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| 7TH & 8TH Grade Girls Athletics  6-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-----Defense  Incorporate competitive games, drills  Game 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 press  Agility – ladders, hurdles, dots  Competition Day | Athletes will condition their bodies through cardio exercises and strength training. | |