

PRE-SEASON COACHES MEETING Flag Football & Soccer

Fall 2022

Special Olympics
Pennsylvania



Agenda



- **Reminders**
- **Flag Football**
- **Soccer**
- **Training**
- **Competition**
- **Questions?**



Reminders

Special Olympics
Pennsylvania





Qualifying Sports

Fall

- LDR-W
- Powerlifting
- Bocce
- **Soccer: 5v5, 7v7, skills**
- Volleyball: Team and skills
- **Flag Football Team and skills**

Allocations

- [Allocation Process](#)
- Allocations will be placed on the SOPA Website under Games & Competition then State & Sectional Events
[State & Sectional Events](#)
- Allocations will be on this page by Friday, July 15th.



Return to Activities Update

- [Return to Activities Plan: UPDATED 5/20/22](#)
- [Return to Activities Appendix: UPDATED 5/20/22](#)
- All SOPA Local Programs inclusive of sport training, competition, meetings, social gatherings and Young Athletes are required to follow all of the guidance and requirements in the SOPA Return to Activities plan.
- Each site must have a designated COVID-19 Coordinator. Responsible for completing the [Site Registration Form](#) prior to the start of training.
- The SOPA Field Director will email Local Program Managers and COVID-19 Coordinators on a weekly basis with the COVID-19 community transmission rates (low, moderate or significant) of each county as well as an abbreviated version of the Return to Activities plan which includes the mitigation protocols.
- The COVID-19 Coordinator is expected to implement the required mitigation protocols weekly depending on the COVID-19 community transmission rate (low, moderate or significant).

Application for Participation aka the Medical



- **Athletes in Local Programs** = complete the paper medical form
- **Athletes in Regions** = complete the Online Registration Forms
 - Contact your RAM for ?'s

- Should have up-to-date medical on file in VSys BEFORE begin training.
 - Valid for three (3) years
- Dates of medicals are included on the Google Registration
- Athletes that do not have a current medical on file in VSys by competition will be ineligible.

Athlete Training Requirement



- Coaches should begin training at least 10 weeks prior to the state culminating event.
- Athletes must be trained according to the minimum standards acceptable, for at least eight (8) weeks in the appropriate sport, and must have several opportunities to compete during that period.
 - Eight (8) weeks prior to the state level culminating event:
 - Fall: Fall Festival: 10 weeks is August 26th



Volunteer Q & A

What is the minimum age for a Head Coach? **18**

What is the minimum age for an Assistant Coach at training?
14

What is the minimum age for Assistant Coaches to attend events?

- **1 day events - 16**
- **Overnight events - 18**

What is the youngest age of a Unified Partner? **8**

What age do you need a Young Athlete Chaperone for?
Overnight events for 8 & 9 year olds

Volunteer Position Requirements



Class A - <https://specialolympicspa.org/volunteer-opportunities>

SPECIAL OLYMPICS PENNSYLVANIA VOLUNTEER POSITION REQUIREMENTS							
Volunteer Classifications	VSys, Trainings & Clearances→	Completed Volunteer Application → VSys Record	Background Clearance to include PA Disclosure Statement	Protective Behaviors	General Orientation	Concussion Training	Sport Certification
	Position & Age (If applicable) ↓						(Note: 14 and over may attend Training Schools)
Class A	HOD - 18 yrs. old or older	Yes	Yes	Yes	Yes	Yes	No
Class A	Head Coach - 18 yrs. old or older	Yes	Yes	Yes	Yes	Yes	Yes
Class A	Assistant Coach - 16 to 17 yrs. old – one day events 18 yrs. old or older – overnight events	Yes	Yes for 18 and over	Yes for 16 and over	Yes for 16 and over	Yes for 16 and over	No
Class A	Athlete as Coach - 16 to 17 yrs. old – one day events 18 yrs. old or older – overnight events	Yes	Yes for 18 and over	Yes	Yes	Yes	No
Class A	Unified Partner - 8 yrs. old or older	Yes	Yes for 18 and over	Yes for 16 and over	Yes for 16 and over	Yes for 16 and over	No
Class A	1:1- Chaperone Capacity Only Volunteer/Athlete are above the 1:4 ratio	Yes	Yes	Yes	Yes	No but recommended	No
Class A	Group Home Chaperone - Chaperone capacity only Volunteer/Athlete are above the 1:4 ratio	Yes	Yes	Yes	Yes	No but recommended	No
Class A	Equestrian Side Walker - 18 yrs. old or older	Yes	Yes for 18 and over	Yes	Yes	Yes	No
Class A	Equestrian Horse Handler 16 yrs. old or older – one day events 16 yrs. old or older – overnight events	Yes	Yes for 18 and over	Yes	Yes	Yes	No
Class A	Health and Fitness Coordinator - 18 yrs. old or older	Yes	Yes	Yes	Yes	No	No
Class A	Healthy Athlete Clinical Director	Yes	Yes	Yes	Yes	No	No
Class A	Delegation Volunteer - Volunteer are outside the 1:4 ratio with no chaperoning responsibilities	Yes	Yes	Yes	Yes for 16 and over	No but recommended	No
Class A	Young Athlete Chaperone - Overnight chaperone for athletes ages 8 and 9 yrs. old	Yes	Yes	Yes	Yes	No	No
Class A	Medical Volunteer - Professional	Yes	Yes	No	No	No	No

