

Soccer



DRIBBLING

Forward Dribbling with Laces

★☆☆
1 2 3

Side-to-Side Dribbling with Instep and Outside Foot

★☆☆
1 2 3

PASSING

Passing with Instep

★☆☆
1 2 3

Control with Instep

★☆☆
1 2 3

SHOOTING

Shooting with laces

★☆☆
1 2 3

Shooting with Instep

★☆☆
1 2 3

DEFENSE

Positioning between the attacker and the net

★☆☆
1 2 3

Man-to-Man Defense

★☆☆
1 2 3

STRATEGY

Basic Rules of Soccer

★☆☆
1 2 3

Basic Positions of Soccer

★☆☆
1 2 3

Tennis



HAND-EYE COORDINATION

Throwing and Catching with one hand

★☆☆
1 2 3

Throwing and Catching with partner

★☆☆
1 2 3

GROUNDSTROKES

Proper Forehand Grip

★☆☆
1 2 3

Forehand

★☆☆
1 2 3

NETPLAY

Proper Volley Grip

★☆☆
1 2 3

Volley

★☆☆
1 2 3

FOOTWORK

Shuffle Step

★☆☆
1 2 3

Micro-Steps to Position

★☆☆
1 2 3

STRATEGY

Basic Rules of Tennis

★☆☆
1 2 3

Tennis Court Lines

★☆☆
1 2 3

Basketball



DRIBBLING

Dribbling with Dominant Hand

★☆☆
1 2 3

Dribbling with Non-Dominant Hand

★☆☆
1 2 3

PASSING

Bounce Pass

★☆☆
1 2 3

Chest Pass

★☆☆
1 2 3

SHOOTING

Shooting Mechanics

★☆☆
1 2 3

Layups

★☆☆
1 2 3

DEFENSE

Rebound / Box Out

★☆☆
1 2 3

Man-to-Man Defense

★☆☆
1 2 3

STRATEGY

Basic Rules of Basketball

★☆☆
1 2 3

Basic Point Scoring in Basketball

★☆☆
1 2 3

Additional



★☆☆
1 2 3

★☆☆
1 2 3

★☆☆
1 2 3

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1 2 3

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1 2 3

★☆☆
1 2 3

★☆☆
1 2 3

★☆☆
1 2 3

Notes



TEAM PLAYER



CAPTAIN



PASSION FIRED



VOCAL



SPORTSMANSHIP

OF THE WEEK

COACH'S SIGNATURE: _____