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4 Week Interval Overhead Volleyball Program (Non-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 2-3 weeks of this program. Form hitting should be focused on proper technique. Progress to the next step 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.

Week 1: Form hitting/serving, 50% effort

Day 1:

- 15x: Tips/rolls only; on box from "bow and arrow"
- 10x: float serves @ 10 ft

Day 2: REST

Day 3:

- 30x tips/rolls only; on box from "bow and arrow"
- 10x: Float serves @20 ft

Day 4: REST

Day 5:

- 10x: Tips/rolls on box, full arm swing
- 10x: 50% swing; on box from "bow and arrow"
- 20x: float serves @ 20ft

Day 6 & 7: REST

Week 2: Form hitting/serving, 50-75% effort

Day 1:

- 10x: Tips/rolls, full approach
- 15x: On box, full arm swing
- 10x: Float serve, full court

Day 2: REST

Day 3:

- 30x: On box, full arm swing
- 10x: Float serve, full court

Day 4: REST

Day 5:

- 40x: On box, full arm swing
- 10x: Full effort float serve

Day 6 & 7: REST

****During first 2 weeks, work on approach footwork with patient catching the ball above head at contact point**

Week 3: 50-75%

Day 1:

- 20x: Full approach
- 10x: Float serve, full court

*** Begin jump float or jump top-spin serves at*

50-75% effort if applicable

Day 2: REST

Day 3:

- 20x: Full approach
- 20x: Full serve

Day 4: REST

Day 5:

- 30x: Full approach

Day 6 & 7: REST

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

Week 4: Progression to max effort hitting

Day 1:

- 10x: Full approach 50%
- 20x: Full approach 75-85%

Day 2: REST

Day 3:

- 10x: Full approach 50%
- 10x: Full approach 75%
- 10x: Full approach 100%

Day 4: REST

Day 5:

- 30x: Full approach 100%

Day 6 & 7: REST