



## Sports Instruction with Coach Ilyce Expanding Horizons Junior Gan Israel 2025

Date	Sport	Motor Skill Focus	Discussion
6/26/25	Basketball	Dribbling Bouncing Aiming	Good Sportsmanship
7/3/25	Football	Step and Throw Drop and Kick	Offense and Defense
7/10/25	T-ball	Running Bases Throwing Hitting	Teamwork
7/17/25	Field Hockey	Striking Pushing and Pulling	Healthy Habits
7/24/25	Soccer	Kicking Trapping	Hydrate, Hydrate, Hydrate
7/31/25	Track and Field	Jumping Sprinting Bounding Forward	Sleep helps me grow