



Fusion Volleyball
Phase 1 Weeks 1 – 4

1A. **Modified side plank with hip abduction** - 3 x 12 each

*Push bottom leg into floor to bridge hips then abduct top leg

All Exercises below are Supersets – 1 set of “A” followed immediately by a set of “B”

2A. **Single leg zig zag pogo hops** - 2 x cross court and back – Approx. 30 feet

2B. **Two foot zig zag pogo hops** - 2 x cross court and back – Approx. 30 feet

*Focus on minimal ground contact time and body control

3A. **Anti-rotation shuffles** - 3 x 10 transitions

*Focus on planting foot outside of the hip and controlling torso from swaying during change of direction

3B. **Split step lateral move** – 3 x 5 right, 5 left

4A. **Single leg RDL to vertical jump** - 3 x 3 each leg

*Hinge at hip similar to hitting approach, push hard into ground while simultaneously driving opposite knee upwards

4B. **Hands on hips vertical jumps** - 3 x 6 consecutive jumps

*Absorb and push HARD into the ground

5A. **Push up plank pike to crossover toe touch** - 2 x 20

*Pike high while keeping legs straight to get a good hamstring stretch while also working on shoulder stability and lat mobility. Should feel a little stretch under the armpit

5B. **Prone Y-W-T-I** - 2 x 10 second hold each position

*Keep neck relaxed and in neutral position, can even have forehead on the ground. Should not hyperextend and lift chest off the ground. Keep arms off the ground the entire time and actively squeeze shoulders up and together.