

Sample Lesson

Warm-up run. The team progresses each week to the distance of 1 mile.

Stretching. The team takes responsibility for proper stretching.

Fitness. The team is put through several drills for sprinting, cardiovascular fitness, and calisthenics.

Game Skills. Individual game skills are taught and drilled each practice.

Game Strategy. Positioning and an in-depth understanding of game rules are taught each practice.

Scrimmage. The team works on game skills and strategy up to the point of scrimmaging for the majority of practice. The team develops a solid foundation for game play. The goal is for students to be able to adapt to the style of their coach at the next level.

The different teams available are listed in the curriculum continuum.