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Volleyball Interval Passing / Hitting Program

General Principles

This program is designed to help athletes re-introduce volleyball skills to their rehab program.

The program is designed to develop those specific qualities.

This program should also be used in conjunction with the Throwing Athlete Exercise Program.

The athlete should ice the affected extremity for 20 minutes following all throwing activity.

All skills should be performed in the presence of a coach or qualified person to stress proper mechanics.

Emphasis should be placed on developing and maintaining proper mechanics without developing symptoms.

Under the direction of the therapist or Athletic Trainer, the athlete may progress through the Steps and Phases as tolerated.

The athlete should only progress to the next Step of each Phase if he / she was able to complete the current Step without pain or difficulty.

If the athlete experiences pain or soreness following completion of the step, take 1 day off and repeat the step again. If no soreness, advance 1 step every day.

Passing

Progress as tolerated

Setting

Progress as tolerated

Hitting

First Stage Hitting

Legend and Directions:

All hits are standing overhead hits (no jump)

Wall hits: Standing, overhead hit into wall with enough impact force to reach wall at head level and bounce back

Standing spike down hits: Standing, ball set, over head down to floor or to wall

Standing spike over net hits: Standing, ball set, overhead hit set over net to back court

Step 1

10-foot wall hits: 20 – 30 hits, 1-2 sets

20-foot wall hits: 20 – 25 hits, 1-2 sets

30-foot wall hits: 20 – 25 hits, 1-2 sets

Backcourt line to just over net: 15 – 20 hits, 1-2 sets

Backcourt line to opponent mid court: 15 – 20 hits, 1-2 sets

Backcourt line to opponent backcourt line: 15 – 20 hits, 1-2 sets

Step 2

20-foot warm up wall hits: 20 hits
Standing spike down hits: 10 hits (50%), 1-2 sets

Step 3

20-foot warm up wall hits: 20 hits
Standing spike over net: 10 hits (50%), 1-2 sets

Advanced Stage Hitting

Legend and Directions:

Attack hits: Approach and spike at the net

Full court hits: Back row, standing overhead hit (no jump) across a full court

* Rest 45-60 seconds between hits, 6-8 minutes between sets

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.