Beach Volleyball program - Level 1

1. Cut & plant
5-7 cuts on each side
- Keep knee over toe
- 5-7 cuts on each side

2. Single-leg jumping
5-10 reps
- Two hops on the right, cross over, two hops on left
- Finish with 2-feet landing
- Always keep knee over toe
- 5-10 reps

3. Cut & plant
5-7 cuts on each side
- Cut with a narrow stance
- Keep hip, knee & toe in line
- 5-7 cuts on each side

4. Jump & push
2 x 20-30s
- Push partner while he/she is jumping
- Unpredictable direction of push
- Soft landings on 2 feet
- Always keep knees over toes
- 2 x 20-30s

5. Cut, jump, land
5-7 cuts on each side
- Soft toe landings
- Finish with soft landing on 2 feet
- Hips, knees toes in line
- 5-7 cuts on each side

6. Hitch Hiker
3 x 20-30s
- Squeeze shoulder blades together
- Lift arms
- Thumb pointing upwards
- Keep shoulder low
- 3 x 20-30s

7. Y-position
2 x 10 reps each arm
- Lie on your back
- Arm straight up
- Slowly push shoulder forward to lift the ball
- Keep elbow straight throughout exercise
- 2 x 10 reps each arm

8. Rowing
3 x 15 reps
- Keep shoulders low
- Upright sitting position
- Squeeze shoulder blades together in end position
- 3 x 15 reps

9. Push-up +
3 x 15 reps
- Push-up position
- Keep elbow straight
- Allow body to sink towards the floor
- Push shoulders forward to lift yourself away from floor
- 3 x 15 reps

10. Shoulder elevation
2 x 10 reps
- Pull up and backwards, straight arm
- Draw shoulder blade back & down
- Slowly return to start position
- 2 x 10 reps
11. Sleeper’s Stretch
Hold 30s each side
• Sidelying on your shoulder blade
• 90° in shoulder and elbow
• Slowly push forearm towards the floor
• The upper arm rotates inwards
• Hold 30s each side

16. Wheelbarrow
3 x 20-30s
• Body in straight line
• Partner lets go of one leg for 3-5 sec at a time
• Don't let your trunk rotate
• 3 x 20-30s

12. Cross body stretch
Hold 30s each side
• Lie on your back
• Arm across body
• Partner stabilizes shoulder blade and pushes arm across body
• Hold 30s each side

17. Crunches
3 x 12-15 reps each side
• Feet flat on the floor
• Rotate upper body
• Keep lower back flat
• 3 x 12-15 reps each side

13. Mobilization
2 x 10 reps
• Back position against ball and wall
• Move arms slowly up and down
• 2 x 10 reps

14. Bench
3 x 20-30s
• Body in straight line, neutral spine position
• Start on knees and progress to toes
• Progression: Lift each leg in turn and hold for 2s
• 3 x 20-30s

15. Side bench
3 x 20s each side
• Supported on elbow
• Straight hips
• Hold hips stable
• 3 x 20s each side
• Cross in front and behind the standing leg
1. **Throw + bounce**
   - 3 x 15-20s on each leg
   - Slight bend in knee and hip
   - Keep knee over toe
   - 3 x 15-20s on each leg

2. **Jump shot**
   - 5 reps
   - 2-feet landing
   - Keep knees over toes
   - Provide feedback on knee control to your mates
   - 5 reps

3. **Hopping + bouncing ball**
   - 3 x 15-20s on each leg
   - Figure-8 jumps
   - Soft toe landings
   - Always keep knee over toe
   - 3 x 15-20s on each leg

4. **Hopping battle**
   - 3 x 15-20s on each leg
   - Try to push your partner off balance
   - Slight bend in hip and knee
   - Exercise in pairs on floor or balance mat
   - If possible, keep knees over toes
   - 3 x 15-20s on each leg

5. **Lateral jumps**
   - 10-12 reps on each leg
   - 1-leg landing on unstable surface
   - Soft landing with bend in hip and knee
   - Hips, knees toes in line
   - 10-12 reps on each leg

6. **Swimmer**
   - 3 x 20-30s
   - Lean forward from hips with a straight back
   - Keep shoulders low
   - Straight arms when swinging forwards + backwards
   - Squeeze shoulder blades together
   - 3 x 20-30s

7. **Shaking**
   - 30s each side
   - Water bottle/weight parallel to the floor
   - Perform with a bent and a straight elbow
   - Vary the weight to challenge yourself
   - Keep shoulder low
   - Perform overhead and in front of you

8. **Lawnmower**
   - 3 x 10 reps
   - One knee on the bench, the same side arm as support
   - Draw your shoulder blade back and down to "set" the shoulder
   - Lift weight as high as possible - lead the elbow
   - Lower weight slowly
   - 3 x 10 reps

9. **Push-up + ball rolling**
   - 3 x 15 reps
   - Push-up position
   - Keep elbow straight
   - Push shoulders forward to lift yourself away from floor
   - Roll ball to each other
   - 3 x 15 reps

