VOLLEYBALL

At-Home Guidelines for Training & Competition
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Coaches Guide to Training and Competition during Return to Activities: Phase A

As we head into Return to Activities the following requirements will be in place for a program to begin training.

**PHASE A: At-Home**

- For team sports, only Level 1 and Level 2 skills activities are permitted. No team play will be allowed in the fall.
- All athletes and Unified Partners with active SOPA medicals are eligible to participate in at-home training.
- No in-person competitions will be permitted during the fall 2020 season.
- All State competitions will be done virtually – including Fall Sectionals and Fall Festival.

**Coach Responsibilities:**

- Verify with Local Program leaders that all athletes have current medicals.
- You as a coach must be an active Class A volunteer.
- Conduct weekly training sessions to engage athletes, discuss health and fitness and prepare athletes for competition.
- Engage athlete’s virtually (see appendix).
- Engage athletes who do not have access to technology (see appendix).
- Provide each athlete with needed equipment if they do not have access to their own.
- Instruct athletes on how to prepare their competition site to participate in virtual competition.
- Adhere to deadlines for competition information.

**Requirements for Phase A:**

To conduct at-home training and competition, Local Programs **must adhere to the following:**

- Prepare appropriate resources for safe at-home activities.
- Prepare participants for participation in at-home training and virtual competitions.
- Share resources digitally and when necessary, mailings to activate participants virtually.
- At-home participants with COVID-19 symptoms must refrain from participating in activities and consult with a healthcare professional for further evaluation.
- Ensure that athletes and coaches abide by the Honor Code (appendix).
- At home athletes are required to work virtually with a Class A coach.
- Ensure athletes have the necessary equipment to conduct at-home training and competition safely.
- Ensure athletes have assistance in recording scores and preparing competition area.
- Adhere to deadlines for competition information.
Volleyball: At-Home Training

For team sports, in Phase A, athletes will be able to compete in Level 1 (Entry) or Level 2 (Advanced) Skill Competitions. Each athlete should be provided with ONE volleyball if they do not own one.

Recommended and Substitute Equipment

- Sports equipment: Volleyball
- Measuring device: ideally a tape measure, if not you can use your feet (one of your feet = 12 inches or 1 foot)
- Cones: plastic water bottles, shoes, household items
- Marking device: painters tape, chalk, string
- Playing area: backyard, schoolyard, park, parking lot
- Assistant for conducting competition: household member, family member, caregiver
- Target: hula hoop, garbage can, cardboard box, newspaper, folded bath towel, place mat

Sample Training

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Notes</th>
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<tbody>
<tr>
<td>5-10 Min</td>
<td>Warmup/Stretch</td>
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<tr>
<td>10 Min</td>
<td>Skill Recap and Follow up</td>
<td>Prior to first training have meetings with the athletes to discuss a drill to work on. See how their development in that skill has come along.</td>
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<tr>
<td>10 Min</td>
<td>Fitness Work</td>
<td>Fitness Drills may include the Additional Drill examples in the Skills Guide. This can also be a good time to do a pushup challenge or something of that nature with your athlete.</td>
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<tr>
<td>10 Min</td>
<td>Nutrition Recap</td>
<td>Discuss the athlete’s nutrition over the time between meetings. Fit 5 is a great turnkey program that can give coaches and athletes nutritional guides.</td>
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<td>10 Min</td>
<td>Drill to Work on Prior to Next Meeting</td>
<td>Identify drills that the athlete can do on their own in the time before the next meeting to improve their skills in anticipation of the upcoming competition.</td>
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<td>10 Min</td>
<td>Cool Down</td>
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Business

I like to keep notes on the upcoming training and competition schedule here.

