

USYVL Instructional Summary - Spring 2025

Dallas

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: Wed 2025-05-07: Practice at Dan D. Rogers Elementary School 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.