

Eustace Girls Pre-Athletics

The goal for Pre-Athletics is to develop the fundamentals of an all-around athlete and to set the foundation for the playing of future sports. This will be done in three phases that are described below.

Phase 1: Develop the Athlete

Here we will focus on running, footwork/agility, and overall body control. Running will include both distance and sprint work, and will work on correct running form. We will use a variety of drills to work on footwork/agility, such as cone drills, speed ladder, bag drills, etc. For overall body control, we will do things such as mat drills, jump ropes, pushups, and abdominal work.

We will stay in Phase 1 all year. The Coach will decide when to start Phase 2 and Phase 3.

Phase 2: Introduction to the Weight-room

Here we will begin to teach the correct form for the major lifts the athletes will be doing throughout their athletic careers at Eustace. We will start by using PVC pipes instead of the weight bars. The next step will be to switch to the weight bars, with the final step being to add weight to the bar. Correct form is the key at this level. We will not use any heavy weight. Once the major lifts are taught, we will start to incorporate some supplemental lifts using dumbbells, elastic bands, etc.

Phase 3: Sports Skills

This is where we will begin to work on skills for the sports the athletes will begin playing next year as 7th graders. For Volleyball, we will introduce the different positions for offense and defense. We will work on the skills for these positions. We will allow each athlete an opportunity to try each position. We will work on passing, serving, footwork and strategy. For Basketball, we will work on ball handling/dribbling skills, shooting form, and proper technique for layups. We will also begin to work on skills for playing defense and offense. Each athlete will be issued a workout shirt and shorts. They will also be issued a locker to keep these clothes.

Things you will need to provide:

Athletic shoes - if they wear boots or Sperry shoes or slides, they will need to bring athletic shoes with them.

Combination lock - this will be used to lock their locker at all times. (Will give the Coach the combo for emergencies)

Deodorant - can be kept in the athletic locker

Sports Bra

The Athlete is expected to:

Show respect to all the teachers, coaches, administrators in the classroom, hallways, as well as on the court or field of play.

Hurry in and out of the locker room.

Have athletic clothes and shoes every day.

Take your athletic clothes home on Fridays to wash.

Thanks, and look forward to a great year!