It is great to have notes on pertinent information for the athletes and coaches.
Recommended Warmups
- Warmup lap
- Hip circles
- Arm circles
- Jumping jacks
- High Knees
- Butt kicks
- Moving lunges

Recommended Cool Downs
- Reach for the sky
- Side stretches
- V Sits
- Modified hurdles

Additional Drill Examples
- Plyometric drills
  - Wall sits
  - Air squats
  - Burpees
  - Jump rope
  - Plank
- Cone Drills
Ladder Drills

Additional Volleyball Drills
Fingertip taps:
- Place a tape on a solid wall, net high
- Using finger tips, tip the ball over the tape
- Count the number of tips in a row, for 1 minute
- IF the ball hits the floor start counting over, record the highest number

Wall Taps:
- Place a tape on the wall, net high
- Turn sideways, with your right hand at the wall
- Jump up to touch the wall above the tape
- Count the number of touches above the tape for 30 seconds
- Switch sides, left hand next to wall and repeat steps 1-4

Net Blocks:
- Using a set up volleyball net
- Face the net at the far right, standing about 12-18 inches back from the net
- Jump with both hands, trying to reach the top of the net (not touching the net)
- Slide two slides to the left and jump again
- When you reach the left side of the court, back pedal to the end line
- Slide across the end line to the right sideline
- Run up to the net and repeat steps 3-7

Self-Sets:
- Using your volleyball, toss the volleyball in the air above the net high
- Using a good set hand position, Fingertip it back in the air continuously for 1 minute
- Count the number of sets above the net
• IF the ball hits the floor start counting over, record the highest number

Wall Bumps:
• Measure a line 6-8 ft. away from a solid wall
• Place a piece of tape net high on the wall
• Stand behind the tape, toss the ball above the line on the wall
• Using a good bump hand position, bump the ball back above the line
• Count the number of Bumps above the line for 1 minute
• IF the ball hits the floor start counting over, record the highest number

Phase A Training Drills

Level 1, Skill #1 Overhead Pass (set)
• Skills to work on
  o Forearm Pass
    ▪ Self-toss
      • Toss ball and catch
      • Toss needs to be slightly in front of them and above their head height
    ▪ Self-toss and volley
      • Set the ball straight up to net level and catch
      • Set the ball straight up setting the ball one meter (3 ft., 3 1/3 in) above his/her head height.
    ▪ Self-toss towards target
      • Toss the ball, set towards a target on the floor or wall.

Level 1, Skill #2 - Underhand Serving
• Skills to work on
  o Underhand Serve
    ▪ Start with their left foot forward, and their right foot back (reverse instructions if the athlete is left handed).
    ▪ Athlete practices moving their body weight by rocking back and forth from left foot to right foot.
    ▪ Athlete pretends to hold the ball in their left hand, and swing their right arm back as they step on their right foot, then forward to their left hand as they rock forward.
    ▪ Make sure the players can balance the ball in their left hand as they’re rocking back and forth, working on their arm swing. They should lift their swinging hand just up to the base of the ball.
    ▪ Now add the serve. It doesn’t have to go far - just worry about connecting. Can also be done towards a wall to avoid retrieving the ball.
    ▪ Remember to have the athletes lean slightly forward as they connect with the ball.
    ▪ Next have them increase the strength of the hit.
    ▪ Place targets in the opposite court to encourage athletes to hit the
ball over the net into a target area. This will need to be performed by one athlete at a time, they should serve, retrieve their ball, and then get back in line, while the next athlete serves.

Level 1, Skill #3 - Forearm Pass (Bump)

- Skills to work on
  - Self-toss
    - Toss ball and catch
    - Toss needs to be slightly in front of them and above their head height
  - Self-toss and Pass
    - Pass the ball straight up to net level and catch
    - Pass the ball straight up setting the ball one meter (3 ft., 3 1/3 in) above his/her head height.
  - Self-toss towards target
    - Pass the ball, set towards a target on the floor or wall.

Level 2, Skill #1 - Bump Set

- Skills to work on
  - Self-toss
    - Toss ball and catch
    - Toss needs to be slightly in front of them and above their head height
  - Self-toss and Bump
    - Toss the ball
    - Bump the ball straight up to net level and catch
    - Bump the ball straight up setting the ball one meter (3 ft., 3 1/3 in) above his/her head height.
  - Self-toss and bump and set
    - Toss the ball
    - Bump the ball
    - As the ball begins its descent from the bump, quickly reset your hands to set the ball
    - Catch the Ball
  - Now put it all together
    - Self-toss, bump, set, bump, set,
    - Start by trying to repeat the process 3 times before the ball drops
    - Build to 5 times, then 7, then 10
    - Then finally can they repeat the process 50 times before dropping the ball