Volunteer Position Requirements



Class B

Volunteer Classifications	VSys, Trainings & Clearances→	Completed Volunteer Application → VSys Record	Background Clearance to include PA Disclosure Statement	Protective Behaviors	General Orientation	Concussion Training	Sport Certification
	Position & Age (If applicable) ↓						(Note: 14 & over may attend Training Schools)
Class B	Medical Volunteer - Student	Yes	No	No	No	No	No
Class B	General/Local Program/Team Volunteer - Volunteer are outside the 1:4 ratio with no chaperoning responsibilities 15 yrs. old and younger	Yes	No	No	No	No	No
Class B	One Day Volunteer	Yes	No	No	No	No	No
Class B	Bus Driver - Non-registered volunteer	No	No	No	No	No	No
Class B	Equestrian Horse Handler 14 and older – one day events	Yes	No	No	No	No	No

Last updated: July 2022

Flag Football

Special Olympics
Pennsylvania





Age Groups

Please make sure all of your teams are **AGE** appropriate.

- 8-15 years old
- 16-21 years old
- 22+ (after age 22 we generally like to keep to no more than a 20 year age gap)

Flag Football



Sport Director: Kathy Adkins

Email: kathy.r.adkins@gmail.com



Fall Sports Rules



Links to all the sport pages

[SOI Sports and Coaching](#)



Flag Football

- Rules (2017)
- Rules (2021)

Sports Offered Page



**Links to all the
sport pages**

[Sports Offered](#)

2022 Flag Football Pre-Season Coaches Meeting

- Thursday, July 14, 6 p.m.
 - [Register in Advance for this Meeting](#)
-
- [Flag Football Rules - Updated 2021](#)
 - [Official and Scorekeeper Information](#)
 - [Flag Football Rating Form - 2022](#)
 - [Individual Skills Competition Directions](#)
 - [Individual Skills Score Sheet](#)
 - [Skills and Drills](#)
 - [Game Day Score Sheet](#)
 - [Everybody Plays](#)



Events Offered

- Individual Skills
- Team
- Unified Sports

Flag Football will be offered at all Fall Sectionals & Fall Festival





Reminders

- Shorts should have no pockets
- Shirts must be tucked in
- Mouth Guards
- Flags:
 - When Purchasing:
 - Make sure they are **NOT individual Velcro flags** attached to a belt that doesn't have a break-away clip.
 - In our league, the **whole belt HAS to release and come off when a flag is pulled.**
 - Flag color doesn't matter, the clips usually tell you the size
 - Medium – yellow, Large – blue, XL – green (**many teams use mostly green**)
 - Flags that have a “**magnetic clip**” are not allowed.

Triple Threat Flags - Where to get them?



