



Special Olympics





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Introduction

Now more than ever, with technologies in video communication becoming more easily accessible for everyone than ever before, SOMD wishes to support coaches with a variety of training resources to provide opportunities to athletes regardless of in-person availability. With opportunities in sport-specific training, health and wellness, and more, we hope these guides will create a foundation for your programs to take training online for a new pathway of athlete engagement.

This sport-specific *Training Guide* will provide resources for getting your virtual training program up and running, while also providing resources for you to modify this plan for your program and even create additional virtual trainings. Use these guides literally as “guides” – let them stimulate your own creativity and inspiration for additional ideas for training at a distance.

If you are building your virtual training program and find you are lacking something you need, please contact coaches@somd.org.

You can also always find additional resources and coaching information on the Special Olympics Maryland – [Coach Resource](#) page.

As always, thank you to all of area leadership, coaches, volunteers, family members/caregivers/parents and of course our athletes for continuing to your commitment to training excellence as part of Special Olympics Maryland.

Know Before You Go!

Zoom:

- You can sign-up for a free account to facilitate virtual trainings for your participants.
- As of, August 2020, free Zoom accounts do have a 40-minute time limit for sessions you host.
 - You can plan for back-to-back 40-minute sessions with a small break between the sessions if you wish to extend a session.
- Other virtual option(s) for hosting a virtual practice session:
 - Google Hangouts – Session hosts **DO** need a Gmail account to setup and initiate as virtual training session, but invitees **DO NOT** need a Gmail account to attend.

How to Use this Guide:

- This is a guide, not a mandate of how to run virtual training opportunities for your programs. Please feel free to use this as a baseline to generate ideas and customize to what your program will benefit from the most.
- Special Olympics Maryland highly recommends carving out time with your athletes/partners (or asking parents/guardians to do so) to complete the Special Olympics Athlete Development Plan, which comes from the Coaching Special Olympics Athletes training.
 - This is a great tool for learning more about your athletes/partners while working to set goals. This is also a good opportunity to teach your athletes/partners goal setting as an all-around skill to have.
 - Many SO programs find it valuable to learn more about their athletes/partners.
- Make sure to take a look at the additional resources at the back of this guide for additional training ideas for your program. Resources like the SOI Sports Science and sport-specific coaching guides are very detailed and can provide additional content that may be beneficial for the growth of the participants.

Be Prepared to Demonstrate & Elaborate:

- Coaches should always be prepared to demonstrate techniques they are teaching their athletes/partners or that they have shared through video from online resources. Not everyone will comprehend a technique or concept on the first explanation and may need a different perspective.
- Also be prepared to generate conversation after showing a video or other resources.
- Remember to ask questions and check for understanding!
- Always remember to have fun!
 - Virtual trainings are a new method of coaching our athletes/partners and interacting with parents/caregivers, and at times can drift into more of a lecture than an activity. Be sure to make extra effort to keep them interactive – asking open-ended questions is a great way to keep athletes/partners engaged.
 - While we are providing content in this guide to help you facilitate your sessions, feel free to infuse fun age-appropriate activities as you see fit.

Training Session Plan Template

Sport _____ Date _____ # of Athletes/Partners ____ # of Coaches ____

Goal for Session _____

Facility Safety Check: Equipment Surface/Field of Play Layout Supervision

Time	Session	Specific Objectives	Drills/Activities	Layout
	Warm-up Exercises Stretching Exercises			
	Skills Instruction			
	Competition Experience			
	Cool-down Team Talk			

Special Olympics Athlete/Partner Development Plan

Athlete/Partner

First name:	Last :	Date:
Program:	Phone:	Coach:

Athlete's Interests -

Favorite Sports:	
Favorite Sports Teams:	
Favorite Athletes:	
Favorite Musical Groups:	
Favorite Movies/Actors:	
Favorite TV Shows/Actors:	
Favorite Books:	
Favorite Food/Beverages:	
Other Interests:	

Why athlete/partner is participating in Special Olympics; check all that apply.

Fun:	To be with friends:	
Develop Skills:	Win Awards:	
Compete:	Recreation:	
	Because someone told me I had to do it:	
Other:		

Name sports athlete/partner likes to participate in:

Current:	
Future:	
Why?	

