



**Volleyball Overhead Hitting Program
Setter and Defensive Player**

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)
3 Attack hits (50%) X 2 sets*
5 Serves (50%) X 2 sets^
10 easy full court hits

Step 4 Warm-up hits X 25 (50%)
4 Attack hits (75%) X 4 sets*
5 Serves (75%) X 3 sets^
15 easy full court hits

Step 2 Warm-up hits X 20 (40-50%)
4 Attack hits (50%) X 3 sets*
6 Serves (50%) X 2 sets^
10 easy full court hits

Step 5 Warm-up hits X 25 (50-75%)
4 Attack hits (75%) X 4 sets*
6 Game placement serves X 3 sets^
15 easy full court hits

Step 3 Warm-up hits X 20 (50%)
3 Attack hits (75%) X 3 sets*
6 Serves (50%) X 3 sets^
10 easy full court hits

Step 6 Warm-up hits X 30 (50-75%)
4 Attack hits (75-100%) X 4 sets*
6 Game placement serves X 4 sets^
20 easy full court hits

*Rest 45-60 seconds between hits
10 min. between sets
(Practice setting and digging the ball)

^ 30 seconds between serves
6 min. between sets

References

Hurd W, Hunter-Giordano A, Axe M, Snyder-Mackler L. Data-Based Interval Hitting Program for Female College Volleyball Players. *Sports Health*. 2009;1(6):522-530. doi:10.1177/1941738109351171.

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