



AT-HOME TRAINING WITH KAMI MINER AND THE TRAINER+

DRILL ONE

Focus: Hand & Wrist Strength

Equipment: Trainer+ w/ Small Hoop

4 SETS, 5 REPS

Drill:

- Adjust the Trainer+ Hoop to your preferred height.
- While kneeling, set into the Trainer+ as many times as you can for 15 seconds
- Repeat 4 times and track your results
- This drill focuses on hand and wrist strength by only using your upper body to set
- Adjust the Trainer+ height, distance or angle for a variation of sets

Kami Tip: tie a net at the end of the net to catch volleyballs during the drills.

DRILL TWO

Focus: Core and Leg Strength

Equipment: Trainer+ w/ Large Hoop

3 SETS, 5 REPS

Drill:

- Adjust the Trainer+ Hoop to your preferred height.
- Go into a full squat, toss the ball to yourself, and set into the Trainer+
- Take a couple steps back and repeat
- Challenge yourself by setting from a range of distances





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DRILL THREE

Focus: Jump Training - Blocking

Equipment: Trainer+ w/ Interchangeable Vertec Head Frame

3 REPS before and after practice (repeat as needed)

Drill:

- Adjust the Vertec Vanes so you can reach the bottom/middle portion when jumping
- Stand under the Vertec Vanes
- Swing your arms back and jump as if you are attempting a block at the net
- Hit the vanes and record the height you reach

Kami Tip: Track your stats every day to see your improvement!

DRILL FOUR

Focus: Jump Training - Approach Jump

Equipment: Trainer+ w/ Interchangeable Vertec Head Frame

3 REPS before and after practice (repeat as needed)

Drill:

- Adjust the Vertec Vanes so you can reach the bottom/middle portion when jumping
- Stand back from the Vertec and approach it as if you would approach the net
- Hit the vanes and record the height you reach

