<https://digilent.com/reference/pmod/specification>

This Link tells a bit about the capabilities of pin to handle current going into it or coming out of it.

“Similarly, the driver current source/sink capability isn’t specified and depends on the capabilities of the specific system board or module. The I/O pins on the system board are generally directly driven by the FPGA or microcontroller. The I/O pins on Xilinx FPGAs generally have symmetrical 24mA source/sink capability. The drive capability of microcontrollers is generally less and some of them are not symmetrical. The drive strength for microcontroller pins is generally in the range +/-5mA to +/-10mA, although the Digilent chipKIT™ microcontroller line can handle +/- 15mA.”

However I seems I need to find it specifically for the Nexys A7

https://digilent.com/reference/programmable-logic/nexys-a7/reference-manual

“The Pmod ports are arranged in a 2×6 right-angle, and are 100-mil female connectors that mate with standard 2×6 pin headers. Each 12-pin Pmod port provides two 3.3V VCC signals (pins 6 and 12), two Ground signals (pins 5 and 11), and eight logic signals, as shown in Figure 10.1. The VCC and Ground pins can deliver up to 1A of current. Pmod data signals are not matched pairs, and they are routed using best-available tracks without impedance control or delay matching. Pin assignments for the Pmod I/O connected to the FPGA are shown in Table 10.1.”

The data sheet for our motor seems to imply that we will need a higher voltage that the 3.3V output by the PMOD pins

https://www.digikey.com/en/htmldatasheets/production/5014637/0/0/1/mg996r.html?site=US&lang=en&cur=USD&utm\_adgroup=General&utm\_source=google&utm\_medium=cpc&utm\_campaign=Dynamic%20Search\_EN\_RLSA&utm\_term=&utm\_content=General&gclid=EAIaIQobChMIw5rC5LuU-AIVQxB9Ch0rqwW2EAAYASAAEgLAivD\_BwE