



Sports Instruction with Coach Ilyce Expanding Horizons Junior Gan Israel 2023

Date	Sport	Motor Skill Focus	Discussion
6/29/23	Basketball	Dribbling Bouncing Aiming	Good Sportsmanship
7/6/23	T-ball	Running Bases Throwing Hitting	Teamwork
7/13/23	Football	Step and Throw Drop and Kick	Offense and Defense
7/20/23	Field Hockey	Striking Pushing and Pulling	Healthy Habits
7/28/23 (Friday)	Soccer	Kicking Trapping	Hydrate, Hydrate, Hydrate
8/3/23	Track and Field	Jumping Sprinting Bounding Forward	Sleep helps me grow