- BSNsports.com – use sizes Med, Large, and XL \$5.99 each
 - <https://www.bsnsports.com/flag-football-belts>
- Amazon – Careful there are many Velcro flags mixed in if you search
 - these sizes run a little differently than the ones we get from BSN
 - depending on size they are \$50 - \$52 per dozen
 - https://www.amazon.com/Champion-Sports-Triple-Football-Yellow/dp/B003WX9NH8/ref=sr_1_7?crid=BNUWFQ7WEDHT&keywords=triple+threat+flags+for+flag+football&qid=1657828153&srefix=triple+threat+flags%2Caps%2C109&sr=8-7



New Team Assessment

- Must be completed while participants play in a team like situation.
- Place the athletes initials in the Team Level and Player Competency that closely matches the athletes ability

MB

- If the athlete is a Unified Partner circle their initials.

MB

NEW Team Assessment



Flag Football - Player Competency Rating Form

Player Role - Athlete or Unified Partner

For Unified teams, please circle the Unified partner's initials in the squares below

Program/Team Name:

Team Composition (circle):

Male, Female or Coed/Mixed Gender

Team Type (circle):

Traditional or Unified

Quarterbacks:

Please only enter data in the fields below for those persons that play this position

Please note sections below that will ask a series of sport-specific competency questions for each player on the team. The objective is for the evaluator to provide a point value rating for each of the players on the team based upon the listed competency. For some competencies, a player may not exactly meet the competency and/or be rated in between two competencies; therefore, please indicate the competency rating that would most closely be aligned to the player.
Please enter the player's initials in the boxes below the point value that most closely matches their skill competency.



Player Competency - Offense

Team Level	Level 1 - Novice		Level 2 - Intermediate	Level 3 - Advanced	
Player Competency Point Value	1	2	3	4	5
Catching/Receiving	Inconsistent catching passes at shorter distances w/loose coverage; understands only basic routes/patterns; limited catch range/reach; attempts to advance the ball after catch w/uncertainty	Player's skill range would fall in between a score of a 1 and 3	Average receiving skills; runs simple routes consistently; can catch short/medium passes while on the move; limited ability to adapt to defense; average catch range/reach; can advance the ball after catch with certainty	Player's skill range would fall in between a 3 and a 5	Can catch various types and distances of passes w/varying types of coverage; advances the ball with conviction after catch; excellent route runner and can adapt to defensive pressure on QB; excellent pass catching range/reach
Pass/Run Blocking	Limited understanding of pass/run blocking principles; lacks agility/balance and can be easily beaten by defenders/pass rushers; plays more of a fixed/limited movement blocking role; often out of position on plays that change direction	Player's skill range would fall in between a score of a 1 and 3	Average understanding of blocking; able to legally block on less complex plays; occasionally can make some blocking adjustments based upon movement of QB; may sometimes be called for blocking penalties, especially against quicker defensive players	Player's skill range would fall in between a 3 and a 5	Proficient understanding of blocking; implements offensive strategies and capable of maintaining legal blocks during complicated plays; quickly reacts to defender's rush movements; infrequently penalized
Passing (only for those that play the QB position)	Limited accuracy/arm strength; has trouble completing passes over 5-10 yards; minimal mobility; inconsistent w/ simple passes, especially to moving targets; completes some passes w/ light pressure; limited play calling adaptations; tends to throw random passes that are not targeted to receivers when under duress	Player's skill range would fall in between a score of a 1 and 3	QB has average skills and some knowledge of strategy, but stays pretty basic following calls from coach; tends to look to primary receiver; can throw on target up to 20 yards; some mobility; ability to run more than 1 passing option, but usually cannot run out of broken plays	Player's skill range would fall in between a 3 and a 5	QB controls game; knows strategy; strong arm with excellent accuracy; able to hit moving targets, even downfield; has ability to read defense and adjust plays; excellent mobility



