

Libero/Defensive Specialist Strength Training

Day 1

Bench Press	3 x 12
Push-ups	3 x 12
Flies	3 x 12
Frontal Raises	3 x 12
Lateral Raises	3 x 12
Shoulder Shrugs	3 x 12
Triceps Pushdowns	3 x 12
Triceps Extension	3 x 12

Day 2

Squat	3 x 12
Single Leg Squat	3 x 12
Lateral Lunges	3 x 12
Back Extension	3 x 12
Lateral Pull Down	3 x 12
Bent Over Row	3 x 12
Bicep Curl	3 x 12

Day 3

Bench Press	3 x 12
Push-up	3 x 12
Shoulder Press	3 x 12
Lateral Raises	3 x 12
Internal Rotation	3 x 12
External Rotation	3 x 12
Triceps Pushdown	3 x 12

Day 4

Squat	3 x 12
Monster Squat	3 x 12
Good Morning	3 x 12
Seated Rows	3 x 12
Reverse Flies	3 x 12
DB Biceps Curl	3 x 12
Cable Curl	3 x 12

Plyometric Training – Libero/Defense Specialist

Weeks 1 – 3

Squat jump w/medicine ball overhead toss	2 x 10
Squat jump w/medicine throws from chest	2 x 10
Slides w/partner chest pass	2 x .30 seconds
Lateral jumps over cone	2 x .30 seconds

Weeks 4 – 6

Squat jump w/medicine ball overhead toss	3 x 10
Squat jump w/medicine throws from chest	3 x 10
Slides w/partner chest pass	3 x .30 seconds
Lateral jumps over cone	3 x .30 seconds
Push up w/clap in between	2 x as many as possible

Weeks 7 – 9

Squat jump w/medicine ball overhead toss	3 x 10
Squat jump w/medicine throws from chest	3 x 10
Slides w/partner chest pass	3 x .30 seconds
Lateral jumps over cone	3 x .30 seconds
Plate step	2 x .20 seconds
Push up w/clap in between	3 x as many as possible