Athlete Considerations (tips when working with athletes); check all that apply -

Doesn't like loud noises:	Needs to hydrate:	
Doesn't like whistles:	Is prone to seizures:	
Doesn't respond well to yelling:	Is easily distracted:	
Has limited verbal skills:	Has short attention span:	
Has visual impairment:	Is resistant to change:	
Has hearing impairment:	Is hyperactive:	
Exhibits self-stimulatory behaviors:	Is obsessive-compulsive:	
Other:		
Trigger(s) to inappropriate behavior:		

Athlete/Partner Assessment -

Interest in the sport:				
Athletic ability:	Speed:	Shuttle run -		Chair ups - <input type="text"/>
	Endurance:	3-minute step test -		
	Strength:	Push ups -		
	Flexibility:	Sitting reach -		
	Coordination:	Shuttle run w/bean bags -		
Sport-specific athletic ability:	Skill #1			
	Skill #2			
	Skill #3			
Cognitive ability (event understanding):				
Coping skills with environment:				
Ability to work with others:				

Coach Observations and Conclusions -

Goals -

Individual goals	Long-term:	
	Short-term:	
Team goals	Long-term:	
	Short-term:	

Support Plans -

Individualized "At Home Training Plan":

Assistant Coach Support Plan:

Family, Guardian, and/or Caregiver Support Plan:

Competition Day Plan:

Weekly Athletics Training: Week 1

Training Session Plan

Sport Athletics Date Week 1 # of athletes/partners ____ # of coaches ____

Goal for session: Welcome to Week 1 everyone, it is time to begin the Athletics season! Whether you are a brand-new athlete to the sport, or are a veteran to the sport, this virtual training guide is meant to help you grow both physically, but also mentally in the sport of Athletics. This week for our Core Lesson we will watch a summary video of the history of Track, and then talk about what are some necessary items to always have with us when showing up to practice or a competition.

Virtual facility check: Equipment Technology/Production Supervision

Warm-up & Stretching Exercises: 10 Minutes

- **Fit 5 Fitness Level 1:** *See Fit 5 Fitness Cards for Visuals in Resources at the bottom of this page.
 - Jumping Jacks, Straight Leg Raises, Curl-ups
 - For more exercises, please see the Fit 5 guide in the resource section of this week.

Weekly Core Lessons: 20 Minutes

- **Health & Wellness:**
 - Intro to Fit 5 & Fit 5 Progress Tracker
- **Sport Skills Instruction:**
 - History of Track (video)
 - What You Should Bring to A Track Meet (article)
 - Think of different types of weather!
 - Fit 5 Level 1 Fitness Section

Cooldown & Team Talk: 5 Minutes

- **Fit 5 Fitness Level 1: Flexibility Only**
 - Calf Stretch, Childs Pose, Knee to Chest.
- **Team Talk:**
 - Review some light history points of Track and Field
 - What are some items we should never leave home without when attending a practice or competition?

Resources for this Week:

- Fit 5 Fitness Cards
 - <http://media.specialolympics.org/resources/sports-essentials/fit-5/Fitness-Cards-Level-All-Levels.pdf>
- History of Track
 - <https://youtu.be/VdHHus8IgYA>
- 4 What You Should Bring To A Track Meet
 - <https://howtheyplay.com/individual-sports/What-to-Pack-in-a-Track-and-Field-Bag-for-a-Meet>

Weekly Athletics Training: Week 2

Training Session Plan

Sport Athletics Date Week 2 # of athletes/partners ____ # of coaches ____

Goal for session: Now that we know how the sport we play was founded and are aware of all the items we should have packed, its time to focus on our running form in Track! Today we will cover proper running form along with sprinting techniques. With how much information that is presented in the videos today, I courage you to pause them and explain or elaborate to your athletes as they proceed.

Virtual facility check: Equipment Technology/Production Supervision

Warm-up & Stretching Exercises: 10 Minutes

- **Fit 5 Fitness Level 1:** *See Fit 5 Fitness Cards for Visuals in Resources at the bottom of this page.
 - Jumping Jacks, Straight Leg Raises, Curl-ups
 - For more exercises, please see the Fit 5 guide in the resource section of this week.

Weekly Core Lessons: 20 Minutes

- **Health & Wellness:**
 - Intro to Fit 5 Hydration
 - 5 Bottles of Water a Day!
 - Signs of Dehydration
- **Sport Skills Instruction:**
 - Proper Running Form – Cadence, Foot Strike & Posture (Video)
 - Sprinting Technique (Video)
 - Take Away Drills of the Week (Video)
 - Take away drills of the week – <https://www.youtube.com/watch?v=FQmD1Jvpce4&t=27s>
 - Walking high knees
 - Running high knees
 - Poker Skips
 - Butt Kicks
 - Fast Twitch Drills
 - (two to three rounds of each drill for 10-30 meters)
 - Where is the Rectus Femoris?
 - What does the Rectus Femoris do? (hint: used to lift knees!)

