

# PRE-SEASON COACHES MEETING Volleyball

Fall 2022

***Special Olympics***  
*Pennsylvania*



# Agenda



- **Reminders**
- **Volleyball**
- **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*

# Volleyball

***Special Olympics***  
*Pennsylvania*



# Volleyball



**Sport Director:** Maryellen Brown

**Email:** [snickersbrown5@gmail.com](mailto:snickersbrown5@gmail.com)

# Fall Sports Rules

**Links to all the sport pages**

[SOI Sports and Coaching](#)



## **SPORTS ESSENTIALS**

### Indoor Volleyball

- Coaching Guide (2008): [Online](#)
- [Fact Sheet](#)
- [Rules \(2020\)](#)
- [Rules Changes \(2020\)](#)

# Sports Offered Page

## Links to all the sport pages

### Sports Offered

#### 2022 Volleyball Pre-Season Coaches Meeting

- Wednesday, July 13, 7 p.m.
- [Register in Advance for this Meeting](#)
- [Volleyball Rating Form - 2022](#)
- [Volleyball Resources](#) – rules, coaching guides, fact sheets, etc.
- [Everybody Plays](#)
- [Volleyball – Game 1 & 2 Scoresheet](#)
- [Volleyball – Prelims Scoresheet](#)
- [Volleyball – Starting Lineup Sheet](#)
- [Volleyball – Team Lineup Card](#)
- [Volleyball Individual Skills Card](#)



# Events Offered

- Individual Skills
- Team
- Unified Sports Player Development





# 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)



# Player Development



- Perfect for Individual Skills athletes and lower-level volleyball teams to build their skills and become more confident in their sport skills.
- On the floor, each team has two Unified Sports partners that are player/coaches.
- These player/coaches provide on-court coaching by using visual and verbal cues to help set up the athlete for success!
- To learn more about Player Development Volleyball join the coaches training on Thursday, July 28<sup>th</sup> at 6:00 pm

The link for the training is:

<https://us02web.zoom.us/meeting/register/tZluf-ippjMsGtRii-MbGFT8fHcZryfdxacZ>



# Athlete Benefits

- Sport confidence and skills improvement
- Instruction occurs in an interactive way and in close proximity between the Unified partners and athletes.
- Shared on-court experiences foster the development of friendships.
- Athletes learn through modeling the actions of Unified partners
- Improved understanding of teamwork, cooperative effort, and communication
- Opportunity for skills athlete to participate in a team sport.
- Opportunity for volleyball athletes to improve their game and play at a higher level.



# Role of A Unified Partner

Unlike Competitive Unified Sports, the partners' ability levels are higher than the athletes.

**Primary role:** Serving as on-court instructors and facilitating play, so the athletes learn how to play volleyball.

**Partners do not play as peer teammates** and are restricted in what they can do on the court.

Unified partners need to use **common sense** to restrain themselves from taking the game out of the athletes' hands.

**Best outcome:** the athletes play, and the Unified partners serve as on-court coaches during practices and competition.



# Role of a Unified Partner

A Unified partner MAY NOT do the following:

- Intentionally return the ball over the net
- Serve
- Block
- Favor one athlete

Unified partners CAN:

- Bump/set the ball to an athlete
- Provide continual on-court instruction to their athlete teammates with verbal, visual, and physical cues.  
These include where to position themselves on the court, how to execute a skill, and overall game tactics.

# Competition



This team participates in competitions against other Unified Sports Player Development teams of similar age and abilities.

We plan to offer competition at Regional and Sectional events (when enough teams register to create a competitive environment) as well as Fall Festival



# 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

<u><b>Volleyball - Player Competency Rating Form</b></u>	
<i>Player Role - Athlete or Unified</i>	For Unified teams, please circle the Unified partner's initials
<i>Program/Team Name:</i>	
<i>Team Composition (circle):</i>	Male, Female or Coed/Mixed Gender
<i>Team Type (circle):</i>	Traditional, Unified or Player Development
<i>Are there 1+ Libero players (circle):</i>	Yes or No

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 - Serving, Passing, Hitting



Team Level		Level 1 - Novice				Level 2 - Intermediate				Level 3 - Advanced			
Player Competency Point Value		1				2				3			
Player Competency - Serving, Passing, Hitting	Serving	Difficulty contacting ball/controlling ball direction; has to serve underhand legally to get ball over net				Legally serves underhand to consistently get ball over net; better ball control direction; may attempt overhand serve				Frequently serves legally underhand with ball control/direction; capable of overhand serve with some ball control/contact			
	Passing/Setting	Difficulty completing a forearm pass to a teammate; often unable to control direction of pass; rarely sets				Only completes passes that come directly to him/her; infrequently controls direction of pass; attempts to set teammates				Frequently completes passes received in general area of his/her position with moderate control; occasionally sets teammates and understands rotations			
Player Competency - Serving, Passing, Hitting	Attacking/Hitting	Periodically makes an uncontested attack over the net; hits ball over net when it comes directly at him/her				Hits ball over net when set to him/her; occasionally moves to a set 1-2 steps away; basic understanding of front row principles				Frequently hits ball over net into opposite court with some control/direction; shows more range to move to set balls			



