Volleyball Overhead Hitting Program
Middle Hitter

1. Warm-up (breaking a sweat)
2. Shoulder Stretches
3. Hitting Program
4. Rotator Cuff Strengthening
5. Shoulder Stretches
6. Cool Down

Step 1
- Warm-up hits X 20 (40-50% effort)
- 8 Attack hits (50%) X 2 sets*
- 10 easy full court hits

Step 2
- Warm-up hits X 20 (40-50%
- 10 Attack hits (50%) X 2 sets*
- 4 Serves (50%)^*
- 10 easy full court hits

Step 3
- Warm-up hits X 20 (50%)
- 9 Attack hits (50%) X 3 sets*
- 4 Serves (50%) X 2 sets^*
- 10 easy full court hits

Step 4
- Warm-up hits X 20 (50%)
- 10 Attack hits (50%) X 3 sets*
- 5 Serves (50%) X 3 sets^*
- 10 easy full court hits

Step 5
- Warm-up hits X 20 (50-75%)
- 8 Attack hits (75%) X 3 sets*
- 4 Serves (75%) X 3 sets^*
- 15 easy full court hits

Step 6
- Warm-up hits X 30 (50-75%)
- 10 Attack hits (75%) X 3 sets*
- 4 Serves (75%) X 3 sets^*
- 15 easy full court hits

Step 7
- Warm-up hits X 30 (50-75%)
- 10 Attack hits (75%) X 4 sets*
- 4 Serves (75%) X 4 sets^*
- 15 easy full court hits

Step 8
- Warm-up hits X 30 (50-75%)
- 8 Attack hits (75-100%) X 4 sets*
- 5 Serves (75%) X 4 sets^*
- 20 easy full court hits

Step 9
- Warm-up hits X 30 (50-75%)
- 10 Attack hits (75-100%) X 4 sets*
- 6 Game placement serves X 4 sets^*
- 20 easy full court hits

*Rest 45-60 seconds between hits
6-8 min. between sets
(can do non-overhead hitting drills between sets)

^ Rest 30 seconds between serves
6 min. between sets

References