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Return to Volleyball Guidelines

General Principles:

- All skills should be performed in the presence of an Athletic Trainer, Physical Therapist, or qualified coach to stress proper mechanics.
- The athlete should ice the affected extremity for 20 minutes following any overhead activity.
- The athlete should only progress to the next Step of each Phase if he/she is able to complete the current Step without pain or difficulty.
- Under the direction of the Physical Therapist or Athletic Trainer, the athlete may progress through the Steps and Phases as tolerated.
- Emphasis should be placed on developing and maintaining proper mechanics without developing symptoms.

Volleyball Key:

Attack Hits: Approach and spike at the net

Full Court Hits: Back row, standing overhead hit (no jump) across a full court

Step 1

20 warm-up hits (50%)

8 attack hits (50%), 2 sets* 10 easy full court hits

Step 2

20 warm-up hits (50%)

10 attack hits (50%), 2 sets*

4 serves (50%)

10 easy full court hits

Step 3

20 warm-up hits (50%)

8 attack hits (50%), 3 sets*

4 serves (50%), 2 sets* 10 easy full court hits

Step 4

20 warm-up hits (50%)

10 attack hits (50%), 3 sets*

4 serves (50%), 3 sets* 10 easy full-court hits

Step 5

20 warm-up hits (75%)

8 attack hits (75%), 3 sets*

3 serves (75%), 3 sets* 15 easy full-court hits

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Step 6

30 warm-up hits (75%)
9 attack hits (75%), 3 sets*
3 serves (75%), 3 sets* 15 easy full-court hits

Step 7

30 warm-up hits (75%)
10 attack hits (75%), 4 sets*
4 serves (75%), 3 sets* 15 easy full-court hits

Step 8

30 warm-up hits (75%)
8 attack hits (100%), 4 sets*
5 serves (75%), 4 sets* 20 easy full-court hits

Step 9

30 warm-up hits (75%)
10 attack hits (100%), 4 sets*
5 serves (100%), 4 sets* 20 easy full-court hits

Step 10

30 warm-up hits (75%)
12 attack hits (100%), 4 sets*
5 serves (100%), 4 sets* 20 easy full-court hits

***** Rest 45-60 seconds between hits, 6-8 minutes between sets. If the athlete experiences pain or soreness following completion of the step, take 1 day off and repeat the step again. If no soreness, advance 1 step every day.**

Reference: Hurd, W., Hunter-Giordano, A., Axe, M., & Snyder-Mackler, L. Data-based Interval Hitting Program for Female College Volleyball Players. Sports Health., 2009.