

Grades 8 - 9 EXCEL: FALL 2026 Schedule (23 Sessions - 12 Thursdays and 11 Sundays)

September 13 - Organizational Team Creation / Ball Control

September 17 - Organizational Team Creation / Ball Control

September 20 - First "Team" Practice - Group Skills - Game/Wash Opportunities

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

September 27 - Practice - Individual/Group Skill Work

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

October 4 - Practice - Individual/Group Skill Work

October 8 - Practice - Game Like Drills/TeamPlay/Team Learnings

October 11 - NO SESSION

October 15 - Practice - Individual/Group Skill Work

October 18 - PLAY DAY #2: GAME BUILD - (2 Hour Full Round Robin Mini Tournament with Referees)

October 22 - Practice - Individual/Group Skill Work

October 25 - Practice - Individual/Group Skill Work

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

November 1 - PLAY DAY #3: SKILL BUILD - (2 Hour Full Round Robin Mini Tournament)

November 5 - Practice - Individual/Group Skill Work

November 8 - Practice - Game Like Drills/TeamPlay/Team Learnings

November 12 - Practice - Individual/Group Skill Work

November 15 - NO SESSION

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

November 22 - PLAY DAY #4: GAME BUILD - (2 Hour Full Round Robin Mini Tournament with Referees)

November 26 - Practice - Individual/Group Skill Work

November 29 - Practice - Positional Work (how to be a Setter/Power Hitter/Libero etc.)

December 3 - Practice - Positional Work (how to be a Setter/Power Hitter/Libero etc.)

December 6 - FINAL TOURNAMENT DAY