

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.

At Heritage Park from 10:00 am to 12:00 pm

Day 13: Mon 2025-10-13: Practice at Los Alamitos Elementary School 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

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

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 2025-10-18: Games at Los Alamitos Elementary School 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

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 15: Mon 2025-10-20: Practice at Los Alamitos Elementary School 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

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

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 2025-10-25: Intersite Game Day

Away Game vs. Fountain Valley

At Fountain Valley Sports Park from 10:00 am to 12:00 pm

Day 17: Mon 2025-10-27: Practice at Los Alamitos Elementary School 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 18: Sat 2025-11-01: Games at Los Alamitos Elementary School 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

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.