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| 7TH & 8TH Grade Girls Athletics  6-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/defense  Press / press break  Inbound plays  Defense, 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 press  Agility – ladders, hurdles, dots | | Athletes will condition their bodies through cardio exercises and strength training. |
| Important Dates |  | | |