



University of Delaware
 Physical Therapy Clinic
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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%)
 8 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*
 4 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*
 3 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)

^ 30 seconds between serves
 6 min. between sets

Data (for 7 college seasons)

Attack/game	4.51+/- 2.02
Serve/game	2.77+/- 1.4
Games/match	3.67+/-0.15