

8 Week Interval Overhead Volleyball Program (Post-op)

Warm-up:

Jogging, jumping rope, etc to increase blood flow to the muscles; once a light sweat is developed, move to stretching.

Stretching:

Full body stretching is important for reduction the chance of injury and for increasing mobility of all parts of the body (which allows the whole body to be used to serve or hit, rather than just the arm).

Drilling:

Include regular passing, digging, setting, and receiving drills during the overhead program

Hitting:

It is important to ease into the first 2-4 weeks of this program. Form hitting should be focused on proper technique. If a player does not use a jump float serve, substitute with a standing float. Progress to the next stop of the program after the current step is accomplished completely free of pain. Once the last step is completed successfully, the athlete is ready to return to unrestricted overhead hitting.

**** Weeks 1-4:** Focus on good form and getting comfortable with hitting again. Athlete should also begin incorporating approach footwork while catching the set at contact point to work on footwork, timing, and relationship to the set to minimize compensations that may result secondary to poor positioning at contact.

Week 1: Form hitting

Day 1:

- 15x Tips/rolls only; on box from “bow and arrow”

Day 2: REST

Day 3:

- 30x: Tips/rolls only; on box from “bow and arrow”

Day 4: REST

Day 5:

- 40x: Tips/rolls only; on box, full arm swing

Day 6 & 7: REST

Week 2: Form Hitting

Day 1:

- 30x: Tips/rolls only; on box, full arm swing
- 10x: Float serve @ 10 ft

Day 2: REST

Day 3:

- 10x: Tips/rolls; full approach
- 10x: Arm swing, on box from “bow and arrow”
- 15x: Float serve @ 10 ft

Day 4: REST

Day 5:

- 10x: Tips/rolls, full approach
- 15x: Arm swing, on box from “bow and arrow”
- 10x: Float serve @ 20 ft

Day 6 & 7: REST

Week 3: Form Hitting

Day 1:

- 10x: Tips/rolls, full approach
- 15x: On box, full arm swing (50%)
- 15x: Float serve @ 20 ft

Day 2: REST

Day 3:

- 10x: Tips/rolls, full approach
- 20x: On box, full arm swing (50%)
- 10x: Float serve, full court (50%)

Day 4: REST

Day 5:

- 10x: Tips/rolls, full approach
- 20x: On box, full arm swing (50%)
- 15x: Float serve, full court (50%)

Day 6 & 7: REST

Week 4: Form Hitting

Day 1:

- 20x: On box, full arm swing (50%)
- 10x: Float serve, full court (75%)

Day 2: **REST**

Day 3:

- 25x: On box, full arm swing (50%)
- 10x: Float serve, full court (75%)
- 5x: Jump float serve @20 ft (50%)

**Weeks 5-8: Progress to full attacking. For higher volume serving, alternate between standing and jump float and short and deep serves as athlete gets back into shape.

Week 5:

Day 1:

- 10x: Full approach (50%)
- 10x: Float or jump float serve (75%)

Day 2: **REST**

Day 3:

- 10x: Full approach (50%)
- 15x: Float or jump float serve (75%)

Day 4: **REST**

Day 5:

- 15x: Full approach (50%)
- 20x: Float or jump float serve (75%)

Day 6 & 7: **REST**

Week 6:

Day 1:

- 20x: Full approach (50%)
- 25x: Float or jump float serve (75%)

Day 2: **REST**

Day 3:

- 10x: Full approach (50%)
- 10X: Float or jump float serve (100%)

Day 4: **REST**

Day 5:

- 15x: Full approach (75%)
- 15x: Float or jump float serve (100%)

For serving:

50% = nice and easy, up and over the net, majority should be short serves where the hand finishes high

75% = drive your arm through the ball more but with light force, finishing your hand high

100% = aggressively driving through the ball, "game serve"

Hitting:

50% = slower, loose arm

75% = increase speed of arm and begin to use hips and abs more forcefully

100% = arm full speed and full use of hips and abs for power

Day 4: **REST**

Day 5:

- 25x: On box, full arm swing (50%)
- 10x: Float serve, full court (75%)
- 10x: Jump float serve, full court (50%)

Day 6 & 7: **REST**

Week 7:

Day 1:

- 20x: Full approach (75%)
- 20x: Float or jump float serve (100%)

**** Begin unrestricted FLOAT serving in practice**

Day 2: **REST**

Day 3:

- 25x: Full approach (75%)

Day 4: **REST**

Day 5:

- 30x: Full approach (75%)

Day 6 & 7: **REST**

Week 8:

Day 1:

- 15x: Full approach (100%)

Day 2: **REST**

Day 3:

- 20x: Full approach (100%)

Day 4: **REST**

Day 5:

- 25x: Full approach (100%)

Day 6 & 7: **REST**