



## Special Olympics Arkansas Example Team Practice and Schedules

Step up your game with these examples and ideas

\*these examples can help you advance in the Special Olympics Arkansas Coaches Training and Progression plan!

### Example Training Session

Special Olympics athletes respond well to a simple, well-structured training routine with which they can become familiar. An organized plan, prepared before you get to the field, will help establish such a routine and help make best use of your limited time. A recommended training plan is outlined below.

### Warming Up/ Stretching

- Every player warms up with a ball; i.e., low-intensity dribbling
- drills. Stretch each muscle group.
- Have players lead the stretching while coaches assist individual players when
- necessary. Finish the warm-up with a fun game related to your sport

### Sample Warm-Up Routine

<b>Easy Aerobic Run</b>
<b>Flexibility Stretches</b>
Triceps Stretch
Side Stretch
Groin Stretch
Supine Hamstring Stretch
Hamstring Stretch
Seated Saddle Stretch
Hurdler s Stretch/Reverse
Quad Stretch
Abdominal Stretch
Toe Pointers
<b>Mobility Stretches</b>
Forward-&-Back Leg Swings
Side Swings
Lunges
<b>Rhythm Drills</b>
Easy Skipping
High Knees
High Skipping
Jogging Butt Kicks
Skipping Kicks

**Skills Instruction**

- Quickly review and practice previously taught
- skills. Introduce the theme of the skills activity.
- Demonstrate skills simply and
- dramatically. Divide into groups of six or less for practice.
- Physically assist and prompt lower ability players when
- necessary. Introduce and practice new skills early in the practice session.

**Competition Experience**

- Use mini-games (one versus one / three versus three) to teach basic rules and game
- understanding. Use scrimmages to teach basic positions and restarts.
- Always allow at least 10 minutes of free play where the coach says nothing. Let them play.

**Cool-Down**

- Slow run/walk/stretch.
- As the players cool down, comment on the session and the
- next game. Finish with a team cheer.
- Review healthy habits or create a challenge e.g. Drink 8 cups of water a day  
These can be athlete led or you may use the three coaching wellness plans

Sample Cool-Down Routine

<b>Activity</b>	<b>Purpose</b>	<b>Time (minimum)</b>
Slow aerobic run	Lowers body temperature gradually reduces heart rate	5 minutes
Light stretching	removes waste from muscles	5 minutes

**Healthy Habits Resources for coaches:**

- <http://www.specialolympicsarkansas.org/coaches-health-education-training.html>
- <http://www.specialolympicsarkansas.org/athlete-wellness-opportunities.html>
- <http://www.specialolympicsarkansas.org/coaches.html>



Sample Practice Plan Form

<b>Date:</b>		<b>Location:</b>		<b>Time:</b>	
<b>Goals:</b>					

**Warm-Up** - Make the body ready for practice.

Leader	Activity	Equipment

**Team Talk** - Let the athletes know your expectations for practice.

<b>Goals for Today</b>	
<b>Previous Skill Lesson</b>	
<b>New Skill Lesson</b>	

**Skill Development** - Games and exercises to reinforce learning. Make it fun.

Leader	Activity	Equipment

**Break** - Supply water and take the skill into the scrimmage.

<b>Reinforce Skill from Today:</b>	
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**Scrimmage** - Emphasize last week's skill and new skill.

<b>Previous Skill</b>	
<b>New Skill</b>	

**Team Talk** - Emphasize new skill and techniques from scrimmage.

<b>Scrimmage Lesson 1</b>	
<b>Scrimmage Lesson 2</b>	
<b>Review Last Week's Skill</b>	
<b>Review Homework</b>	



Sample Training Plan

<b>Preseason</b>	
<b>Week #1 Workouts</b>	Warm-up Skill Assessment Fitness Control-Receiving
<b>Week #2 Workouts</b>	Warm-up Fitness Dribbling Rules Review
<b>Competition Season</b>	
<b>Week #3 Workouts</b>	Warm-up Review Control and Dribbling Passing  Rules/Restarts
<b>Week #4 Workouts</b>	Warm-up Review Passing Shooting Team Play/Positions
<b>Week #5 Workouts</b>	Warm-up Team Play/Strategy Passing Review Shooting Tournament Talk
<b>Week #6 Workouts</b>	Warm-up Team Play/Wings Review Passing Goalkeeping Tournament Skill Assessment
<b>Week #7 Workouts</b>	Warm-up Review Team Play Defending/Tackling Team Play/Defending Tournament Etiquette
<b>Week #8 Workouts</b>	Warm-up Heading Shooting Tournament Preparation

## Sample Fitness Program

Focus on overall general fitness for Special Olympics athletes. The program below has three major components: warm- up, exercises and cool-down. The number of repetitions (reps) and sets will determine the goal of your program: muscle endurance or muscle strength. Review the following muscle specific strength exercises and plyometric drills to develop your own fitness program.

Activity	Duration/ Sets & Reps
<b>Warm-Up</b>	
Easy aerobic walk/jog/run	3-5 minutes
Stretching	15-20 minutes
Upper Body	3-5 exercises of each muscle group
Low Back-Glutes	
Lower Body	
<b>Exercises</b>	
Agility & Conditioning	
Acceleration Strides	3 x 30meters
Leg Swings (F/S)	1 x 10 each leg
Calf Raises	1 x 10 each leg
Arms & Shoulders	
Push-ups: Wide	5 reps
Triceps Dip	5 reps
Push-ups: Regular	5 reps
Back & Abdomen	
Sit-Ups: Side Lifts	10 reps
Leg Raises	10 reps
Trunk Twists	10 reps
Foot & Legs	
Lunges Walking	3 x 30meters
Squats	10 reps
Kangaroo Hops	2 x 5
<b>Cool-Down</b>	
Easy aerobic walk/jog/run	3-5 minutes
Light Stretching	10-15 minutes