another.

\*Tips: Make sure TO ABSORB your landing, ensuring knees are bent, quads are tight and landings are silent. PAY ATTENTION to this. If you feel your landing is starting to slam against the ground you are doing too many reps. It is MORE IMPORTANT to jump correctly and not hurt your knees then to do maximum reps.

**Goal: 6 reps of 2 min jumping, 15 second breaks**

### **Sprinting (Microwave: 6 suicides, 3 minutes)**

You may not have the lines of the volleyball court accessible to you, but practicing short sprints on any lines will help you. The length of the volleyball court is 60 ft. A suicide is a TOTAL of 300 ft. You should be able to run 300 feet within 30 seconds (6 suicides done 30 seconds each is 3 minutes).

\*Tips: Make sure when you are pivoting back and forth in short sprints that you are rotating your knee and ankle at the same time, planting your lower pivoting leg straight down with the entire foot. Light landing on the toe and too quick a rotation in the opposite direction can be harmful to the knee.

**Goal: 1 Microwave within 3 minutes**

### **Hip Stretches:**

Flexible hips are our most valuable defense against injury. The following are exercises that can help increase hip flexibility:



### **Child's Pose**

- \* Try to fit your hips in-between your hips as you push back
- \* **ACTIVELY** push your buttocks closer to your heels and crawl your fingers forward elongating the spine.
- \* Keep elbows **OFF** the ground
- \* With every breath try to sink your hips deeper into the pose.



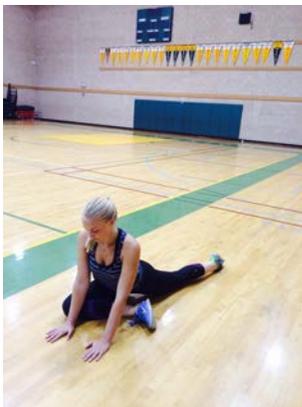
### **Lunge**

- \* **MAKE SURE** your knee is directly above your ankle, not in front
- \* Place hands on either side
- \* Keep back as straight as possible



### **Lunge no. 2**

- \* Place hands directly beneath shoulder, move leg **OUTSIDE** of hand
- \* Keep back leg extended, and back straight
- \* **ADVANCED:** lower upper body onto elbow



### **Pigeon**

- \* From all fours, pull one leg out in front and set toe in front of opposite hip
- \* Slide down as if into splits, **ONLY** as deep as you can while keeping your back straight
- \* Make sure back toe is extended straight, not off to side
- \* Make sure to rotate back hip forward so they are aligned and even
- \* **ADVANCED:** lower upper body onto elbow



### **Cow Face Pose**

- \* From all fours place one knee directly behind the other and sit back
- \* Keep legs tight and ankles OFF the ground
- \* Cross arms at shoulder height



**Goal: Should be able to successfully and easily get into and stay in each pose for 1-2 minutes**

### **Core Exercises:**

Core strength is the foundation of safe and effective workouts. Having a stable and strong core supports the lower back as well as the hips in moving the lower body. MOST MOVEMENTS should always be done with the core MORE activated than any other muscle.



Start in Child's Pose



Keeping elbows in pull upper body forward, dropping chest first  
KEEPING lower back and upper back even



Drop into Baby Cobra ENGAGING core and lower back, tightening buttocks.

You should be able to release hands and hold position

Press chest outwards.



Back into Child's Pose



Curl toes under and push up into Downward Dog

Press back into hips, raising the buttocks, collapsing the upper back, keep arms engaged.



Lower into Plank.

Keep back straight, core ENGAGED and shoulders over wrists.



Lower WHOLE BODY AS ONE to the ground (NOT lower back first)

Tighten buttocks and use buttocks and legs to pull upper body into full Cobra.

Keep elbows in and chest pressed outwards.

**REPEAT ABOVE SEQUENCE x 5**

## Vertical Jump Exercises:

Being able to jump high and quickly are crucial in volleyball, but more importantly is actually being able to LAND PROPERLY. This is best for the body, but also best for make the body available to quick movements that may be required less than a second after landing. The key is to absorb shock, allowing your landing to collapse through the HIPS, landing in a squat position.



### Chair Pose

- \* Strengthens quads
- \* Be able to see your toes in front of your knees
- \* Push hips back
- \* Keep back straight and core ENGAGED
- \* Arms straight



### Chair Exercises

- \* Step up with full foot, pulling opposite knee up with ABDOMINAL MUSCLES
- \* Step down quietly and softly as well



- \* When jumping onto chair use arms for momentum
- \* Land in a soft, squat position
- \* Keep core engaged
- \* Step down softly

## Other Exercises:



### Triceps

- \* Triceps are what make our hits quick and strong
- \* Make sure to keep your elbows in and your fingers facing forward
- \* Dip SLOWLY to a 90 degree angle
- \* Keep legs straight



### Chest and Biceps

- \* Keep core ENGAGED
- \* Keep back straight
- \* Lower to a 90 degree angle in the elbow
- \* Keep lower back supported
- \* Keep wrists under shoulders

