



## Sports Instruction with Coach Ilyce Expanding Horizons Junior Gan Israel 2026

Date	Sport	Motor Skill Focus	Discussion
6/25/26	Soccer	Kicking Trapping	Kind Teammate
7/2/26	T-ball	Running Bases Throwing Hitting	Listen and Learn
7/9/26	Hockey	Striking Pushing and Pulling	Strong muscles
7/16/26	Football	Step and Throw Drop and Kick	Offense and Defense
7/24/26 (Friday)	Basketball	Dribbling Aiming Agility	Eight is Great- Hydrate
7/30/26	Track and Field	Sprinting Bounding Forward High and Long Jumping	Rest to be my Best