



Fusion Volleyball  
Phase 3 Weeks 9 - 12

1A. **Side lying clamshells** – 2 x 15 each side – squeeze glutes!

2A. **Quick boxes** – 4 x 6 seconds each drill. 6 seconds of work 10-15 seconds rest

-Scissors

-Up/up/down/down

-in/in/out/out

-Skaters

I demonstrate in the youtube video using a low box but these could be done using a line on the court

3A. **Single leg vertical hop to single leg lateral bound** - 4 x 12 jumps

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

3B. **5-10-5 Agility** – 4x timed if possible

4A. **Depth drop vertical jumps** – 3 x 5 – attack the ground and explode up

4B. **Single leg glute/hamstring bridges** - 3 x 3 reps each leg with a 4 second hold @ top

4C. **Single leg low box crossover step offs** – 3 x 5/5

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