

High School Boys Athletics Period Syllabus

August/September (Offseason)

- Cardio (timed mile, sprints, etc.)
- Strength Training (weights, core workouts, etc.)
- Basketball Skills (shooting, ball handling, defensive stance, etc.)
- Basketball Team Drills (outlet speed, Chinese fire drill, 5-man-weave, etc.)

October/November/January/February (Basketball Season)

- Basketball Skills (shooting, ball handling, defensive stance, etc.)
- Basketball Team Drills (outlet Speed, Chinese fire drill, 5-man-weave, etc.)
- Basketball Plays and Schemes (offensive plays, defensive sets, etc.)

February/March/April (Track and Tennis Season)

- Track Running Events (sprints, long distance, etc.)
- Track Field Events (long jump, shot put, disc, etc.)
- Tennis Drills (serving, net play, forehand, backhand, etc.)
- Tennis Rules (scoring, rotations, etc.)

April/May (Offseason)

- Cardio (timed mile, sprints, etc.)
- Strength Training (weights, core workouts, etc.)
- Basketball Skills (shooting, ball handling, defensive stance, etc.)
- Fitnessgram (pacer, push-ups, curl-ups, stretches, etc.)