



## 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 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 2      Warm-up hits X 20 (40-50%)  
10 Attack hits (50%) X 2 sets\*  
4 Serves (50%)^  
10 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 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 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 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 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

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

\*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

Hurd W, Hunter-Giordano A, Axe M, Snyder-Mackler L. Data-Based Interval Hitting Program for Female College Volleyball Players. *Sports Health*. 2009;1(6):522-530. doi:10.1177/1941738109351171.

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