

20-Minute Volleyball Interval Conditioning

Warm-Up (3 Minutes)

- 30 sec jumping jacks
- 30 sec high knees
- 30 sec butt kicks
- 30 sec lateral shuffle
- 30 sec arm circles
- 30 sec volleyball ready-position footwork

Main Workout (15 Minutes)

Work 40 seconds, Rest 20 seconds

Round 1

1. Defensive shuffle
2. Fast feet
3. Squat jumps
4. Plank shoulder taps
5. High knees

Round 2

1. Defensive shuffle
2. Broad jumps
3. Mountain climbers
4. Approach footwork (without ball)
5. Fast feet

Round 3

1. Block jumps
2. Lateral bounds
3. Burpees
4. Defensive sprawl and recover
5. High knees

Cool Down (2 Minutes)

Stretch calves, quads, hamstrings, shoulders.

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

