

Sand Court Strength & Conditioning

Warm-Up (3 Minutes)

- Jog in sand
- High knees
- Side shuffle
- Dynamic stretching

Sand Movement Circuit (8 Minutes)

Complete 2 rounds:

- Defensive shuffle length of court
- Sprint length of court
- Backpedal length of court
- Dive-and-recover movement x 5

Sand Jump Circuit (7 Minutes)

Complete 2 rounds:

- Block jumps x 10
- Approach jumps x 8
- Continuous pogo jumps x 20 seconds
- Broad jumps x 6

Focus on explosive takeoffs and soft landings.

Finisher (2 Minutes)

Sand suicides:

- End line to 10-foot line
- End line to center
- End line to opposite 10-foot line
- End line to opposite end line

Complete twice.

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

