



Fusion Volleyball
Phase 1 Weeks 5 – 8

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

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

2A. Two foot line hops – 3 x 8 seconds forward/back + 3 x 8 seconds side to side

2B. Single leg line hops - 3 x 5 seconds forward/back + 3 x 5 seconds side to side each leg

*try to get as many contact as possible during the time. Give 15 seconds rest after each set

3A. Bodyweight consecutive lateral bounds - 3 x 12 jumps

*Focus on sinking hips into landing and controlling torso during change of direction

3B. Figure 8 shuffles – 3 x 6 transitions

*Focus on sinking hips during change of direction and an aggressive push when restarting shuffle

4A. Bodyweight tempo jumps – 3 x 6 BIG jumps

*Control, absorb, and explode

4B. Bodyweight wall sits - 3 x 40-60 seconds

*Thighs parallel with ground, upper back flat against wall

4C. Body weight Tibialis raises – 3 x 15

5A. 1 Push up to T-hold side plank – 3 x 4/4 w/ 5 second hold in T position

*Perform 1 push up then transition to the T-hold for a 5 second count, then return to push up position and complete another push up and transition to the T-hold on the other side, continue for 4 reps each side