Level 2, Skill #2 Overhand Serve

- Overhand Serve
  - Place their right foot slightly in front of their left foot.
  - Make sure their feet are a decent distance apart (about 12 inches).
Keep their knees slightly bent but make sure it's not uncomfortable
Don’t squeeze the ball, but make sure it's not falling out of their hand.
Place their right hand next to their right ear so they are almost touching. Their palm should be facing the ground.
When tossing the ball, lightly toss it up and towards their right hand (they should not throw it behind themselves).
Make sure their toss goes about as high as their arm when it is fully extended upward (this is where they are going to make contact with the ball).
There feet should be right in front of left
TOSS - Toss the ball - high and to the right
STEP - Step forward with their left foot as they..
HIT - Hit the volleyball once it’s at its highest point (as high as their arm can extend).

Level 2, Skill #3 Over the net Set
- Skills to work on
  - Forearm Pass
    - Self-toss
      - Toss ball and catch
      - Toss needs to be slightly in front of them and above their head height
    - Self-toss and volley
      - Set the ball straight up to net level and catch
      - Set the ball straight up setting the ball one meter (3 ft., 3 1/3 in) above his/her head height.
    - Self-toss towards target
      - Toss the ball, set towards targets on the floor of the opposite side of the net.
Volleyball At-Home Competition

Recommended Equipment and Substitute Equipment

- Sports equipment: Volleyball
- One regulation-size court that is 18 meters (59 ft.) long and 9 meters (29 ft. 6 in) wide: mark off a space that is 59 ft. long and 29 ft. 6 in. Use marking device to mark distances.
- Net height- 2.43 meters (7 ft., 11 5/8 in): clothes line, height of assistants with arms held above the head, assistant standing on a chair.
- Measuring tape: 1 foot to foot = 1 foot, yard stick (3 feet), tape measure
- Cones: plastic water bottles, shoes, household items
- Marking device: floor or painters tape, chalk, string
- Playing area: backyard, schoolyard, park, parking lot
- Assistant for conducting competition: household member, family member, caregiver
- Target: hula hoop, garbage can, cardboard box, newspaper, folded bath towel, place mat

Virtual Competition Entry Information

- Athletes may enter up to three individual skills events and must choose either Level 1 (Entry) or Level 2 (Advanced) skills.
- Awards will be given for results in each individual skill.
- Qualifying scores will be due two (2) weeks prior to sectionals and three (3) weeks prior to State level competitions.
- Athletes will submit scores to coaches.
- Coaches will record a qualifying score for each athlete in their chosen event(s)
- These scores will be used for divisioning and must follow the SOPA Honor Code.
  - Level 1 - Entry
    - Overhead Set
    - Underhand Serve
    - Bump
  - Level 2 - Advanced
    - Bump Set
    - Overhand Serve
    - Over the net Set
- There is a data collection form at the end of this guide that will help to compile the information during your practice.
- The coach will submit the Qualifying Score to the Sport and Competition Coordinator/Regional Sport Director for submission.
Phase A At-Home Competition

- Athletes will be divisioned according to their Qualifying Scores.
- Coaches will submit final scores to the Local Program Sport and Competition Coordinator/Regional Sport Director by the established deadline.
- Final scores are due to the appropriate SOPA Competition Director **by the Monday prior to the event.**
- In adherence with Honor Code, the same playing surface **must** be used for divisioning and competition.
- Phase A competition will occur as:
  - Individual Skills competition for traditional athletes.
  - Unified Pairs Skills competition for an Athlete and Unified Partner. In Unified Pairs Skills events the Athlete’s and Unified Partner’s scores will be added together to determine the score for the pair.
Individual Skills Guide - Level 1 Entry
Level 1, Skill #1 - Overhead Passing (Volleying)

Equipment
Regulation-size court, Volleyball, Marker, Chair

Description
- Player is given 10 attempts.
- The player will self-toss their ball and attempt to set the ball towards a target.
- Self-tosses that are not high enough for the athlete to set are repeated.
- The goal is for the peak of the arc of each set ball to be above net height.
- After the athletes first attempt they retrieve their ball and pass again.
- Athlete will alternate through this process until they have performed all 10 sets.
- It is suggested that the assistant stand on a chair to evaluate the height of each set.

