HaysMed

Interval Volleyball Hitting Program

General Principles:

This program is designed to help athletes re-introduce volleyball skills to their rehab program and should be used in conjunction with the Throwing Athlete Exercise Program.

The athlete should ice the affected extremity for 20 minutes following all hitting activity. If the athlete experiences pain or soreness following completion of the step, take 1 day off and repeat the step again. If no soreness, the athlete may progress through 1 step per day as tolerated. Emphasis should be placed on developing and maintaining proper mechanics without developing symptoms.

Attack Hits: Approach and spike at the net
Full Court Hits: Back row, standing overhead hit (no jump) across a full court

Step 1
20 warm-up hits (50%)
8 attack hits (50%), 2 sets*
10 easy full court hits

Step 2
20 warm-up hits (50%)
10 attack hits (50%), 2 sets*
4 serves (50%)
10 easy full court hits

Step 3
20 warm-up hits (50%)
8 attack hits (50%), 3 sets*
4 serves (50%), 2 sets*
10 easy full court hits

Step 4
20 warm-up hits (50%)
10 attack hits (50%), 3 sets*
4 serves (50%), 3 sets*
10 easy full-court hits

Step 5
20 warm-up hits (75%)
8 attack hits (75%), 3 sets*
3 serves (75%), 3 sets*
15 easy full-court hits

Step 6
30 warm-up hits (75%)
9 attack hits (75%), 3 sets*
3 serves (75%), 3 sets*
15 easy full-court hits

Step 7
30 warm-up hits (75%)
10 attack hits (75%), 4 sets*
4 serves (75%), 3 sets*
15 easy full-court hits

Step 8
30 warm-up hits (75%)
8 attack hits (100%), 4 sets*
5 serves (75%), 4 sets*
20 easy full-court hits

Step 9
30 warm-up hits (75%)
10 attack hits (100%), 4 sets*
5 serves (100%), 4 sets*
20 easy full-court hits

Step 10
30 warm-up hits (75%)
12 attack hits (100%), 4 sets*
5 serves (100%), 4 sets*
20 easy full-court hits

Reference:
Hurd, W.. Hunter-Giordano, A., Axe, M., & Snyder-Mackler, L. Data-based Interval Hitting Program for Female College Volleyball Players. Sports Health., 2009.

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