

**Amazing Athletes - Two-Year Olds: Soccer**  
**Silver Spring Presbyterian Church Children's Center**  
**December 9th, 2025**

**Today, our young athletes explored the exciting sport of Soccer!**

We kicked off the session with an opening huddle, where the coach encouraged everyone to move like Max and Ben the Bear—they are great at crawling and jumping—and taught them that some foods like onion help our hearts and our muscles be healthy.

After the obstacle course, we warmed up with some ball control games! We used the bottom of our feet to stop and trap the ball. Then, we pretended to make a cake with candles and didn't let the coach have a piece! (we practiced defending)

Throughout the class, we focused on key fundamental skills that support overall athletic development, such as:

- **Gross Motor Skill Development** – Crawling and jumping to build strength and coordination. Develop foot coordination, balance, and body control with the ball.
- **PassDribbling & Shooting** – Developing proper form and technique but also control, and awareness while moving in space. Improving aim and decision-making.

**Amazing Athletes - Preschool: Hockey**  
**Silver Spring Presbyterian Church Children's Center**  
**December 9th, 2025**

**Today, our young athletes explored the exciting world of Hockey!**

We kicked off the session with an opening huddle, where the coach encouraged the children to crawl and jump like Max and Ben the Bear.. They also learned that foods like onions and lemons help their muscles move in different ways.

After a dynamic warm-up, we revisited how to properly hold a hockey stick—dominant hand low on the shaft for control, top hand on the end of the stick for power—while keeping their knees bent and eyes forward.

Once comfortable with their grip, it was time to practice using our sticks to move both cones and balls to the goals. Then the children were challenged to score while coaches made it harder by narrowing the alley shot. We emphasized balance, accuracy, and safety while building confidence in this powerful skill.

Throughout the session, we focused on core developmental skills that are crucial in hockey and beyond, such as:

- Gross Motor Skill Development – Shooting and stick control built strength, stability, and coordination.
- Body Awareness and Agility – Practicing the slap shot and shifting weight improved timing, posture, and controlled movement.