Scoring
- The peak of the arc of each set ball toward the target must be higher than the assistants head if standing on a chair.
- The athlete will receive one point for setting the ball over their head.
- The athlete will receive three points for setting the ball above net height or above assistants head standing on a chair.
- 3 points is the maximum score for each attempt.
- The athlete’s final score is determined by adding together the points awarded for each of the 10 attempts.
- 30 pts. is the maximum score for 10 attempts.

The following result in zero points:
- Illegal contact.
- Balls which go lower than head high.
- Balls which go over the net or outside the court.
Level 1, Skill #2 Underhand Serving

**Equipment:** Regulation-size court, Volleyball, Targets

**Description**
- The athlete is given 10 attempts from the service area.
- The athlete must serve underhand.
- Designate a service area that is 9 meters (29.5 feet) from net for where the server will serve from.
- Set up target areas on opposite side of the service area with markers.
- The athlete will serve from behind the service line. (NO modified serve line).
- After the athletes first attempt the athlete retrieves their ball, returns to the service area and serves again.
- Athletes will alternate through this process until they have performed all 10 serves.
- The assistant should stand on a chair to evaluate the height of each serve.

**Scoring**
- The peak of the arc of each serve toward the target must be higher than the net or higher than the assistants head if standing on a chair.
- The athlete is awarded the points where the ball lands.
- The maximum score for each serve is 4 pts.
- Balls hitting on a line score the higher point value.
- The athlete’s final score is determined by adding together the points awarded for each of the 10 attempts.
- The maximum score for 10 serves is 40 pts.
- It is suggested that the assistant stand on a chair to evaluate the height of each set.

The following result in zero points
- Balls contacting the net
- Ball contacting the antennae
- Ball lands out-of-bounds
Level 1, Skill #3 Forearm Pass (Bump)

**Equipment:** Regulation-size court, Volleyball, Marker

**Description**
- The athlete stands at the right back position, three meters (9 ft., 10 in) from the right sideline and one meter (3 ft., 3 1/3 in) from the baseline.
- The athlete will self-toss and attempt to pass the ball toward a target (two meters away from the net, and four meters [13 ft., 1 1/2 in] from the sideline).
- Target areas of varying point values are marked on the front court.
- The event is repeated with the athlete at the left back position, three meters from the left sideline and one meter from the baseline. After the athletes first attempt they retrieve their ball and return to the starting position to continue.
- Athletes will alternate through this process until they have performed all 10 passes (5 attempts on the left back side and 5 attempts on the right side).
- The assistant should stand on a chair to evaluate the height of each serve.

**Scoring**
- The athlete must pass the ball so that the peak of the arc is at least net height or higher than the assistants head if standing on a chair to receive maximum points.
- A ball which lands on the line is assigned to the area with the higher point value.
- A ball which is passed below net height will receive only one point, regardless of where it lands.
- The athlete’s final score is determined by adding together the points scored from his/her five attempts at both the right back and the left back positions.
- It is suggested that the official stand on a chair to evaluate the height of each pass.
- 50 pts. is the maximum score for 10 attempts.
- It is suggested that the assistant stand on a chair to evaluate the height of each set.
Individual Skills Guide - Level 2 Advance

Level 2, Skill #1 Bump-Set

Equipment: Volleyball, an open area

Description

- Athlete alternately bumps (forearm passes) and sets the ball to himself/herself without stopping.
- The athlete first tosses the ball into the air and then bumps the volleyball.
- The athlete then must move under the ball to set-bump-set-bump-set, etc.
- The assistant should stand on a chair to evaluate the height of each serve.

