



Volleyball Overhead Hitting Program Right Side 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)
6 Attack hits (50%) X 2 sets*
10 easy full court hits

Step 5 Warm-up hits X 25 (50-75%)
7 Attack hits (75%) X 3 sets*
4 Serves (75%) X 3 sets^
15 easy full court hits

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

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

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

Step 7 Warm-up hits X 30 (50-75%)
7 Attack hits (75-100%) X 4 sets*
4 Game placement serves X 4 sets^
20 easy full court hits

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

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

^ 30 seconds between serves
6 min. between sets

Data (for 7 college seasons)

Attack/game	3.58+/- 1.37
Serve/game	1.26+/- 1.4
Games/match	3.67+/-0.15