

# USYVL Instructional Summary - Fall 2025

## 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 2025-09-08: Practice at Carolyn Rosas 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:** Wed 2025-09-10: Practice at Carolyn Rosas 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: 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 Carolyn Rosas Park 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

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 2025-09-17: Practice at Carolyn Rosas Park 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

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 2025-09-22: Practice at Carolyn Rosas Park 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

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 2025-09-24: Games at Carolyn Rosas Park 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 7** of handbook skipped/missed (possibly for holiday, or some scheduling issue)

**Day 8:** Wed 2025-10-01: Games at Carolyn Rosas Park 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 9:** Sat 2025-10-04: Intersite Game Day

Away Game vs. Hacienda Heights & Glendale

At Los Altos High School from 10:00 am to 12:00 pm

**Day 10:** Wed 2025-10-08: Games at Carolyn Rosas Park 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 11: Sat 2025-10-11: Intersite Game Day

Away Game vs. Claremont & Duarte & Claremont 2

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

Day 12: Wed 2025-10-15: Games at Carolyn Rosas Park 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 Carolyn Rosas Park 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. Hacienda Heights & Claremont & Claremont 2

At Los Altos High School from 10:00 am to 12:00 pm

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

Day 17: Mon 2025-10-27: Practice at Carolyn Rosas Park 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 Carolyn Rosas Park 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.