



MRCA Girls Volleyball Summer Preparation Guide

Try-outs will be held Tuesday, August 6th and Wednesday, August 8th

Mitchell Road Christian Academy believes that taking care of our bodies and having good sportsmanship are both ways we can glorify the Lord in our physical activity. Our philosophy of coaching and athletics is to encourage and guide our athletes to exemplify Christ in whatever they do and to do everything with all their might.

We are so excited to kick off our fall season of girls' volleyball. Although tryouts are several weeks away, we encourage each girl to challenge themselves during the summer. It is always good to set goals for yourself and to push yourself to become the best athlete you can be!

Below you will find a guide we are encouraging all girls to use to stay physically active during the summer and to work on their volleyball skills. Always remember to listen to your body and do what works for you. Again, this is just a guide filled with ideas and a structure to use as you enjoy your summer break!

Each day, strive to spend anywhere from 45-60 minutes working on the exercises and drills below. ALWAYS remember to stretch before and after each workout

Weekly Guide:

Sundays: Rest and stretch

Mondays: Cross Training exercises, ball touches

Tuesdays: Run/cardio, abdominal exercises, ball touches

Wednesdays: Rest and stretch

Thursdays: Cross Training exercises, ball touches

Fridays: Run/cardio, arm exercises, ball touches

Saturdays: Cross Training, ball touches

The following list is to serve as examples of exercises to choose from, it is not required to do all of the exercises from the columns each day

Cross Training	Cardio	Abdominal Exercises	Arm Exercises
<ul style="list-style-type: none"> -Burpees -Air squats -Jumping squats -Long jumps (add 2 squats between each jump eventually) -Lunges -Box jumps (jump up onto a stair or curb) -Wall sits -Mountain climbers -One leg step ups (onto bench, stair, curb) 	<ul style="list-style-type: none"> -Run (strive to build to a mile running nonstop) -Bike -Jump Rope -Swim Laps 	<ul style="list-style-type: none"> -Standard sit ups -Scissor kicks -Sit and twist (feet together lifted off the ground, twist to touch both sides) -Planks -Superwoman (on stomach, slowly lift arms and legs off the ground) 	<ul style="list-style-type: none"> -Push ups (on knees if needed) -Dips (on a chair, couch, bench) -Pull ups -Handstands (or against a wall) -Plank taps (start in a straight arm plank, alternate touching your right hand to your left shoulder, etc.) -Plank up downs (start in a straight arm plank, then go down to elbows, continue alternating up and down) -Side planks (right and left) -Inchworms (from standing, walk your hands out to a plank, do a push up and walk your feet to your hands, stand and repeat)

Ball Touches
<ul style="list-style-type: none"> -Pass (to yourself, a friend, or against a wall) -Set (to yourself, a friend, or against a wall) -Serve (with a friend or against a wall) -Attacking (at a net or down against a wall) -Practice your serve toss (strive to make an upper hand serve your goal) -Practice your attack approach (left right left) -Tossing a volleyball, football, tennis ball, any ball with a friend (building arm strength) -Juggling tennis balls or scarves (works on hand eye coordination) -Play volleyball whenever you can!

Sincerely, Coach Hill and Coach Reimann