

## Let's tie it all together! - How can I incorporate strength/conditioning into practice time?

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We want to seamlessly incorporate this into our practice to decrease set up time, demonstration time, and make strength and conditioning more effective and efficient!

### Timing With Practice

Circuits/Stations	Off the Court Workout
<p>Goal: Incorporating strength/conditioning into practice plan stations to keep practice moving quick</p> <ul style="list-style-type: none"> <li>- Create a strength/conditioning station during a block of practice time</li> <li>- Recommend at beginning but can be anytime that works</li> <li>- Write it down on a notecard or whiteboard</li> <li>- Program wide can be a good morale boost and team building strategy</li> </ul> <p>Examples: 5-6 min stations 1 min rotation            Station 1: Wall Training            Station 2: Jump rope            Station 3: Cooperative cross court pepper</p> <p>Station 1: Jump Training            Station 2: Pepper progression            Station 3: Ladders</p>	<p>Goal: Utilize down time or off the court time for players to stay engaged</p> <ul style="list-style-type: none"> <li>- Use whiteboard for circuit of the day or workout of the day</li> <li>- Players initial next to what they have completed</li> <li>- Use limited to no equipment for easy pace</li> </ul> <p>Examples:</p> <ol style="list-style-type: none"> <li>1. Whiteboard circuit               <ul style="list-style-type: none"> <li>10 push ups</li> <li>20 block jumps</li> <li>30 squats</li> <li>40 jump ropes</li> <li>50 line jumps</li> </ul> </li> <li>2. Ladders in the middle of the courts - use during warm ups, queens, serving progression, etc</li> <li>3. Water break workout               <ul style="list-style-type: none"> <li>Each time before/after water break everyone completes a part of the circuit together</li> </ul> </li> </ol>

### **Stagger Start Times for Teams**

Goal: Designate time for strength and conditioning without losing out on valuable court time

- One gym or limited gym/weight room time
- Team led within the gym works well with limited coaches
- Can be in the gym with all teams on sidelines or in between courts

Examples:

F practice 4-5:30, S/C 5:30-6

JV/V S/C 4-4:30, practice 4:30-6