

"Backyard " / Green Space Agility & Plyometric Workout

Warm-Up (3 Minutes)

- Light jog
- Side shuffle
- Karaoke
- Dynamic stretching

Agility Circuit (8 Minutes)

Complete 2 rounds:

- Shuffle 10 yards right and left x 3
- Sprint forward, backpedal back x 5
- Defensive drop step and recover x 10
- Quick feet around a cone or marker x 30 seconds

Plyometric Circuit (7 Minutes)

Complete 2 rounds:

- Approach jumps x 8
- Block jumps x 10
- Broad jumps x 6
- Single-leg hops x 5 each leg

Focus on maximum effort and controlled landings.

Finisher (2 Minutes)

- 20 sec fast feet
- 20 sec defensive shuffle
- 20 sec sprint
- Repeat twice.

For additional ideas, visit the ACES Volleyball School YouTube channel.

