

**DEPARTMENT OF PHYSICAL EDUCATION  
NATIONAL INSTITUTE OF TECHNOLOGY ANDHRA PRADESH**

**MONTHLY VOLLEYBALL TRAINING SCHEDULE**

<b>FIRST &amp; SECOND WEEK – TRAINING PROGRAM</b>		
<b>DAY</b>	<b>Morning-Fitness Training program (Duration-90 min.)</b>	<b>Evening- Game Training program (Duration-90 min.)</b>
<b>MON</b>	<b>20 Min.</b> Continuous Run, Shuttle Run in Volleyball Court, Skills Practicing Lead Up Activities, Limbering Down Exercises.	<b><u>Fundamentals:</u></b> How to spike, How to Jump, How to Medium pass attack, How to Short pass attack, How to High pass attack, How to Reach.
<b>TUE</b>	<b>15 min.</b> Warming Up, Jumps -6times, Strength -Weight Training or Gym or Conditioning exercises, Skipping - 10times each person, Limbering Down Exercises.	<b><u>Passing:</u></b> Under arm pass, Low pass, High pass, Front pass, Back pass, Left pass, Right pass
<b>WED</b>	<b>15 min.</b> Warming Up, striding -4 times, Speed, Development, Skills, Practicing, Game Playing, Limbering Down Exercises	<b><u>Lifting:</u></b> High lift, Back lift, Side lift.
<b>THU</b>	<b>15 min.</b> Warming Up, Spiking from Zone No – 4, Skills ,Practicing, Game Playing, Flexibility Development, Limbering Down Exercises	<b><u>Servicing:</u></b> Tennie’s service, Floating service, Round arm service and Jump service.
<b>FRI</b>	<b>20Min.</b> Continuous Run, striding -4 times, Skills Practicing Game Playing, Limbering Down Exercises.	<b><u>Blocking:</u></b> Single black, Double black and triple black practice.
<b>SAT</b>	<b>Game Practice</b>	<b>OFF</b>

### THIRD & FOURTH WEEK – TRAINING PROGRAM

DAY	Morning-Fitness Training program (Duration-90 min.)	Evening- Game Training program (Duration-90 min.)
MON	<b>30Min.</b> Continuous Run, Striding -6times, Skills, Practicing, Game Playing, Limbering Down Exercises	<b><u>Attacking:</u></b> Single Attack, Double attack and Three, attack, Back attack Game, playing- competitions
TUE	<b>15 min</b> Warming Up, Striding -6times, Strength, Weight Training or Gym or Conditioning exercises, Striding - 6times, Limbering Down Exercises	<b><u>Blocking systems:</u></b> Single block, double block, triple block.
WED	<b>15 min</b> Warming Up, Striding -6times, Speed &Agility, Development, Skills Practicing, Game Playing, Limbering Down Exercises.	<b><u>Defensive:</u></b> Low pass, front pass, back pass, left pass, front, running pass, back running pass, practicing.
THU	<b>15 min</b> Warming Up, Striding -6times, Skills Practicing, Game Playing, Flexibility Development, Limbering Down Exercises.	<b><u>Servicing:</u></b> Front servicing, back servicing, left servicing and right servicing practicing.
FRI	<b>20Min</b> Continuous Run, Striding -6times, Skills Practicing Game Playing, Limbering Down Exercises.	<b><u>Lifting:</u></b> Net cross lifting, Attack line back side lifting, two zone lifting and Centre lifting.
SAT	<b>Game Practice</b>	<b>OFF</b>