

COMMERICAL HOMEWORK

CHOOSE A DIIFERENT EXCERISE EACH COMMERICAL.....

Exercise	Skill Benefit
Jump Rope	Helps improve vertical leap, strengthens calves , wrist strength for setting, over all eye hand coordination
Push Ups	strengthens shoulders and arms which increases power in hitting & serving
Crunches/Sit Ups	strengthens core which will increase power in hitting...A strong core is key to pretty much EVERYTHING
Wall Ball Traps: Stand 1+ft away from wall. Go through four steps of service; trapping ball against wall after toss with hand. Do not hit the ball.	Technique...Technique...Technique! This will create proper muscle memory for serving. The girls can concentrate on a straight: step, hips, swing and foot drag. All will create powerful controlled serves.
Side Dive and rolls: The quicker the better. Players need to get used to using their momentum to recover from the dive. It is one fluid motion	The more the girls do these on soft carpet and get used to them- they more they will do them without hesitation in a game. A proper dive and roll will: prevent injury, increase defensive range, and increase recovery speed.
Slow Squats: Down for 10 seconds, up for 5	Holding the squat will strengthen the gluts. Strong gluteus muscles are needed for staying low consistently in defense & increase vertical leap
Full Approaches	Technique...Technique...Technique! This will create proper muscle memory for the attack! Girls should focus on exploding up and making sure their elbow is fully drawn back behind their head
Side Spring Jumps: Place small pillow on floor. Jump over side to side, springing up quickly with as little landing sound as possible. Use a Plyometric thought process; meaning explosive jumps is quick soft landing and responses	Helps improve vertical leap, increases leg strength for attach and quick defensive reaction
Top of the ball Snaps/ "Popcorn" In the garage or a "parent ok'd" room , snap a ball to the ground continually with your wrist almost like you are dribbling a basketball but with a snap of the wrist	Wrist strength; muscle memory for the finishing an attack, hitting the ball with a whole open hand in the middle of the ball and eye hand coordination
6 inches kick out: Raise legs 6-10 inches from group and hold for 10 seconds, then bring legs together to chest and kick legs out together twice then return to 10 inches and repeat until time is up	Core core core... core is everything!
Jog in place	Endurance... pretty much everything :)