



University of Delaware  
 Physical Therapy Clinic  
 Newark, DE 19716  
 (302) 831-8893

## Volleyball Overhead Hitting Program Outside 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\*  
 5 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

Step 10     Warm-up hits X 30 (50-75%)  
 12 Attack hits (75-100%) X 4 sets\*  
 5 Game placement serves X 4 sets^  
 20 easy full court hits

\*Rest 45-60 seconds between hits  
 6-8 min. between sets  
 (can do non-overhead hitting drills between sets)

Data (for 7 college seasons)

Attack/game    6.37+/- 2.61  
 Serve/game     3.44+/- 0.67  
 Games/match   3.67+/-0.15

^ 30 seconds between serves  
 6 min. between sets