Player Competency - Defense

Team Level		Level 1 - Novice				Level 2 - Intermediate				Level 3 - Advanced				
Player Competency Point Values		1		2		3		4		5				
Player Competency - Defense	Pass/Edge Rushing	Below average agility and technique/skills; slow to react and keep up with pace of game and offensive players; slow lateral movement; presents minimal defensive pressure and can easily be blocked by offensive line	Player's skill range would fall in between a score of a 1 and 3			Average agility and technique; average lateral movement; can keep pace with offensive players in short distance/yardage situations; creates pressure and will occasionally beat O-line and get to QB for a sack			Player's skill range would fall in between a 3 and a 5			Above average agility and technique; above average lateral movement; can consistently beat/elude offensive players; disruptive and can control game with defensive pressure		
	Flag Pulling	Limited concept of pulling flag technique and has problems with successfully pulling flag; tends to reach for offensive player's jersey instead of their flag; low aggressiveness and athleticism; often out of position to successfully pull flag	Player's skill range would fall in between a score of a 1 and 3			Understands basic skill of pulling the flag; average athleticism and skill; average aggressiveness; often in position and can move towards player with ball to pull flag			Player's skill range would fall in between a 3 and a 5			Proficient in pulling flag and positioning; can dominate game with athleticism/speed to cover mistakes of teammates; can force offense into changing plays; aggressively pursues plays/offensive players		

Game Awareness and Intangibles



Team Level		Level 1 - Novice				Level 2 - Intermediate				Level 3 - Advanced			
Player Competency Point Value		1		2		3		4		5			
Game Awareness and Intangibles	Game Situations/Rules/Communication	Limited knowledge of game's part rules; lack of field awareness; need for significant/continual prompting from coach/bench + other players during game; rarely able to make in-game adjustments; rarely communicate verbally with teammates on field		Player's skill range would fall in between a score of a 1 and 3		Average understanding of game's part rules; good field awareness; capable of performing performance basic skills without prompting from coach; some knowledge of strategy; run general play and can make some in-game adjustments; regularly communicate with teammates on field		Player's skill range would fall in between a 3 and a 5		Well-versed in understanding of game's part rules; significant field awareness; can implement strategies and run complicated plays; adapt/react to the way other team plays and capable of making in-game adjustments; frequently communicate with teammates			
	Speed/Quickness/Endurance	Below average speed and quickness; player has trouble keeping up with speed of game; limited endurance and often winded after play; slow to react		Player's skill range would fall in between a score of a 1 and 3		Average quickness and speed; can keep pace in short yardage situations; able to show some bursts of speed, but wears down during game; average endurance + reaction time		Player's skill range would fall in between a 3 and a 5		Player is extremely athletic and quick; can consistently elude and/or run down other players; has good acceleration and can dominate game with speed; only winded after long runs/plays			
	Reaction Time/Anticipation	Slow(er) to cover the field and move into offensive/defensive positions; lack ability to anticipate actions or tendencies of teammates and opponents; can struggle to keep up with pace of game		Player's skill range would fall in between a score of a 1 and 3		Average speed to cover field and move into offensive/defensive positions; will occasionally and successfully anticipate actions and tendencies of teammates and opponents; will sometimes cover teammates' mistakes		Player's skill range would fall in between a 3 and a 5		Easily covers the field and regularly in proper position; regularly anticipate actions of teammates and opponents; can quickly recover position and cover teammates' mistakes			

Team Competencies



Team Level		Level 1 - Novice										Level 2 - Intermediate										Level 3 - Advanced									
Player Competency Point Values		1					2					3					4					5									
Team Competencies	Coach(es) Assessment of Team- Please provide feedback related to the following topics																														
	Team longevity and chemistry (How long the team has been playing together? Has there been a consistent/core group? Do the players understand each other's roles/tendencies?)																														
	Are there any players that posses higher ability skill sets when compared to their teammates? For example, are there any players that are fast and/or show quick bursts of speed? Are there any players that possess soft hand and rarely drop passes?																														
	Do the coaches need to continually prompt the players on offense and/or defense? Are the players able to successfully implement adjustments/changed plays during the game?																														

