USYVL Instructional Summary - Fall 2019
Long Beach Marina Vista Park

Disclaimer: This Instructional Schedule summary is still under development and is provided for informational purposes only. The schedule summaries here may vary from the official practice schedules in the red USYVL coaches handbook. As development of the summary continues, it should improve significantly.

Day 1: Tue 2019-09-10: Practice - First Day of the League at Marina Vista Park from 5:30 pm to 6:30 pm

**Set-up Net!**
Verify players against Team Roster!

- **5 minutes:** Name Game
- **5 minutes:** Skill Warm-up
- **10 minutes:** Introduce Statement Spiking (7-8 and 9-10 year olds, move onto Fountain Spiking after one contact)
- **10 minutes:** Introduce Fountain Spiking (11-12 and 13-15 year olds)
- **2 minutes:** Water Break
- **25 minutes:** Introduce Serving (Underhand, Overhand, Sky Ball and Jump Serve)
- **3 minutes:** Cool-down, select team name and report name to Site Director

***All players should help gather balls during and after every practice/game.***

Day 2: Sat 2019-09-14: Practice at Marina Vista Park from 10:00 am to 11:00 am

**Set-up Net!**
Verify players against Team Roster!

- **5 minutes:** Skill Warm-up
- **10 minutes:** Demo Game
- **5 minutes:** Review Fountain Spiking
- **10 minutes:** Review Arch Spiking
- **2 minutes:** Water Break
- **10 minutes:** Introduce Superman Setting
- **10 minutes:** Set and Spike Combination
- **3 minutes:** Cool-down and Announcements

Day 3: Tue 2019-09-17: Practice at Marina Vista Park from 5:30 pm to 6:30 pm

- **5 minutes:** Skill Warm-up
- **10 minutes:** Review Superman Setting
- **15 minutes:** Set and Spike Combination
- **2 minutes:** Water Break
- **5 minutes:** Court Movement
- **10 minutes:** Introduce Forearm Passing
- **10 minutes:** Introduce Overhead Passing
- **3 minutes:** Cool-down and Announcements

***All players should help gather balls during and after every practice/game.***

Day 4: Sat 2019-09-21: Practice at Marina Vista Park from 10:00 am to 11:00 am

- **5 minutes:** Skill Warm-up
- **5 minutes:** Review Forearm Passing
- **5 minutes:** Review Overhead Passing
- **10 minutes:** Introduce Forearm Digging
- **5 minutes:** Introduce Overhead Digging
- **2 minutes:** Water Break
- **10 minutes:** Rotation and Court Etiquette
- **15 minutes:** Passing Game*
- **3 minutes:** Cool-down and Announcements

Passing Game: Teams set up on the court as if they were playing a game; four players on the court at a time in a diamond formation (see diagram five on page 34). A serve (or toss from coach) begins each rally. The objective with the passing game is to keep the rally going as long as possible. The primary rule is that every contact will be a forearm pass. Points are awarded to the team that wins the rally.

Day 5: Tue 2019-09-24: Practice at Marina Vista Park from 5:30 pm to 6:30 pm

- **5 minutes:** Skill Warm-up
- **10 minutes:** Review Forearm Digging
- **10 minutes:** Review Overhead Digging
- **5 minutes:** Introduce Serving For Percentage*
- **2 minutes:** Water Break
- **10 minutes:** Pass/Set/Spike Combination*
- **15 minutes:** Game*
- **3 minutes:** Cool-down and Announcements

Serving For Percentage: Have the player focus on one of the four serves taught previously and have them serve at least 10 balls. Track how many of 10 they are able to complete successfully.

Pass/Set/Spike Combination: Set up one player in the passing, setting, and spiking positions. The coach will toss the ball from across the net to the passer. The passer will pass to the setter. This setter will set to the spiker. The spiker will spike the ball over the net. Rotate players after every ball tossed.

Game*: Hot Potato for 7-8 year olds. Double Max for 9-15 year olds.

Day 6: Sat 2019-09-28: Games at Marina Vista Park from 10:00 am to 11:00 am

- **5 minutes:** Skill Warm-up
- **25 minutes:** Game*
- **25 minutes:** Game*
- **3 minutes:** Cool-down and Announcements

Game*: Hot Potato for 7-8 year olds. Double Max for 9-15 year olds.

Day 7: Tue 2019-10-01: Practice at Marina Vista Park from 5:30 pm to 6:30 pm

- **5 minutes:** Skill Warm-up
- **10 minutes:** Introduce Back Setting
- **15 minutes:** Back Set and Spike Combination
- **2 minutes:** Water Break
- **5 minutes:** Passing a ball out of the net
- **5 minutes:** Setting a ball passed at the net
- **10 minutes:** Dig/Set/Spike Combination
- **3 minutes:** Cool-down and Announcements

Dig/Set/Spike Combination: Set up one player in the passing, setting and spiking positions. The coach will hit or throw the ball in a downward motion from across the net to the digger. The digger will dig to the setter. The setter will set to the spiker. The spiker will spike the ball over the net. Rotate players after every ball tossed.

