Plyometric exercises

Increase strength and explosive speed, while reducing reaction time. Volleyball plyometrics will help you move faster on the court, and jump higher at the net.

Leg Plyometrics Exercises are going to be a huge asset to your volleyball training plan. Doing the exercises regularly can help you gain the vertical jump to be a better blocker and hitter, and can also make you a better defensive player because you will have the speed and agility to cover more of the court. If you want to not only make the team, but be a starter for the team, this routine can help you increase your chances for both.

**How to do this Program**
Do each exercise for 15 repetitions. Do the entire thing 2-3 times through. Ideally you should start doing workouts like this at least 2 months before your season starts.

Warm up first……..

15 [Knee Tuck Jumps](http://www.fitnessblender.com/v/exercise-detail/Knee-Tuck-Jumps/5h/)

15 [Lateral Jumps](http://www.fitnessblender.com/v/exercise-detail/Lateral-Jumps-Lv-2/3u/)

15 [Mountain Climbers](http://www.fitnessblender.com/v/exercise-detail/Mt-Climbers-Lv-2/45/)

15 [Broad Jumps](http://www.fitnessblender.com/v/exercise-detail/Broad-Jump/5j/)

15 [Burpees](http://www.fitnessblender.com/v/exercise-detail/Burpee-Lv-2/4u/)

15 [Squat Jacks](http://www.fitnessblender.com/v/exercise-detail/Squat-Jacks/5g/)

15 [Agility Dots](http://www.fitnessblender.com/v/exercise-detail/Agility-Dots-Lv-2/40/)

15 [Squat Jumps](http://www.fitnessblender.com/v/exercise-detail/Squat-Jump/62/)

…….Cool Down and Stretch

These plyometric exercises should only be done on even ground to avoid sprains and injuries. Never do the exercises on concrete as the impact can be rough on joints