

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: Wed 2025-09-10: 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:	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 2025-09-15: Practice at Huntington Beach Sports Complex from 5:30 pm to 6:30 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		

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

Day 4: Wed 2025-09-17: Practice at Huntington Central Sports Complex from 5:30 pm to 6:30 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		

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

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 2025-09-24: 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		

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

Day 7 of handbook skipped/missed (possibly for holiday, or some scheduling issue)

Day 8: Wed 2025-10-01: 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		

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

Day 9: Sat 2025-10-04: Intersite Game Day
Away Game vs. Long Beach - Whaley Park & Fountain Valley
At Whaley Park from 9:30 am to 11:30 am

Day 10: Wed 2025-10-08: 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		

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

Day 11: Sat 2025-10-11: Intersite Game Day
Away Game vs. Fountain Valley
At Fountain Valley Sports Park from 9:00 am to 10:30 am

Day 12: Wed 2025-10-15: 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 13 of handbook skipped/missed (possibly for holiday, or some scheduling issue)

Day 14: 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 15: Sat 2025-10-25: Intersite Game Day
Away Game vs. Fountain Valley & Los Alamitos
At Fountain Valley Sports Park from 9:00 am to 11:00 am

Day 16 of handbook skipped/missed (possibly for holiday, or some scheduling issue)

Day 17: Mon 2025-10-27: Practice 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 18: Wed 2025-10-29: 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.