Scoring

- The maximum score is 50 (25 bumps and 25 sets).
- Each legal hit is counted as one point, as long as the ball goes above the height of the net.
- The athlete must bump and set the ball so that the peak of the arc is at least net height or higher than the assistants head if standing on a chair to receive a point.
- Athlete is given four trials to gain his/her best score.
- A particular trial is finished when:
  - The athlete sets or bumps the ball twice in a row
  - Illegally hits the ball
  - Goes out of the court to play the ball
  - Reaches a score of 50
Level 2, Skill #2 Overhand Serving

**Equipment** Regulation size court, Volleyball, Marker

**Description**
- The athlete is given 10 attempts from the service area.
- The athlete must serve overhand.
- Designate a service area that is 9 meters (29.5 feet) from net for where the server will serve from.
- Set up target areas on opposite side of the service area with markers.
- The athlete will serve from behind the service line. (modified serve line is not in use)
- After the athletes first attempt, the athlete retrieves their ball, returns to the service area and serves again.
- Athletes will alternate through this process until they have performed all 10 serves.
- The assistant should stand on a chair to evaluate the height of each serve.

**Scoring**
- The peak of the arc of each serve toward the target must be higher than the net or higher than the assistants head if standing on a chair.
- The athlete is awarded the points where the ball lands.
- The maximum score for each serve is 4 pts.
- The athlete’s final score is determined by adding together the points awarded for each of the 10 attempts.
- The maximum score for 10 serves is 40 pts.
- Balls hitting on a line score the higher point value.
- It is suggested that the assistants stand on a chair to evaluate the height of each set.

The following result in zero points
- Balls contacting the net
- Ball contacting the antennae
- Ball lands out-of-bounds
Level 2, Skill #3 - Over the Net Set

**Equipment:** Regulation-size court, Volleyball, Marker

**Description**
- Player is given 10 attempts from the center front position that is two meters (6 ft., 6 3/4 in) from the net and 4.5 meters (14 ft., 9 in) from the sideline.
- The player will self-toss their ball and attempt to set the ball over the net to designated scoring areas.
- Self-tosses that are not high enough for the athlete to set are repeated.
- The goal is for the peak of the arc of each set ball to be above net height.
- After the athletes first attempt they retrieve their ball and return to the starting position.
- Athlete will alternate through this process until they have performed all 10 sets.
- The assistant should stand on a chair to evaluate the height of each set.

**Scoring**
- The athlete received the points for the area the ball lands in.
- The athlete’s final score is determined by adding together the points awarded for each of the 10 attempts.
- 40 pts. is the maximum score for 10 attempts.

The following result in zero points:
- Illegal contact
- Balls which do not clear the net
- Balls which go outside the court
## VOLLEYBALL - LEVEL 1 - VIRTUAL COMPETITION
### At-Home data collection form

<table>
<thead>
<tr>
<th>AREA/COUNTY:</th>
<th>COACH:</th>
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<tbody>
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<td>NAME:</td>
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<table>
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</table>
### VolleYball - Level 2 - Virtual Competition

**At-Home data collection form**

<table>
<thead>
<tr>
<th>AREA/COUNTY:</th>
<th>COACH:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ATHLETE:</strong></td>
<td><strong>Event</strong></td>
</tr>
<tr>
<td>Fall Sectional - 1st score</td>
<td>Bump-Set</td>
</tr>
<tr>
<td>Date Completed:</td>
<td>Overhead Serving</td>
</tr>
<tr>
<td></td>
<td>Over the Net Set</td>
</tr>
<tr>
<td>Fall Sectional - Final score</td>
<td>Bump-Set</td>
</tr>
<tr>
<td>Date Completed:</td>
<td>Overhead Serving</td>
</tr>
<tr>
<td></td>
<td>Over the Net Set</td>
</tr>
<tr>
<td>Fall Fest - 1st score</td>
<td>Bump-Set</td>
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<td>Date Completed:</td>
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</table>
All Special Olympics athletes want to compete fairly and know everyone is following the same rules. This is always important, but even more so now that many athletes are not competing in-person. For athletes who decide to participate virtually at-home, Special Olympics Pennsylvania (SOPA) has created the following Honor Code.

The Honor Code is a tool to let all athletes understand how to fairly compete virtually in Special Olympics Pennsylvania (SOPA). Fair and meaningful opportunities are the most important parts of SOPA competitions. Athletes and coaches must follow this Honor Code to make sure everyone can have a fair and meaningful experience in virtual competitions.

