



BASKETBALL



Key Fundamentals

- dribbling
- shooting
- passing(bounce pass + chest pass)

Point Values & Rules

- 2 pointer
- 3 pointer
- traveling
- double-dribble

Skills & Moves

- pump-fake
- jab-step
- hula hoop
- tornado
- tunnel
- cross-over
- around the world
 - lay-up
- slam-dunk



skills & moves are dependent upon age level





BASEBALL/TEEBALL



Key Fundamentals

- catching & throwing
 - hitting
- running bases



Terms

- homerun
- strike
- foul ball
- bases loaded
- accuracy/aim

Additional Skills

- catching a pop-fly
- catching a ground ball
- accuracy challenge

Game play

- real game breakdown
- positions(pitcher/catcher)





FOOTBALL



Key Fundamentals

- running with the football
- throwing + catching the football
 - kicking the football
 - scoring a touchdown
 - positions



Additional Skills

- throwing a spiral
 - accuracy
- setting up with quarterback
- running routes to catch and score a touchdown

Skill Moves

- spin
- juke
- stiff arm
- hurdle
- spike

Terms

- touchdown
 - offense
 - defense
- accuracy/aim



HOCKEY

Key Fundamentals

- stick control
- puck control
- passing/sharing
 - positions



Positions & Rules

- offense
- defense
- goalie
- penalty
- high stick

Game play(ages 3+)

- playing positions
- tournament play



Skills

- slap shot
- one-timer





TENNIS



Key Fundamentals

- hand-eye coordination training with the racket and ball
 - wrist + grip control

Point Values

- love
- 15
- 30
- 40
- match point



Game play(ages 3+)

- real game breakdown
- playing positions

Terms

- serve
- volley
 - ace
 - return
- forehand & backhand



Skills

- hitting the ball over the net properly





SPEED, AGILITY & BALANCE



Key Fundamentals

- running + jumping technique
- focusing on quick footwork



Games & Challenges

- obstacle course racing
 - "the floor is lava"
 - limbo!
 - tug o' war

Equipment

- agility ladders
- jumping squares
 - dyna bands
 - pogo jumpers
 - volcano slide
 - limbo poles

