

USYVL Instructional Summary - Spring 2026

Laguna Niguel

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: Thu 2026-04-16: Practice at Niguel Hills Middle 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
5 minutes:	7-8	5ft 0in	1A
5 minutes:	9-10	5ft 6in	1B
10 minutes:	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 of handbook skipped/missed (possibly for holiday, or some scheduling issue)

Day 3 of handbook skipped/missed (possibly for holiday, or some scheduling issue)

Day 4 of handbook skipped/missed (possibly for holiday, or some scheduling issue)

Day 5 of handbook skipped/missed (possibly for holiday, or some scheduling issue)

Day 6: Sat 2026-04-18: Games at Niguel Hills Middle School from 9:00 am to 10:00 am			
5 minutes:	Skill Warm-up	Age Group	Net Height
25 minutes:	Game*	7-8	6ft 0in
2 minutes:	Water Break	9-10	6ft 4in
25 minutes:	Game*	11-12	7ft 0in
3 minutes:	Cool-down and Announcements	13-15	7ft 4in
Game*: Hot Potato for 7-8 year olds. Double Max for 9-15 year olds.			

Day 7: Thu 2026-04-23: Practice at Niguel Hills Middle School from 6:00 pm to 7:00 pm			
5 minutes:	Skill Warm-up	Age Group	Net Height
10 minutes:	Introduce Back Setting	7-8	6ft 0in
15 minutes:	Back Set and Spike Combination	9-10	6ft 4in
2 minutes:	Water Break	11-12	7ft 0in
5 minutes:	Passing a ball out of the net	13-15	7ft 4in
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 of handbook skipped/missed (possibly for holiday, or some scheduling issue)

Day 9: Sat 2026-04-25: Practice at Niguel Hills Middle School from 9:00 am to 10:00 am			
5 minutes:	Skill Warm-up	Age Group	Net Height
5 minutes:	Review Back Setting	7-8	6ft 0in
15 minutes:	Setting Drill*	9-10	6ft 4in
5 minutes:	Serving	11-12	7ft 0in
2 minutes:	Water Break	13-15	7ft 4in

10 minutes: Introduce **Blocking**
15 minutes: **Team Defense***
3 minutes: Cool-down and Announcements
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 of handbook skipped/missed (possibly for holiday, or some scheduling issue)

Day 11: Thu 2026-04-30: Practice at Niguel Hills Middle School from 6:00 pm to 7:00 pm			
5 minutes:	Skill Warm-up	Age Group	Net Height
15 minutes:	Pass, Set, Spike Drill*	7-8	6ft 0in
10 minutes:	Spiking for Percentage*	9-10	6ft 4in
2 minutes:	Water Break	11-12	7ft 0in
5 minutes:	Review Blocking	13-15	7ft 4in
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: Sat 2026-05-02: Games at Niguel Hills Middle School from 9:00 am to 10:00 am			
5 minutes:	Skill Warm-up	Age Group	Net Height
25 minutes:	Game*	7-8	6ft 0in
2 minutes:	Water Break	9-10	6ft 4in
25 minutes:	Game*	11-12	7ft 0in
3 minutes:	Cool-down and Announcements	13-15	7ft 4in
Game*: Hot Potato for 7-8 year olds. Double Max for 9-15 year olds.			

Day 13: Thu 2026-05-07: Practice at Niguel Hills Middle School from 6:00 pm to 7:00 pm			
5 minutes:	Skill Warm-up	Age Group	Net Height
5 minutes:	Setting	7-8	6ft 0in
5 minutes:	Passing	9-10	6ft 4in
15 minutes:	Spiking in Three Directions*	11-12	7ft 0in
2 minutes:	Water Break	13-15	7ft 4in
5 minutes:	Serving		
20 minutes:	Mobility Challenge*		
3 minutes:	Cool-down and Announcements		

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 2026-05-09: Games at Niguel Hills Middle School from 9:00 am to 10:00 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 15: Thu 2026-05-14: Practice at Niguel Hills Middle School from 6:00 pm to 7:00 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 2026-05-16: Games at Niguel Hills Middle School from 9:00 am to 10:00 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 17: Thu 2026-05-21: Practice at Niguel Hills Middle School 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 18 of handbook skipped/missed (possibly for holiday, or some scheduling issue)

Day 19: Thu 2026-05-28: Practice at Niguel Hills Middle School 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: Sat 2026-05-30: Games at Niguel Hills Middle School from 9:00 am to 10:00 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

Day 21: Thu 2026-06-04: Practice at Niguel Hills Middle School 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 22: Sat 2026-06-06: Games at Niguel Hills Middle School from 9:00 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