



**Sport Specific Drills**

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
Workout/Exercise <b>Workout</b> Date: _____	Workout/Exercise <b>Drill</b> Date: _____	Workout/Exercise <b>Rest</b> Date: _____	Workout/Exercise <b>Workout</b> Date: _____	Workout/Exercise <b>Drill</b> Date: _____	Workout/Exercise <b>Drill</b> Date: _____	Workout/Exercise <b>Rest</b> Date: _____
Workout/Exercise <b>Workout</b> Date: _____	Workout/Exercise <b>Drill</b> Date: _____	Workout/Exercise <b>Rest</b> Date: _____	Workout/Exercise <b>Workout</b> Date: _____	Workout/Exercise <b>Drill</b> Date: _____	Workout/Exercise <b>Drill</b> Date: _____	Workout/Exercise <b>Rest</b> Date: _____
Workout/Exercise <b>Workout</b> Date: _____	Workout/Exercise <b>Drill</b> Date: _____	Workout/Exercise <b>Rest</b> Date: _____	Workout/Exercise <b>Workout</b> Date: _____	Workout/Exercise <b>Drill</b> Date: _____	Workout/Exercise <b>Drill</b> Date: _____	Workout/Exercise <b>Rest</b> Date: _____
Workout/Exercise <b>Workout</b> Date: _____	Workout/Exercise <b>Drill</b> Date: _____	Workout/Exercise <b>Rest</b> Date: _____	Workout/Exercise <b>Workout</b> Date: _____	Workout/Exercise <b>Drill</b> Date: _____	Workout/Exercise <b>Drill</b> Date: _____	Workout/Exercise <b>Rest</b> Date: _____

Above you will find a workout template for coaches to use during their trainings! Below are a few examples of workouts led by Special Olympics Athletes and WWE Superstars. You will also find out SOAR Workout Video! On the next few pages, you will find links to sport specific drills. Please remember that these are only a few examples, there many workouts and drills that you can find that will benefit your athletes!

**Workout Examples**

**Workout #1- [SOAR Workout Video](#)**

**Workout #2- [Get Schooled on Strength](#)**

**Workout #3- [Ignite Your Endurance](#)**

**Workout #4- [Welcome to the School of Strength](#)**

**Workout #5- [Boost Your Balance](#)**

**Workout #6- [Fit5 Fitness Series Workouts](#)**



**Sport Specific Drills**

**Athletics**

[Speed Drills](#)

[Shot Put Drill](#)

[4X100 Relay Handoff](#)

**Basketball**

[Dribble Drills](#)

[Passing Drills](#)

[Shooting Drills](#)

**Bocce**

[Shooter Stance](#)

[Tunnel Vision](#)

[Land the Mat](#)

**Bowling**

[Better Scores](#)

[Practice at Home](#)

[How to hook a ball](#)

**Cheerleading**

[Cheer jump drills](#)

[Motion Drills](#)

[Cheer strength exercises](#)

**Cycling**

[Handling Drills](#)

[Yoga for Cyclists](#)

[Skills for Beginners](#)

**Flag Football**

[Lateral Acceleration](#)

[Snake Drill](#)

[Playing Quarterback](#)

**Floor Hockey**

[Stickhandling](#)

[Passing Skills](#)

**Football (Soccer)**

[Beginner Drills](#)

[Dribbling Drills](#)

[Passing Drills](#)

**Golf**

[Beginner Drills](#)

[Swing Drills](#)

[Putting Drill](#)

**Powerlifting**

[Increase Deadlift](#)

[Warmup Drills](#)

[Increase Bench Press](#)

**Softball**

[Hitting](#)

[Fielding](#)

[Throwing](#)

**Swimming**

[Freestyle Drills](#)

[Exercises](#)

[Breathing Drills](#)

**Tennis**

[Beginner Drills](#)

[Forehand](#)

[Tennis Serve](#)

**Volleyball**

[Passing](#)

[Shuffling Drill](#)

[Overhand Serve](#)