Soccer

Special Olympics
Pennsylvania



Soccer



Sport Director: Henry Lawley

Email: hjlawley@yahoo.com



Fall Sports Rules

Links to all the sport pages

[SOI Sports and Coaching](#)



SPORTS ESSENTIALS

Football (Soccer)

- Coaching Guide
(2021): [Online](#)
- Coaching Guide
(2021) PDF: [English](#) •
[Spanish](#) • [German](#) •
[Russian](#)
- [Fact Sheet](#)
- [Rules \(2020\)](#)
- [Rules Changes \(2020\)](#)

Sports Offered Page

**Links to all the
sport pages**

[Sports Offered](#)

2022 Soccer Pre-Season Coaches Meeting

- Thursday, July 14, 6 p.m.
- [Register in Advance for this Meeting](#)
- [Soccer Team Rating Form - 2022](#)
- [Soccer - Advanced Skills Competition](#)
- [Players Mimic Coaches Article](#)
- [11 Tips for Coaching Little Ones](#)
- [Soccer Resources](#) – rules, coaching guides, fact sheets, etc.
- [Everybody Plays](#)

Events Offered



- Individual Skills
- Advanced Individual Skills
- 5 v 5
- 7 v 7
- 5 v 5 Unified Sports
- 7 v 7 Unified Sports



Reminders



Verbiage was changed to clarify

- All fouls result in an indirect kick (except for penalty kicks = direct free kick)
- Skills and Advanced Soccer Skills offered at Sectionals & States

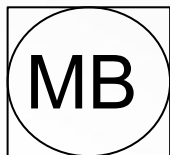


New Team Assessment

- Must be completed while participants play in a team like situation.
- Place the athletes initials in the Team Level and Player Competency that closely matches the athletes ability

MB

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Player Competency - Offense

Team Level		Level 1 - Novice		Level 2 - Intermediate	Level 3 - Advanced	
Player Competency Point Value		1	2	3	4	5
Player Competency - Offense	Ball Skills	Has difficulty dribbling and trapping ball; possesses limited ball handling skills	Shows some ball handling skill, but can control ball with dominant foot only	Can control ball with both feet; average ball handling skills; can dribble in either direction with token pressure	Has ability to beat defender (while dribbling) regularly with dominant foot	Has ability to beat defender (while dribbling) regularly with either foot
	Passing	Has difficulty completing a pass to a teammate; limited to making short passes only	Can only complete a pass to teammate after looking directly at him/her or with prompting	Has ability to choose best type of pass (to feet or to space) without prompting	Has ability to consistently complete a one touch or two touch pass to an open teammate	Controls game with ability and decision-making to complete a pass to open player when they are in good position
	Shooting	Can periodically strike ball on goal from close range of 7 yards or less	Can make shots inside of close range and occasionally attempts a mid range shot of 8 to 12 yards	Can put mid range shots of 8 to 12 yards on goal with moderate pace	Can consistently make close and mid range shots and will attempt shots beyond 12 yards	Has excellent shooting form, can strike the ball with pace and makes shots from any range 15 yards and closer
Offense + Goalkeeping	Defense	Does not understand defensive position or principles, often beaten by an opposing player on the dribble or to loose balls	Some understanding of defensive position and principles, sometimes beaten by an opposing player on the dribble or to loose balls	Moderate understanding of defensive position, can perform a tackle, goes after loose balls within 3 to 4 steps	Good understanding of defensive positions/principles, does not get beat often, aggressively goes after loose balls, able to clear balls	Exceptional ability to defend, wins most loose balls, ability to clear the ball, shut down-type defender

Player Competency - Defense + Goalkeeping



Player Competency - Defense + Goalkeeping	Defense	Does not understand defensive position or principles, often beaten by an opposing player on the dribble or to loose balls	Some understanding of defensive position and principles, sometimes beaten by an opposing player on the dribble or to loose balls	Moderate understanding of defensive position, can perform a tackle, goes after loose balls within 3 to 4 steps	Good understanding of defensive positions/principles, does not get beat often, aggressively goes after loose balls, able to clear balls	Exceptional ability to defend, wins most loose balls, ability to clear the ball, shut down-type defender
Player Competency - Defense + Goalkeeping	Goalkeeping (only for those that play this position)	Minimal understanding of goalkeeping position and with footwork in goal area, tentative when shots come at goal and when clearing ball from goal area	Limited understanding of goalkeeping position and with footwork in goal area, can block and catch some shots directly at him/her and will attempt to move towards other shots, less tentative when clearing ball	Some understanding of goalkeeping position, can block and catch shots directly at him/her along with some requiring movement, average confidence when clearing ball	Good understanding of goalkeeping position, regularly makes routine saves and can move to save some more difficult shots, can distribute ball to open player and does so with confidence	Exceptional ability to save shots, aggressively goes after loose balls in the goal box, distributes ball effectively to initiate offense, can direct defense based upon game situation

