

USYVL Instructional Summary - Fall 2026

Meniffee

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 2026-09-10: Practice at Nova 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 2026-09-12: Practice at Nova Park from 10:00 am to 11:00 am

Check-in prior to start with Site Director and Clinician!

Set-up Net!

Day 9: Thu 2026-10-08: Practice at Nova 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 2026-10-10: Intersite Game Day
Away Game vs. Lake Elsinore & Riverside & Temecula & Corona
At Canyon Lake Middle School from 10:00 am to 12:00 pm

Day 11: Thu 2026-10-15: Practice at Nova 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</