Day 8: Sat 2019-10-05: InterSite Game Day
Away Game vs. Los Alamitos
At Laurel Park from 10:00 am to 12:00 pm
Day 9: Tue 2019-10-08: Practice at Marina Vista Park from 5:30 pm to 6:30 pm
5 minutes: Skill Warm-up
5 minutes: Review Back Setting
15 minutes: Setting Drill*
5 minutes: Serving
2 minutes: Water Break
10 minutes: Introduce Blocking
15 minutes: Team Defense*
3 minutes: Cool-down and Announcements

Setting Drill: Coach tosses the ball from various positions in the back court to the setter, who will set a hitting line. One player will set until all players have hit; then a new player will rotate into the setter's position. Be sure to challenge (but not over challenge) the setter with the tosses.

Team Defense: Clinician will demonstrate the proper positioning of players on the court, during game play.

Day 10: Sat 2019-10-12: Intersite Game Day
Away Game vs. Cerritos
At Cerritos Park East from 10:00 am to 12:00 pm
5 minutes: Skill Warm-up
15 minutes: Pass, Set, Spike Drill*
10 minutes: Spiking for Percentage*
2 minutes: Water Break
5 minutes: Review Blocking
20 minutes: Side Out Drill*
3 minutes: Cool-down and Announcements

Pass, Set, Spike Drill: Have one player in the setter's location and other players in three locations in the back court. The coach or assistant coach, will toss balls to the players in the back court who will pass to the setter who will, in turn, set the player who passed the ball. Rotate player's positions periodically.

Spiking for Percentage: Each player will hit 10 balls in a row. Track how many out of 10 they are able to complete successfully.

Side Out Drill: The coach or assistant coach, tosses the ball from various locations in the opposing team's court. Both teams play the ball out as if in a game situation and the team that sides out wins the point.

Day 11: Tue 2019-10-15: Practice at Marina Vista Park from 5:30 pm to 6:30 pm
5 minutes: Skill Warm-up
15 minutes: Pass, Set, Spike Drill*
10 minutes: Spiking for Percentage*
2 minutes: Water Break
5 minutes: Review Blocking
20 minutes: Side Out Drill*
3 minutes: Cool-down and Announcements

Day 12: Sat 2019-10-19: Games at Marina Vista Park from 10:00 am to 11:00 am
5 minutes: Skill Warm-up
25 minutes: Game*
2 minutes: Water Break
25 minutes: Game*
3 minutes: Cool-down and Announcements

Game*: Hot Potato for 7-8 year olds. Double Max for 9-15 year olds.

Day 13: Tue 2019-10-22: Practice at Marina Vista Park from 5:30 pm to 6:30 pm
5 minutes: Skill Warm-up
5 minutes: Setting
5 minutes: Passing
15 minutes: Spiking in Three Directions*
2 minutes: Water Break
5 minutes: Serving
20 minutes: Mobility Challenge*
3 minutes: Cool-down and Announcements

Spiking in Three Directions: Have players spike down the line, to the center of the court, and cross court. Mark your three locations with towels, sweats, cones, etc. Players will hit three sets in a row for this drill.

Mobility Challenge: The coach or assistant coach, tosses the ball from various locations on the opposing team's court. Both teams play the ball out as if in a game situation and the team that sides out wins the point.

Day 14: Sat 2019-10-26: Intersite Game Day
Away Game vs. Long Beach - Whaley Park
At Whaley Park from 10:00 am to 12:00 pm

Day 15: Tue 2019-10-29: Practice - Bring A Friend Day at Marina Vista Park from 5:30 pm to 6:30 pm
5 minutes: Skill Warm-up
25 minutes: Station Day*
2 minutes: Water Break
25 minutes: Station Day*
3 minutes: Cool-down and Announcements

Station Day: The clinician will assign each coach a skill to teach at their station. The clinician will blow the whistle every 10 minutes to encourage players to move from station to station. Players are free to go to whatever stations that they feel will improve their game, but encourage them to visit as many stations as possible.

Stations: Spiking, Serving, Setting, Passing, Digging, Blocking.

Day 16: Sat 2019-11-02: Games at Marina Vista Park from 10:00 am to 12:00 pm
5 minutes: Skill Warm-up
25 minutes: Game*
2 minutes: Water Break
25 minutes: Game*
3 minutes: Cool-down and Announcements

Game*: Hot Potato for 7-8 year olds. Double Max for 9-15 year olds.