Player Compancy - Game Awareness + Intangibles



Team Level		Level 1 - Novice		Level 2 - Intermediate	Level 3 - Advanced	
Player Competency Point Value		1	2	3	4	5
Player Competency - Game Awareness + Intangibles	Game Awareness/Rules/Communication	Sometimes confused on offense and defense, can play a fixed position as instructed by coach, may occasionally go after a loose ball, minimal field awareness and on-field communication	Limited understanding of the game but can make some offensive or defensive decisions with coach prompting, limited field awareness and on-field communication, attempts to pursue a loose ball	Moderate understanding of the game, capable of making some offensive and defensive decisions, will occasionally participate in initiating plays, regularly pursues loose balls and will communicate with teammates on-field	Good understanding of game, can execute offensive counter-attack and also able to recover defensively after being beaten, consistently communicates with teammates and may call plays/provide direction	Advanced understanding of the game and mastery of soccer fundamentals, serves as an extension of coach on-field by providing direction/calling plays, excellent field awareness for self and teammates
	Speed/Quickness/Movement	Maintains a stationary position or only moves 1-2 steps towards ball or opponent, does not typically move to a loose ball, slower movement and covers limited area of field	Moves toward ball, but reaction time is slow and only in a limited area of the field, below average speed	Movement permits adequate field coverage for player's position, average reaction time and speed, capable of covering a larger area	Good field coverage, reasonably aggressive, above average speed and can display some bursts of speed but not consistently	Exceptional field coverage, aggressive anticipation, excellent reaction time and speed, consistently displays burst of speed
	Fitness/Endurance/Conditioning	Player has a lower level of fitness, capable of playing at least 30% of game, requires frequent substitutions to keep fresh	Player has a moderate level of fitness, capable of playing at least 40% of game, requires regular substitutions to keep fresh	Player has a good level of fitness, capable of playing at least 50% of game, needs some substitutions to keep fresh	Player has an above average level of fitness, capable of playing at least 60% of game, may need some substitutions to keep fresh	Player has an excellent level of fitness, capable of playing at least 70% of game, infrequent substitutions needed to keep fresh

Team Competencies



Team Competencies	Coach(es) Assessment of Team- Please provide feedback related to the following topics	
	Team longevity and chemistry (How long the team has been playing together? Has there been a consistent/core group? Do the players understand each other's roles/tendencies?)	
	Are there any players that possess higher or lower ability skill sets when compared to their teammates? For example, are there any players that are stop/start and/or change direction quickly? Are there any players that pinpoint passes?	
	Do the coaches need to continually prompt the players on offense and/or defense? Are the players able to successfully implement adjustments/changed plays during the game?	

Training

Special Olympics
Pennsylvania





Athlete Performance Training

Coaches Introduction

**Special
Olympics**
Pennsylvania





What is Athlete Performance Training (APT)?



- Designed to elevate the fitness levels of athletes and improve their sports outcomes, Athlete Performance Training consists of a combination of coach-facilitated sports practices and at-home fitness programs.
- During practices, coaches will apply an approach that includes education, exertion and evaluation.
 - Education:** Time is taken during each sports practice to discuss physical activity, nutrition, and hydration as a team.
 - Exertion:** A practice plan is followed that engages athletes in physical activity throughout the entire practice.
 - Evaluation:** Athletes' health and fitness metrics are collected at the start and end of the season.
- At home, athletes and their families/caregivers are provided a fitness program to complement the in-person practices.



Key Aspects of APT:



- A minimum of 8 weeks of training are required to fully complete APT.
- Any size team and any sport can participate.
- Health metrics of athletes are collected and recorded electronically on a Google sheet provided to you by SOPA.
- Health metrics: Height, weight and blood pressure can be collected from athlete's previous doctor visits.
- Fitness metrics: Determined by coaches completing a modified Coopers Test at the start and end of training and recording results.





