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| 7TH & 8TH Grade Girls Athletics6-Week Snapshot  |
| \_2\_ Six Weeks |
| Unit | Topic | TEKS/Learning Target |
|  Volleyball | Continuation of Forearm pass, overhead pass (set), serve, hitting, dive/roll, serve receive, footwork/movement patterns, agility, blocking, back row attack, defensive coverage | Athletes will continue using the skills they have learned to play the game of volleyball.  |
| Basketball |  Fundamentals: ball handling, dribbling, form shooting, passing, foot work, lay-ups Basic zone offense/defense, main offense/defensePress / press breakInbound playsDefense, offensive moves \*over all skill development  | Athletes will learn the basic fundamentals of the game of basketball. |
| Off-Season  | Cardio – sprints, 300’s, 400’s, 800’s, plyo’s - boxes Strength training – dead lift, hang clean, squats, bench press, push pressAgility – ladders, hurdles, dots | Athletes will condition their bodies through cardio exercises and strength training.  |
| Important Dates   |     |