USYVL Instructional Summary - Fall 2025
Carmel Valley

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 2025-09-09: Practice at Carmel Knolls Park 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!

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: Sat 2025-09-13: Practice at Carmel Knolls Park from 10:00 am to 11:00 am

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: Tue 2025-09-16: Practice at Carmel Knolls Park from 5:30 pm to 6:30 pm

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

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 2025-09-20: Practice at Carmel Knolls Park from 10:00 am to 11:00 am

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

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 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: Tue 2025-09-23: Practice at Carmel Knolls Park 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

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 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: Sat 2025-09-27: Games at Carmel Knolls Park from 10:00 am to 11:00 am

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

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 7: Tue 2025-09-30: Practice at Carmel Knolls Park 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

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 2025-10-04: Intersite Game Day
Away Game vs. Carlsbad & San Diego
At Holiday Park from 10:00 am to 12:00 pm

Day 9: Tue 2025-10-07: Practice at Carmel Knolls 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

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

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 2025-10-11: Intersite Game Day
Away Game vs. Carlsbad & San Diego
At Holiday Park from 10:00 am to 12:00 pm

Day 11: Tue 2025-10-14: Practice Cancelled due to inclement weather at Carmel Knolls 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

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

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: Sat 2025-10-18: Games at Carmel Knolls 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

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 13: Tue 2025-10-21: Practice at Carmel Knolls 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

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 2025-10-25: Intersite Game Day
Away Game vs. Carlsbad & San Diego
At Holiday Park from 10:00 am to 12:00 pm

Day 15: Tue 2025-10-28: Practice at Carmel Knolls 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

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 2025-11-01: Games at Carmel Knolls 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

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.