10. **External rotation**
    - 3 x 15 reps each side
    - Arm by your side, elbow 90°
    - Keep shoulder low
    - Draw shoulder blade back & down
    - Slowly rotate arm outwards
    - 3 x 15 reps each side
11. Sleeper’s Stretch
Hold 30s each side
- Sidelying on your shoulder blade
- 90° in shoulder and elbow
- Slowly push forearm towards the floor
- The upper arm rotates inwards
- Hold 30s each side

12. Cross body stretch
Hold 30s each side
- Lie on your back
- Arm across body
- Partner stabilizes shoulder blade and pushes arm across body
- Hold 30s each side

13. Mobilization
2 x 10 reps
- Back position against ball and wall
- Move arms slowly up and down
- 2 x 10 reps

14. Unstable bench
3 x 20-30s
- Body in straight line, neutral spine position
- Progression: Lift one leg and take it out to the side
- Keep stable back position throughout exercise
- 3 x 20-30s

15. Side bench + leg raise
3 x 20s each side
- Supported on elbow
- Raise hip and upper leg
- Straight hips
- Keep stable back position throughout exercise
- 3 x 20s each side

16. Rotational stability
3 x 20-30s
- Body in straight line
- Partner lets go of one leg for 3-5 sec at a time
- Don’t let your trunk rotate
- Progression: Fold your arms over your chest
- 3 x 20-30s

17. Oblique crunches
3 x 10 reps each side
- Lie on your side, body slightly rotated upwards
- Rotate upper body as you perform crunch
- Draw your knees up to meet your upper body
- 3 x 10 reps each side

18. Medicine ball sit-ups
3 x 10 reps each side
- Make sure you lower your body in a controlled way
- 3 x 10 reps each side
1. Balance squats
3 x 10 reps
- 2-legs, 1-leg
- Use a BOSU
- Double and single-leg squats
- Always keep knee over toe
- 3 x 10 reps

2. Single leg balance + throwing
3 x 15-20s on each leg
- Slight bend in knee and hip
- Provide feedback on knee control to your partner
- Always keep knee over toe
- 3 x 15-20s on each leg

3. 2-leg BOSU jumps
2 x 20-30s
- 2-leg jumps between BOSUs
- Soft landing with bend in hips and knees
- Always keep knees over toes
- 2 x 20-30s

4. Battle on unstable surface
3 x 15-20s
- Try to push your partner off balance
- Start on 2 legs, finish on 1 leg
- If possible, keep knees over toes
- 3 x 15-20s

5. Y-position
3 x 10 reps
- Lift both arms in a Y-position
- Keep shoulders low
- Straight arms
- Squeeze shoulder blades together in end position
- 3 x 10 reps

6. Drop & Catch
3 x 10 reps
- Keep shoulder low
- 90 degrees in shoulder and elbow
- Drop & catch ball
- 3 x 10 reps

7. Archery
3 x 10 reps
- Fixate band with straight arm while “drawing a bow” with opposite arm
- Keep shoulder low
- Rotate upper body and draw shoulder blade back and down
- Slowly return to start position
- 3 x 10 reps

8. Push-up + gliding
2 x 10 reps
- Push-up position with towel under your feet
- Perform normal push-up
- Push shoulders forward to lift yourself away from floor
- Slide whole body backwards & forwards with straight elbows
- 2 x 10 reps

9. Trunk rotation on single arm
3 x 5 reps on each side
- Support body on toetips and elbows
- Keep hips and back straight
- Rotate upper body and lift arm high
- Add a light weight (e.g. ball)
- 3 x 5 reps on each side

10. Sleeper’s Stretch
    Hold 30s each side
- Sidelying on your shoulder blade
- 90° in shoulder and elbow
- Slowly push forearm towards the floor
- The upper arm rotates inwards
- Hold 30s each side
11. Cross body stretch
Hold 30s each side
- Lie on your back
- Arm across body
- Partner stabilizes shoulder blade and pushes arm across body
- Hold 30s each side

16. Wiper
3 x 10 reps each side
- Keep lower back down
- Swing straight legs slowly from side to side
- 3 x 10 reps each side

12. Mobilization
2 x 10 reps
- Back position against ball and wall
- Move arms slowly up and down
- 2 x 10 reps

17. Medicine ball rotations
3 x 10 reps each side
- Maintain neutral back position throughout movement
- Rotation should be a controlled movement
- 3 x 10 reps each side

13. Unstable bench
3 x 20-30s
- Body in straight line, neutral spine position
- Progression: Lift one arm, take it out to the side and in front
- Keep stable back position throughout exercise
- 3 x 20-30s

14. Side bench + leg raise 2
3 x 20s each side
- Supported on elbow
- Raise hip and swing upper leg
- Straight hips
- Keep stable back position throughout exercise
- 3 x 20s each side

15. Wheelbarrow +
3 x 20-30s
- Body in straight line
- Partner moves you slowly forwards + backwards
- Maintain a stable back position throughout movement
- 3 x 20-30s