

USYVL Instructional Summary - Fall 2025

Huntington Beach

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: Mon 2025-09-08: Practice at Huntington Central Sports Complex from 5:30 pm to 6:30 pm

Check-in prior to start with Site Director and Clinician!

Set-up Net!

Verify players against Team Roster!

5 minutes:	Name Game	
5 minutes:	Skill Warm-up	
10 minutes:	Introduce Statue Spiking (7-8 and 9-10 year olds, move onto Fountain Spiking after one contact)	
	Introduce Fountain Spiking (11-12 and 13-15 year olds)	
10 minutes:	Introduce Arch Spiking	
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 of handbook skipped/missed (possibly for holiday, or some scheduling issue)

Day 3 of handbook skipped/missed (possibly for holiday, or some scheduling issue)

Day 4 of handbook skipped/missed (possibly for holiday, or some scheduling issue)

Day 5 of handbook skipped/missed (possibly for holiday, or some scheduling issue)

Day 6: Wed 2025-09-10: Games at Huntington Beach Sports Complex from 5:30 pm to 6:30 pm

5 minutes:	Skill Warm-up	Age Group	Net Height	Pin Numbers
25 minutes:	Game*	7-8	6ft 0in	1C
2 minutes:	Water Break	9-10	6ft 4in	2A
25 minutes:	Game*	11-12	7ft 0in	2C
3 minutes:	Cool-down and Announcements	13-15	7ft 4in	3A

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

Day 7: Mon 2025-09-15: Practice at Huntington Beach Sports Complex from 5:30 pm to 6:30 pm

5 minutes:	Skill Warm-up	Age Group	Net Height	Pin Numbers
10 minutes:	Introduce Back Setting	7-8	6ft 0in	1C
15 minutes:	Back Set and Spike Combination	9-10	6ft 4in	2A
2 minutes:	Water Break	11-12	7ft 0in	2C
5 minutes:	Passing a ball out of the net	13-15	7ft 4in	3A
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: Wed 2025-09-17: Games at Huntington Beach Sports Complex from 5:30 pm to 6:30 pm

5 minutes:	Skill Warm-up	Age Group	Net Height	Pin Numbers
25 minutes:	Game*	7-8	6ft 0in	1C
2 minutes:	Water Break	9-10	6ft 4in	2A
25 minutes:	Game*	11-12	7ft 0in	2C
3 minutes:	Cool-down and Announcements	13-15	7ft 4in	3A

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

Day 9: Mon 2025-09-22: Practice at Huntington Beach Sports Complex from 5:30 pm to 6:30 pm

5 minutes:	Skill Warm-up	Age Group	Net Height	Pin Numbers
5 minutes:	Review Back Setting	7-8	6ft 0in	1C
15 minutes:	Setting Drill*	9-10	6ft 4in	2A
5 minutes:	Serving	11-12	7ft 0in	2C
2 minutes:	Water Break	13-15	7ft 4in	3A
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: Wed 2025-09-24: Games at Huntington Beach Sports Complex from 5:30 pm to 6:30 pm

5 minutes:	Skill Warm-up	Age Group	Net Height	Pin Numbers
25 minutes:	Game*	7-8	6ft 0in	1C
2 minutes:	Water Break	9-10	6ft 4in	2A
25 minutes:	Game*	11-12	7ft 0in	2C
3 minutes:	Cool-down and Announcements	13-15	7ft 4in	3A

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

Day 11 of handbook skipped/missed (possibly for holiday, or some scheduling issue)

Day 12: Wed 2025-10-01: Games at Huntington Beach Sports Complex from 5:30 pm to 6:30 pm

5 minutes:	Skill Warm-up	Age Group	Net Height	Pin Numbers
25 minutes:	Game*	7-8	6ft 0in	1C
2 minutes:	Water Break	9-10	6ft 4in	2A
25 minutes:	Game*	11-12	7ft 0in	2C
3 minutes:	Cool-down and Announcements	13-15	7ft 4in	3A

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

Day 13 of handbook skipped/missed (possibly for holiday, or some scheduling issue)

Day 14: Wed 2025-10-08: Games at Huntington Beach Sports Complex from 5:30 pm to 6:30 pm

5 minutes:	Skill Warm-up	Age Group	Net Height	Pin Numbers
25 minutes:	Game*	7-8	6ft 0in	1C
2 minutes:	Water Break	9-10	6ft 4in	2A
25 minutes:	Game*	11-12	7ft 0in	2C
3 minutes:	Cool-down and Announcements	13-15	7ft 4in	3A

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

Day 15 of handbook skipped/missed (possibly for holiday, or some scheduling issue)

Day 16: Wed 2025-10-15: Games at Huntington Beach Sports Complex from 5:30 pm to 6:30 pm

5 minutes:	Skill Warm-up	Age Group	Net Height	Pin Numbers
25 minutes:	Game*	7-8	6ft 0in	1C
2 minutes:	Water Break	9-10	6ft 4in	2A
25 minutes:	Game*	11-12	7ft 0in	2C
3 minutes:	Cool-down and Announcements	13-15	7ft 4in	3A

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

Day 17 of handbook skipped/missed (possibly for holiday, or some scheduling issue)

Day 18: Wed 2025-10-22: Games at Huntington Beach Sports Complex from 5:30 pm to 6:30 pm

5 minutes: Skill Warm-up

25 minutes: **Game***

2 minutes: Water Break

25 minutes: **Game***

3 minutes: Cool-down and Announcements

Age Group	Net Height	Pin Numbers
7-8	6ft 0in	1C
9-10	6ft 4in	2A
11-12	7ft 0in	2C
13-15	7ft 4in	3A

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

Day 19: Mon 2025-10-27: Practice at Huntington Beach Sports Complex from 5:30 pm to 6:30 pm

Age Group	Net Height	Pin Numbers
7-8	6ft 0in	1C
9-10	6ft 4in	2A
11-12	7ft 0in	2C
13-15	7ft 4in	3A

Day 20: Wed 2025-10-29: Games at Huntington Beach Sports Complex from 5:30 pm to 6:30 pm

Age Group	Net Height	Pin Numbers
7-8	6ft 0in	1C
9-10	6ft 4in	2A
11-12	7ft 0in	2C
13-15	7ft 4in	3A