Period

#### Unit 7 - Similarity Test Review O 2012 Kuta Software LLC. All rights reserved.

Solve each proportion.

1) 
$$\frac{n-3}{3} = \frac{3}{7}$$

- A) {4.28} B) {9} C) {5} D) {-4.949}
- 3)  $\frac{6}{10} = \frac{v-8}{v-4}$ 
  - A) {-5.9}
- B) {5}
- C)  $\{-3.529\}$
- D) [14]

State if the polygons are similar.

5)



- A) not similar
- B) similar

- - A) {-7.8} B) {2}

  - C) {6.8} D) {3.8}
- - A) {-10} B) {-5.616} C) {-11.27} D) {-4}

6)





- A) not similar
- B) similar

The polygons in each pair are similar. Find the scale factor of the smaller figure to the larger figure.

7)



- A) 3:7
- B) 4:5
- C) 1:2
- D) 2:5

# **Geometry Unit 7 Lessonkey**

**Carol Anne Dwyer** 

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directions and teaches test taking strategies 

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web mar 5 2020 matching the volume and intensity of competition via training is important during certain times of the preparatory and competitive season to adequately prepare the athletes for competition

## guide to planning and conducting a season program - Jun 14 2023

web sep 22 2021 a season program provides direction it is the plan that ensures you are optimising the players development including ensuring your team works on capabilities in the optimal sequence you follow the process for taking players from initial introduction all the way through to mastery of a capability

# in season training strategies for collegiate basketball - Sep 05 2022

web aug 9 2018 the in season training period is arguably the most important time of year for basketball players yet is often described as a maintenance period with much less of an emphasis placed on training than during the off season with a regular season that lasts in the upwards of 16 weeks a 5 6 week pre season and the potential for a 3 4 week

# training load and match play demands in basketball based on competition - Feb 27 2022

web mar 5 2020 basketball is a court based team sport that requires a broad array of demands physiological mechanical technical tactical in training and competition which makes it important for practitioners to understand the stress imposed on the basketball player during practice and match play

#### example of a 12 month basketball training program - Oct 06 2022

web the endurance training et program during the season was based on short and high intensity training between the competition days and movement specific training with jumping defensive slides and

the 12 month basketball training program sport fitness advisor - Jul 15 2023

web the competitive basketball season may only last 6 7 months but a basketball training program stretches the full year round most players forget or just aren t aware that what they do in the off season plays a crucial role in how their season plays out

#### 2 2 1 planning for the year world association of basketball - Nov 07 2022

web most sports people think of an annual plan or a periodised plan as being used to develop and improve an individual athlete s strength and conditioning as valuable as such a plan can be for the development of athletes coaches should not forget an annual plan for their own development an annual plan for the team