SOPA demonstrates a spirit of mutual trust and honesty. As an athlete I promise:

- I will only use one attempt to record my competition score, which is the same as when I compete in-person. Using more than one attempt to try and submit a better score is illegal and violates the rules of virtual competition.
- I will follow the competition rules for my sport.
- I will use the same course, field, court, and equipment for all parts of the virtual competitions.
- I will give my exact recorded time, distance, or score to my coach.
- I will follow all virtual competition rules provided by Special Olympics Pennsylvania.
- I will meet all deadlines to turn in my scores.
- I will give my best effort in training to try to achieve my best competition performance.

This Honor Code and the SOPA Code of Conduct outline how an athlete should train and compete in a virtual setting.

The “Virtual Competition Review Committee” will make sure athletes and coaches follow the rules of the Honor Code. The committee will consist of SOPA Staff and members of Local Programs, and will not tolerate any violation of the Honor Code.
The purpose of this Honor Code is to communicate the meaning and importance of athletic integrity to all members of the Special Olympics Pennsylvania (SOPA) community and to articulate and support the interest of the athletes and coaches in maintaining the highest standards of conduct in virtual competition.

SOPA embodies a spirit of mutual trust and honesty. As a coach I promise to:

- Give athletes one attempt to record their competition score as is done in-person. Providing multiple attempts to try and submit a higher score is illegal and violates the integrity of virtual competition.

- Follow and enforce the competition rules for each sport which includes calling any illegal attempt or violation.

- Have my athletes use the same course, field, court, and equipment for divisioning, as well as all virtual competitions.

- Submit the exact time, distance, score, or other performance measurement for each athlete for divisioning and all competitions.

- Follow all virtual competition guidelines and standards provided by Special Olympics Pennsylvania.

- Meet all deadlines for submission of scores.

- Ensure the athletes I coach have the proper equipment and practice facilities which provide them with the best opportunities to succeed.

This Honor Code summarizes the expected standards of conduct in virtual athletic competitions. The Honor Code is an addendum to the existing SOPA Code of Conduct to ensure equality in competition during any time in person competitions cannot be offered.

The Honor Board is the organizational body charged with enforcement of the Honor Code. The Honor Board will consist of state level Competition Staff and select members of Local Programs, and will not tolerate any violation of the Honor Code.
“HOW TO”
ENGAGE ATHLETES IN A VIRTUAL SETTING

This is a moment of high anxiety, grief, and trauma for many of our athletes. As a coach, you have the opportunity to support your athletes through this difficult time through your support and love for our athletes. Below are guidelines and suggestions for ways to interact and engage our athletes over your preferred video conferencing tool.

Schedule out your meetings
- Just like your in person training, plan out the virtual training with your athletes. There is a sample Phase A plan in the Sport Specific Guidebooks, please adapt that sample to fit your needs.
- Acknowledge each athlete when they log on, address them by name and make sure they know you are glad to see them.
- Ask questions that acknowledge the situation, while also providing a sense of hope and something to look forward to.

Establish team support
- Set normal expectations for each of the virtual training: no phones or other devices that could distract the athlete or group, when someone is talking be are actively listening, develop responses from the group to positively support their teammates.
- When an athlete says something positive or encouraging to a teammate, pause to highlight that behavior.

Celebrate every little thing
- Just like when you are in person, you want your athletes cheering each other on.
- When meeting remotely, try to include activities that engage the athletes and set them up for success (garbage can basketball, soccer dribbling, pushups, etc.).
- Many of our athletes are dealing with challenges away from Special Olympics. Discuss those challenges at your meetings and be proud of how they are working through those challenges.

Focus on the skills
- Training the athletes through this virtual experience will take some creativity. In your meetings, adjust your camera so the athletes can watch you model a skill or drill. You can also have the athletes lead a skill or drill during training as well.
- Keep up their (and your) fitness. Lead your athletes through some basic exercises that they can do at home. You can set goals to reach from meeting to meeting, like 10 pushups without stopping, so the athletes can work toward that goal outside of your meeting time.
**ENGAGE ATHLETES IN A VIRTUAL SETTING**

**Set the example**
- Be a role model for how you want your athletes to interact. Be mindful that social cues can be read differently on a virtual platform.
- Do the activities with them. Don’t be afraid to fail in front of your athletes. It is great to show your athletes that it is ok to struggle as long as you are improving.
- Talk to your athletes about how you manage your time. Be honest about how these times can be challenging, it’s ok to feel flat, lethargic, and unmotivated from time to time - but focus on the time you have together to be high energy and productive.

