

Gatorball Unit Plans

Fitness: October 29- November 16

Monday, October 29	T/W October 30/31	R/F November 1 /2
<ul style="list-style-type: none"> • Rules and Regulations of Gatorball • Soccer Dribbling Drill • Overhead Passing Drill 	<ul style="list-style-type: none"> • Soccer Passing Drills • Soccer Shooting Drill 	<ul style="list-style-type: none"> • Sub-Plans • Capture the Flag
Monday November 5	T/W November 6/7	R/F November 8/9
<ul style="list-style-type: none"> • ¾ Timed mile 	<ul style="list-style-type: none"> • Goal Keeping Techniques • Corner Kicks 	<ul style="list-style-type: none"> • Team Selections • Co-ed Games
Monday November 12	T/W November 13/14	R/F November 15/16
<ul style="list-style-type: none"> • Timed Mile 	<ul style="list-style-type: none"> • Co-ed Game 	<ul style="list-style-type: none"> • Co-ed Game