

USYVL Instructional Summary - Spring 2026

Rowland Heights

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 2026-04-06: Practice at Carolyn Rosas Park from 6:00 pm to 7:00 pm

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

Verify players against Team Roster!

Age Group	Net Height	Pin Numbers
7-8	5ft 0in	1A
9-10	5ft 6in	1B
11-12	6ft 4in	2A
13-15	6ft 8in	2B

- 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: Wed 2026-04-08: Practice at Carolyn Rosas Park from 6:00 pm to 7:00 pm

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

Verify players against Team Roster!

Age Group	Net Height	Pin Numbers
7-8	5ft 0in	1A
9-10	5ft 6in	1B
11-12	6ft 4in	2A
13-15	6ft 8in	2B

- 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: Review **Serving** (Underhand, Overhand, Sky Ball and Jump Serve)
- 10 minutes: Introduce **Superman Setting**
- 5 minutes: **Set and Spike Combination**
- 3 minutes: Cool-down and Announcements

Day 3: Mon 2026-04-13: Practice at Carolyn Rosas Park from 6:00 pm to 7:00 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

Age Group	Net Height	Pin Numbers
7-8	5ft 6in	1B
9-10	6ft 0in	1C
11-12	6ft 8in	2B
13-15	7ft 0in	2C

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

Day 4: Wed 2026-04-15: Practice at Carolyn Rosas Park from 6:00 pm to 7:00 pm

- 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

Age Group	Net Height	Pin Numbers
7-8	5ft 6in	1B
9-10	6ft 0in	1C
11-12	6ft 8in	2B
13-15	7ft 0in	2C

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 tossed 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: Mon 2026-04-20: Practice at Carolyn Rosas Park from 6:00 pm to 7:00 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

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

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 out 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: Wed 2026-04-22: Games at Carolyn Rosas Park from 6:00 pm to 7:00 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.

Day 7: Mon 2026-04-27: Practice at Carolyn Rosas Park from 6:00 pm to 7:00 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

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

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 2026-04-29: Games at Carolyn Rosas Park from 6:00 pm to 7:00 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: Sat 2026-05-02: Intersite Game Day
Away Game vs. Hacienda Heights & Glendale
At Los Altos High School from 9:00 am to 11:00 am

Day 10 of handbook skipped/missed (possibly for holiday, or some scheduling issue)

Day 11: Mon 2026-05-04: Practice at Carolyn Rosas Park from 6:00 pm to 7:00 pm

5 minutes:	Skill Warm-up	Age Group	Net Height	Pin Numbers
15 minutes:	Pass, Set, Spike Drill*	7-8	6ft 0in	1C
10 minutes:	Spiking for Percentage*	9-10	6ft 4in	2A
2 minutes:	Water Break	11-12	7ft 0in	2C
5 minutes:	Review Blocking	13-15	7ft 4in	3A

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 12: Wed 2026-05-06: Games at Carolyn Rosas Park from 6:00 pm to 7:00 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: Sat 2026-05-09: Intersite Game Day
Away Game vs. Claremont & Duarte
At Blaisdell Park from 9:00 am to 11:00 am

Day 14 of handbook skipped/missed (possibly for holiday, or some scheduling issue)

Day 15: Mon 2026-05-11: Practice at Carolyn Rosas Park from 6:00 pm to 7:00 pm

5 minutes:	Skill Warm-up	Age Group	Net Height	Pin Numbers
25 minutes:	Station Day*	7-8	6ft 0in	1C
2 minutes:	Water Break	9-10	6ft 4in	2A
25 minutes:	Station Day*	11-12	7ft 0in	2C
3 minutes:	Cool-down and Announcements	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: Wed 2026-05-13: Games at Carolyn Rosas Park from 6:00 pm to 7:00 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: Sat 2026-05-16: Intersite Game Day
Away Game vs. Hacienda Heights & West Covina
At Los Altos High School from 9:00 am to 11:00 am

Day 18 of handbook skipped/missed (possibly for holiday, or some scheduling issue)

Day 19: Mon 2026-05-18: Practice at Carolyn Rosas Park from 6:00 pm to 7:00 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 2026-05-20: Games at Carolyn Rosas Park from 6:00 pm to 7:00 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 21 of handbook skipped/missed (possibly for holiday, or some scheduling issue)

Day 22: Wed 2026-05-27: Games at Carolyn Rosas Park from 6:00 pm to 7:00 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