**Be Coachable**
- Talk to other coaches about what they are doing to engage their athletes.
- The best coaches are the best thieves, use other people’s ideas to engage the team.
- Learn about other platforms that you can interact with your athletes on. See what they are using, research those platforms, and use them if you believe it is an appropriate format.
## OPTIONS FOR TWO-WAY VIDEO CHAT

<table>
<thead>
<tr>
<th>Platform</th>
<th>Cost</th>
<th>Participants Allowed</th>
<th>Time Limit</th>
<th>Option to Record</th>
<th># of People on Grid View</th>
<th>Breakout Rooms</th>
<th>Join Without Account</th>
<th>Setup</th>
</tr>
</thead>
<tbody>
<tr>
<td>Zoom</td>
<td>Free (Basic Plan)</td>
<td>100</td>
<td>40 Min. (Unless and EDU Account)</td>
<td>Yes</td>
<td>Up to 49</td>
<td>Yes</td>
<td>Yes</td>
<td>Link</td>
</tr>
<tr>
<td>Skype</td>
<td>Free (Up to 100 HR/Month)</td>
<td>50</td>
<td>4 Hrs.</td>
<td>Yes</td>
<td>Up to 25</td>
<td>No</td>
<td>Yes</td>
<td>Link 1 Link 2</td>
</tr>
<tr>
<td>Facebook Messenger</td>
<td>Free</td>
<td>50</td>
<td>No Limit</td>
<td>Yes</td>
<td>Up to 8</td>
<td>Yes</td>
<td>No</td>
<td>Link 1 Link 2</td>
</tr>
<tr>
<td>Microsoft Teams</td>
<td>Free (Basic Plan)</td>
<td>20</td>
<td>No Limit</td>
<td>For a Fee</td>
<td>Up to 9</td>
<td>No</td>
<td>Yes</td>
<td>Link 1 Link 2</td>
</tr>
</tbody>
</table>

### Pros
- Zoom
  - Popular. Many already use
  - Good mobile platform
- Skype
  - Easy to use. Many on Facebook
- Facebook Messenger
  - Many using for work
- Microsoft Teams
  - For a Fee

### Cons
- Poor security: must use passwords
- Desktop version not as strong
- Facebook account required
- Not as easy if not familiar w/Microsoft
We understand that not all athletes have access to a computer or internet, therefore we created this guidance to support coaches in engaging their athletes.

**ATHLETES WITHOUT CELL PHONES**

**Mail Printed Resources**
- Create training plans that can be printed and mailed
- Print and mail competition instructions from Sports Specific Guidance
- Work with assistant coaches and Unified partners to print and mail

**Home Phone calls**
- Contact athletes as often as you can
- Communicate instructions and weekly expectations to athletes

**Socially Distant Visits**
- Work with assistant coaches and Unified partners to print and deliver to athletes
- Work with athletes and caregivers to have a central packet pick-up location
- Ensure all are utilizing proper PPE and following social distance guidelines (minimal of 6”) when delivering
- No materials should be re-shared or exchanged

**ATHLETES WITH CELL PHONES**

**Cell Phone Calls**
- Call athletes with weekly practice plan and expectations
- Be cognizant of athletes phone plans so they do not incur additional charges
- Utilize assistant coaches and Unified partners to make phone calls
- Use conference call function on cell phone to connect multiple athletes on one call

**Conference Calls**
- Utilize a free conference call line so athletes can call in during training session
  - FreeConferenceCall.com
  - Google Meet
  - Zoom
Social Media Platforms

- Use social media platforms like WhatsApp, Facebook or Google
- WhatsApp uses less data than Facebook or Google
- Create a Closed Facebook Group for your team

Text Messaging

- Use SMS to send training plans
- Use plain text instead of attachments when emailing. Plain text is easier to access and requires less data (therefore, less money), so consolidating content into the email body using plain text rather than attaching a .pdf is preferable