Registering for APT:

- COVID-19 Coordinators when completing their **Site Registration Form** via Google Forms are asked if they are interested in participating in the Athlete Performance Training. COVID-19 Coordinators can express interest on behalf of their coach.
- **Or** a coach can visit the Online Portal to complete the necessary online training.
- The training can be found under the "**Training Schools, Webinar and More**" tab, labeled as "**Athlete Performance Training.**" You will only be able to access the training if you've taken your other required trainings (Concussion Training, General Orientation and Protective Behaviors).
- You will be contacted by SOPA, after the training with additional information regarding mailings of materials as well as a link to the Athlete Performance Training Tracking.



To find more information on APT visit the SOPA website under **Commit to Fit**



Coaches Training and Progression Plan

By implementing Athlete Performance Training for a minimum of 8 weeks during training AND completing the "Athlete Performance Training Tracking" at the start and end of the season, you are eligible for the **Bronze Level** specifically the Athlete Performance Training component of the Coaches Training and Progression Plan.





Weekly Training Plans

Elements of a Training Plan

1. Arrival
2. Warm-up
3. Skills
4. Competition situations
5. Cool Downs
6. Athlete Performance Training (APT)
7. Water Breaks



Arrival & Warm-Up

Arrival

- COVID Coordinator checks in athletes as they arrive and asks the necessary questions
- Coach - Greets the athlete and starts them on their warm-up

Warm-up - 10 - 15 minutes

- 2 laps around the field - walk, speed walk, jog, run, etc.
- Exercises that get the heart pumping
- Ex. Jumping Jacks, High Knees, arm circles
- Warm- up each part of the body





Skills & Competition Situations

Skills - practice the basics of the sport

- FF - Passing, running, flag pulling, controlling the ball
- SO - kicking with toe, inside foot - to person or goal

Competition Situations - Fun activity that includes the skills of the game or fitness components

- FF - Sharks and Minnows, short games focusing on receiving the football and controlling it from handoff or pass
- SO - Small games (short field), passing and shooting contests

Cool Downs



Cool Downs - 10-15 Minutes

- 2 laps around the field/court/parking lot - walk, speed walk, jog
- Exercises that slow the heart down
- Ex. Reach for the sky, lean to the left, right etc.
- Cool Down each part of the body

At this time remind athletes

- Next Practice or information on upcoming event
- Stretch before bed - Every night (use cool down stretches to build flexibility and prevent injury)
- Bring your own water bottle

APT & Water Breaks



Athlete Performance Training

- APT can completed with warm-ups & cooldowns
- Remind athletes 5 bottles of water and 5 fruit and vegetables a day.
- Cooper Test - Complete the 2nd week of training and the 8th week of training.
- At Home Fitness Training - should be done the days you are not at practice.

Water Breaks

- Every 20 minutes take a break and drink up!



Webinar Series



All Webinars will be the 2nd Wednesday of every other month at 12:00pm.

Webinars with an asterisk (*) will be eligible as Continuing Education courses.

- In order to receive the credit coaches must participate live or view recorded webinar from the SOPA website then submit a short quiz.
- <https://specialolympicspa.org/lunch-learn-webinar-series>

NEXT LUNCH & LEARN:

Wednesday, August 10th at Noon!

***How to: New Fall Team Assessments!
Flag Football, Soccer & Volleyball***

[August Lunch & Learn Registration](#)



Coaches Skill Trainings



FALL SPORTS

Associated Sports: Soccer, Volleyball, Flag Football, Powerlifting, Bocce, Roller Skating, LDR/W and Bowling

- All training Schools will be offered regionally by end of August
- If you region is not up and running - Jennifer Tresp will be organizing your trainings
- If you are not able to attend your regions due to another commitment you may attend trainings in a nearby region

Check the [Training Page](#) on the SOPA Website for more details.

