

Amazing Athletes - Preschool: Football
Silver Spring Presbyterian Church Children's Center
March 3rd, 2026

Today, our young athletes explored the exciting sport of Football!

After the obstacle course, we discussed how pineapples are good for keeping our energy up. We pretended to run like coyotes and used our arms to keep our rhythm and speed.

Then, we jumped into football. We learned how to do a basket catch before practicing the hand off pass. They used their arms and hands to make a sandwich and placed the nose of the ball on their belly buttons. We then learn how to drop punt.

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

- **Gross Motor Skill Development** – Running, shuffling, and jumping to build strength and coordination.
- **Hands off passing & Drop Punt** – Developing proper form and technique, spatial awareness, eye-hand coordination, balance as well as teamwork.
- **Retrieving** – Using soft hands and focus to gather the balls.

Amazing Athletes- Young 2's: Soccer
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Today, our young athletes continued on their soccer journey!

We kicked things off with an opening huddle, where the coach invited the children to run like coyotes! We talked about how foods such as pineapples help our bodies grow healthfully because they are full of vitamins.

We then went into some dribbling and kicking. The children will practice increasing their speed while keeping the ball close to them. Next, they will use their feet to kick a mini ball inside a cone (like an ice cream cone) and feed our pretend coyotes! Finally, we will have a mini game and try to score as many times as possible!

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. Toe taps for balance, penguin kicks, crawling, eye-hand coordination.
- **Dribbling and Kicking**- Balancing, body awareness, spatial awareness