

Amazing Athletes - Two-Year Olds: Basketball
Silver Spring Presbyterian Church Children's Center
December 23rd, 2025

Today, our young athletes continued the exploration of Basketball!

We kicked off the session with an opening huddle, where the coach encouraged everyone to move like crabs—crab walk and crab dips—and taught them that peas and peppers are great at helping their muscles feel better after they get hurt.

After the obstacle course, we warmed up with some basketball drumming and defensive shuffle! We then did some dunking before practicing shooting over the river (longer pass/shot).

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

- **Gross Motor Skill Development** – Running and jumping to build strength and coordination.
- **Shooting & Dunking** – Developing proper form and technique for shooting and dunking, eye hand coordination, balance.
- **Retrieving** – Using soft hands and focus to get the balls.

Amazing Athletes - Preschool: Basketball
Silver Spring Presbyterian Church Children's Center
December 23rd, 2025

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We kicked off the session with an opening huddle, where the coach encouraged everyone to move like crabs—crab walk and crab dips—and taught them that peas and peppers are great at helping their muscles feel better after they get hurt.

After the obstacle course, we warmed up with some basketball drumming and defensive shuffle! We then did one hand lay ups (the younger ones did dunking). After that, we practiced dribbling in place and while moving forward. (the younger ones did over the river shooting) and the one-handed shooting technique.

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