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## Volleyball Overhead Hitting Program Right Side 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)  
 6 Attack hits (50%) X 2 sets\*  
 10 easy full court hits

Step 5      Warm-up hits X 25 (50-75%)  
 7 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%)  
 6 Attack hits (50%) X 2 sets\*  
 4 Serves (50%) X 2 sets^  
 10 easy full court hits

Step 6      Warm-up hits X 30 (50-75%)  
 6 Attack hits (75%) X 4 sets\*  
 4 Game placement serves X 4 sets^  
 20 easy full court hits

Step 3      Warm-up hits X 20 (50%)  
 6 Attack hits (50%) X 3 sets\*  
 4 Serves (50%) X 3 sets^  
 10 easy full court hits

Step 7      Warm-up hits X 30 (50-75%)  
 7 Attack hits (75-100%) X 4 sets\*  
 4 Game placement serves X 4 sets^  
 20 easy full court hits

Step 4      Warm-up hits X 20 (50%)  
 6 Attack hits (75%) X 3 sets\*  
 4 Serves (50%) 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)

Data (for 7 college seasons)

|             |              |
|-------------|--------------|
| Attack/game | 3.58+/- 1.37 |
| Serve/game  | 1.26+/- 1.4  |
| Games/match | 3.67+/-0.15  |

^ 30 seconds between serves  
 6 min. between sets