

Grades 8-9 EXCEL: WINTER 2027 Schedule (23 Sessions - 12 Wednesdays and 11 Sundays)

January 3 - Organizational Team Creation / Ball Control

January 6 - Organizational Team Creation / Ball Control

January 10 - First "Team" Practice - Group Skills - Game/Wash Opportunities

January 13 - Practice - Individual/Group Skill Work

January 17 - Practice - Game Like Drills/TeamPlay/Team Learnings

January 20 - Practice - Individual/Group Skill Work

January 24 - PLAY DAY #1: SKILL BUILD - (2 Hour Full Round Robin Mini Tournament)

January 27 - Practice - Game Like Drills/TeamPlay/Team Learnings

January 31 - Practice - Individual/Group Skill Work

February 3 - Practice - Game Like Drills/TeamPlay/Team Learnings

February 7 - PLAY DAY #2: GAME BUILD - (2 Hour Full Round Robin Mini Tournament with Referees)

February 10 - Practice - Individual/Group Skill Work

February 14 - NO SESSION

February 17 - Practice - Game Like Drills/TeamPlay/Team Learnings

February 21 - PLAY DAY #3: SKILL BUILD - (2 Hour Full Round Robin Mini Tournament)

February 24 - Practice - Individual/Group Skill Work

February 28 - Practice - Game Like Drills/TeamPlay/Team Learnings

March 3 - Practice - Individual/Group Skill Work

March 7 - Practice - Game Like Drills/TeamPlay/Team Learnings

March 10 - PLAY DAY #4: GAME BUILD - (2 Hour Full Round Robin Mini Tournament with Referees)

March 14 - NO SESSION

March 17 - Practice - Individual/Group Skill Work

March 21 - Practice - Positional Work (how to be a Setter/Power Hitter/Libero etc.)

March 24 - Practice - Positional Work (how to be a Setter/Power Hitter/Libero etc.)

March 28 - FINAL TOURNAMENT DAY

Grades 6 - 7 EXCEL: WINTER 2027 Schedule (23 Sessions - 12 Mondays and 11 Fridays)

January 4 - Organizational Team Creation / Ball Control

January 8 - Organizational Team Creation / Ball Control

January 11 - First "Team" Practice - Group Skills - Game/Wash Opportunities

January 15 - Practice - Individual/Group Skill Work

January 18 - Practice - Game Like Drills/TeamPlay/Team Learnings

January 22 - PLAY DAY #1: SKILL BUILD - (2 Hour Full Round Robin Mini Tournament)

January 25 - Practice - Individual/Group Skill Work

January 29 - Practice - Game Like Drills/TeamPlay/Team Learnings

February 1 - Practice - Individual/Group Skill Work

February 5 - Practice - Game Like Drills/TeamPlay/Team Learnings

February 8 - PLAY DAY #2: GAME BUILD - (2 Hour Full Round Robin Mini Tournament with Referees)

February 12 - Practice - Individual/Group Skill Work

February 15 - NO SESSION

February 19 - Practice - Game Like Drills/TeamPlay/Team Learnings

February 22 - PLAY DAY #3: SKILL BUILD - (2 Hour Full Round Robin Mini Tournament)

February 26 - Practice - Individual/Group Skill Work

March 1 - Practice - Game Like Drills/TeamPlay/Team Learnings

March 5 - Practice - Individual/Group Skill Work

March 8 - PLAY DAY #4: GAME BUILD - (2 Hour Full Round Robin Mini Tournament with Referees)

March 12 - NO SESSION

March 15 - Practice - Game Like Drills/TeamPlay/Team Learnings

March 19 - Practice - Individual/Group Skill Work

March 22 - Practice - Positional Work (how to be a Setter/Power Hitter/Libero etc.)

March 26 - Practice - Positional Work (how to be a Setter/Power Hitter/Libero etc.)

March 29 - FINAL TOURNAMENT DAY