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| 7TH & 8TH Grade Girls Athletics6-Week Snapshot  |
| \_6 Six Weeks |
| Unit | Topic | TEKS/Learning Target |
| Basketball | Fundamentals!Fundamentals!!Fundamentals!!!Incorporate competitive games, drills | Athletes will review and practice the fundamentals of basketball that they have learned this year and use those in games and drills. |
| Volleyball  | Refine fundamental skills…..Passing, setting, hitting, serving, movement / footwork, serve Receive-----DefenseIncorporate competitive games, drillsGame play involving defensive coverage | Athletes will review and practice the fundamentals of volleyball that they have learned this year and use those in games and drills. |
| 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, dotsCompetition Day | Athletes will condition their bodies through cardio exercises and strength training. |