

Soccer



DRIBBLING

Forward Dribbling with Laces



Side-to-Side Dribbling with Instep and Outside Foot



PASSING

Passing with Instep



Control with Instep



SHOOTING

Shooting with laces



Shooting with Instep



DEFENSE

Positioning between the attacker and the net



Man-to-Man Defense



STRATEGY

Basic Rules of Soccer



Basic Positions of Soccer



Tennis



HAND-EYE COORDINATION

Throwing and Catching with one hand



Throwing and Catching with partner



GROUNDSTROKES

Proper Forehand Grip



Forehand



NETPLAY

Proper Volley Grip



Volley



FOOTWORK

Shuffle Step



Micro-Steps to Position



STRATEGY

Basic Rules of Tennis



Tennis Court Lines



Basketball



DRIBBLING

Dribbling with Dominant Hand



Dribbling with Non-Dominant Hand



PASSING

Bounce Pass



Chest Pass



SHOOTING

Shooting Mechanics



Layups



DEFENSE

Rebound / Box Out



Man-to-Man Defense



STRATEGY

Basic Rules of Basketball



Basic Point Scoring in Basketball



MMA



STANCES/FLOOR

Horse Stance (SK)



Fighting Stance (SK)



PUNCH

Fist/Hammer Fist (SK)



Reverse punch (SK)



KICKS

Front Kick (SK)



Knee Strike (SK)



BLOCKS

High Block (SK)



Guard (JJ)



SELF DEFENSE

Basic Pressure Points



Advanced Pressure Points



Dance



STEPS

Gallops



Skips



TECHNIQUES

Pointed Toes & Strong Arms



High Knees & Pointed Toes



CREATIVITY

Able to add to dance routine



Demonstrates flair and grace in movement



CHOREOGRAPHY

Understanding of Choreography



Able to Follow Steps



COORDINATION

Able to Coordinate arms & feet



Able to Coordinate arms, feet, & head



TEAM PLAYER



CAPTAIN



PASSION FIRED



VOCAL



SPORTSMANSHIP

OF THE WEEK

COACH'S SIGNATURE: _____