# Player Competency - Blocking, Awareness, Receiving



Team Level		Level 1 - Novice				Level 2 - Intermediate				Level 3 - Advanced			
Player Competency Point Value		1		2		3		4		5			
Player Competency - Blocking, Awareness, Receiving	Blocking/Understanding Blocking Fundamentals												
		Does not block at all/makes little to no effort to block and often out of position for the block	Attempts to block only when the ball is hit directly in front of him/her; minimal movement to attempt block		Goes after blocks that are within 2-3 steps of position; makes some successful blocks		Aggressively attempts blocks 3-4 steps away; actively attempts blocks 4+ steps away; makes many successful blocks		Exceptional ability to stop opponent's attacks all along the net with good body control				
	On-court Movement and Awareness/Footwork												
		Maintains a stationary position; does not move to/away from the ball as necessary	Moves limited steps towards ball; slow reaction time; will defer to others on 50/50 balls		Frequently moves towards ball; fair reaction time; may take 50/50 balls; intermittent transition from offense to defense + stepping into position after serving		Good court coverage, reasonably aggressive and will take most 50/50 balls; good transition from offense to defense + stepping into position after serving		Exceptional court coverage; aggressive anticipation and will call 50/50 balls; excellent transition from offense to defense + stepping into position after serving				
	Receiving												
		Does not communicate with teammates or coaches; makes minimal motion towards hit ball and frequently out of position	Does not communicate with teammates or coaches; may take balls called for by others; sometimes in ready position		Responds to communication from teammates and coaches; often in ready position; fair receiving mechanics		Calls for/pursues balls near his/her position; frequently in ready position; good receiving mechanics		Actively calls for and aggressively pursue balls near his/her position; excellent receiving mechanics				

# Game Awareness and Intangibles



Team Level		Level 1 - Novice					Level 2 - Intermediate					Level 3 - Advanced				
Player Competency Point Value		1					2					3				
Game Awareness and Intangibles																
	Endurance/Stamina/Conditioning	Player has a lower level of fitness; capable of playing at least 20% of game; regular substitution needed to keep player fresh					Player has a moderate level of fitness; capable of playing at least 30% of game; regular substitution needed to keep player fresh					Player has an average level of fitness; capable of playing at least 40% of game; moderate substitution needed to keep player fresh				
	Reaction Time/Anticipation	Slow(er) to cover the court and move into offensive/defensive positions; lacks ability to anticipate actions or tendencies of teammates and opponents; can struggle to keep up with pace of game					Fair speed/ movement to cover the court and move into offensive/defensive positions; fair ability to anticipate actions or tendencies of teammates and opponents; will occasionally fall behind pace of game					Average speed to cover court and move into offensive/defensive position; will occasionally and successfully anticipate actions and tendencies of teammates and opponents; will sometime cover teammates errors				

# 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 playing style?)	
	Are there any players that posses higher ability skill sets when compared to their teammates? For example, are there any players that are quick off of their feet and/or possess above average jumping ability? Are there any players that stand 6' or taller and can use their height to their advantage?	
	Does the team try to use all 3 contacts? Does the team regularly attempt to pass to the setter? Does the team play with a designated setter(s)?	

# 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 10, 2022 at Noon!**

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

**[August Lunch & Learn Registration](#)**

# 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

- ready position, serve, bump, set, set-bump

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

- Mini game - 3 serve side out
- Serving contests
- Bump-set contests
- Full games

# 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 be 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!





# Coaches Skill Trainings



## FALL SPORTS

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

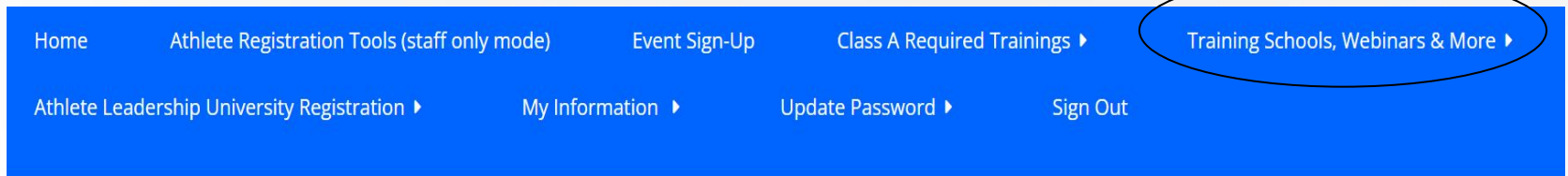
- All training Schools will be offered regionally by end of August
- If you region is not up and running - Jennifer Tresp will be organizing your trainings
- If you are not able to attend your regions due to another commitment you may attend trainings in a nearby region

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





## 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.

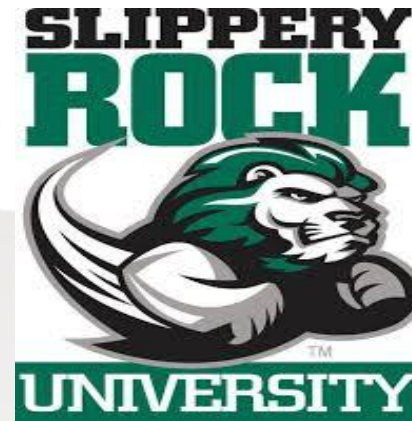
# Competition

***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](mailto:mermer@specialolympicspa.org)

# QUESTIONS?

***Special Olympics***  
*Pennsylvania*