Confirmed Training Schools

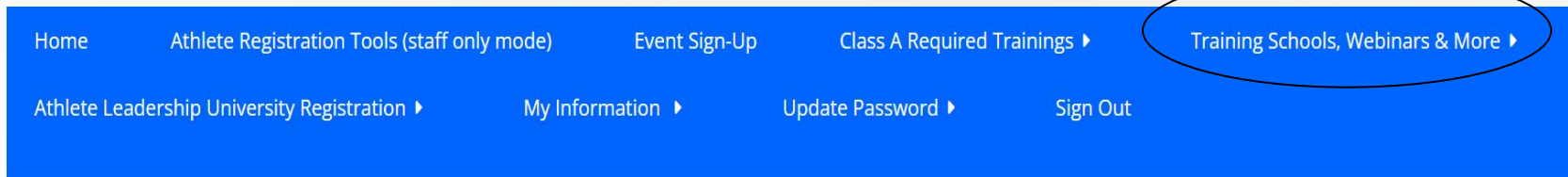


Date	Region	Team	Date	Sports Offered
Sunday August 27	9	Washington South Strabane Community Park	1 - 4 pm	Bocce Flag Football LDR/W Soccer

Volunteer Portal



Training Schools, Webinars & More



Welcome, Jennifer! Thank you for signing into Special Olympics Pennsylvania's Online Portal.

Team/Local Program: Special Olympics Pennsylvania

Registration Details: Staff Class A adult

Training Schools Webinars & More



Click on **SEARCH** - Then **SCROLL DOWN** to see training schools

If you are interested in a Sports Certification training that is not listed as a search option, please submit the "Sports Skills Training Interest (Track 1)" form located under the tab "Training Schools, Webinars & More."

Find Trainings

Start date

End date

Subject

Invitation code

07/11/2022

Search



Cancel



Search:

Print

Excel

PDF

↑ Description

Location

Start

More info

Coaching Special Olympics Athletes - August 20-21, 2022

Online Trainings

08/20/2022 08:00AM

Sign up





Entering Training School Hours

<https://specialolympicspa.org/training-schools>

- **Practicum Hours** – After completing your in-person training you will need to participate in 10 hours of practicum (working with the athletes).
- Directions on submitting your 10 hours of practicum:
 - Sport Training Application: [How to Enter Your Practicum Hours](#)
 - [Entering your Hours PowerPoint Presentation](#)



Non-Sports Trainings

Coaching Special Olympics Athletes (CSOA)

- Continuing Ed and Bronze Level Certification
- Act 48 Credits
- Virtual Training through ZOOM
 - August 20-21, 2022

Principles of Coaching:

- Continuing Ed and Silver Level Certification
- Virtual Training Through ZOOM
- October 22-23, 2022



You must attend both days in order to complete the certification.

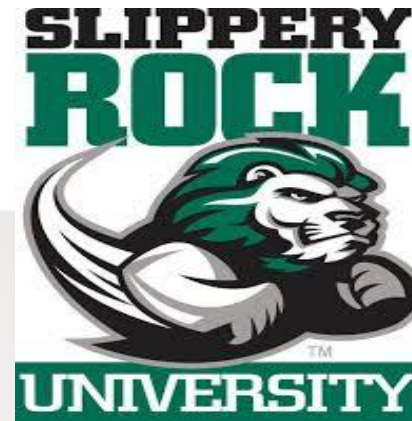
Competition

Special Olympics
Pennsylvania



Competitions

- **Western Fall Sectional**
 - Slippery Rock University
 - September 25th
- **Central Fall Sectional**
 - Juniata College
 - September 25th
- **Eastern Fall Sectional**
 - DeSales University
 - October 2nd



Competition



- **Fall Festival**
 - Villanova University
 - November 4-6



STATE COMPETITIONS & IMPORTANT DATES

Local Program Invitationals



Program	Event	Date	Location	Contact	Email
Area M	Area M Classic	September 18th	Hershey H.S	Lauren Parody	lparody@specialolympicspa.org
Montgomery	Wicked Fast LDR/W Festival	October 15th	Heebner Park	Scott Otterbein	specialolympicsmontco@verizon.net
Columbia-Montour	Bocce Bash	October 16th	Bloomsburg University	Deb Andrews	dandr38023@aol.com

Are you hosting an invitational this fall or winter?

Please let Mike Ermer know so we can get word out

mermer@specialolympicspa.org

QUESTIONS?

Special Olympics
Pennsylvania