Cooldown & Team Talk: 5 Minutes

- **Fit 5 Fitness Level 1: Flexibility:**
 - Calf Stretch, Childs Pose, Knee to Chest.

Resources for this Week:

- Fit 5 Fitness Cards
 - <http://media.specialolympics.org/resources/sports-essentials/fit-5/Fitness-Cards-Level-All-Levels.pdf>
- Proper Running Form – Cadence, Foot Strike & Posture
 - <https://www.youtube.com/watch?v=NhXSuykLE48>
- Sprinting Tecnique
 - <https://www.youtube.com/watch?v=-0t-dP1xST4>

- Take away Drills of the Week
 - <https://www.youtube.com/watch?v=FQmD1jvpce4&t=27s>

Weekly Athletics Training: Week 3

Training Session Plan

Sport Athletics Date Week 3 # of athletes/partners ____ # of coaches ____

Goal for session: Now we will look into the different types of starts in track which are the standing starts, 3 point start, and the block start. We will also watch a video on how to set up the starting blocks for any athlete that currently uses them or may be interested in doing so down the road. As a reminder these can be used for any race 400m and longer. We will conclude the week by reviewing the take away drills of the week, and ensuring each athlete understands what they should be working on at home or at the track this week in between lessons.

Virtual facility check: Equipment Technology/Production Supervision

Warm-up & Stretching Exercises: 10 Minutes

- **Fit 5 Fitness Level 2:** *See Fit 5 Fitness Cards for Visuals in Resources at the bottom of this page.
 - Side to Side Hops, Chair Squats, Plank from Knees
 - For more exercises, please see the Fit 5 guide in the resource section of this week.

Weekly Core Lessons: 20 Minutes

- **Health & Wellness:**
 - Check-in on Fit 5 Tracker and how team is doing.
 - Who needs help?
 - How can we support each other as a team?
- **Sport Skills Instruction:**
 - Types of Starts
 - <https://www.youtube.com/watch?v=-pefU7Gc9Y0>
 - Setting Up the Starting Blocks
 - <https://trackstarusa.com/starting-blocks-setup/>
 - Take Away Drills of The Week
 - <https://www.youtube.com/watch?v=ZATnl00VnR0>

Cooldown & Team Talk: 5 Minutes

- **Fit 5 Fitness Level 2: Flexibility Only**
 - Quad Stretch, Modified Hurdler Stretch, Chest Stretch.
- **Team Talk:**
 - Review the types of starts
 - Standing Start, 3 – Point Start, Block Start
 - Review tips for setting up a starting block
 - Take Away Drill of The Week (for start improvements)
 - <https://www.youtube.com/watch?v=ZATnl00VnR0>

Resources for this Week:

- Fit 5 Fitness Cards
 - <http://media.specialolympics.org/resources/sports-essentials/fit-5/Fitness-Cards-Level-All-Levels.pdf>
- Fit 5 Tracker
 - Pages 31-32
 - https://media.specialolympics.org/resources/sports-essentials/fit-5/Fit-5-Guide.pdf?_ga=2.73731541.618053467.1595425723-1632369698.1554480806
- Types of Starts
 - <https://www.youtube.com/watch?v=-pefU7Gc9Y0>

- Setting Up the Starting Blocks
 - <https://trackstarusa.com/starting-blocks-setup/>
- Take Away Drills of The Week
 - <https://www.youtube.com/watch?v=ZATnl00VnR0>

Weekly Long Distance Running Training: Week 4

Training Session Plan

Sport Long Distance Running Date Week 4 # of athletes/partners ____ # of coaches ____

Goal for session: A single injury can be detrimental to any athlete. Runners have a few specific common injuries so why not be ahead of the curve and work on preventing them before they happen? The content this week will help your athletes stay safe, and allowing them to continue competing in their sport for as long as possible.

Virtual facility check: Equipment Technology/Production Supervision

Warm-up & Stretching Exercises: 10 Minutes

- **Fit 5 Fitness Level 2:** *See Fit 5 Fitness Cards for Visuals in Resources at the bottom of this page.
 - Side to Side Hops, Chair Squats, Plank from Knees
 - For more exercises, please see the Fit 5 guide in the resource section of this week.

Weekly Core Lessons: 20 Minutes

- **Health & Wellness:**
 - Introduction to Fit 5 Nutrition
 - Healthy Food Circle
 - Healthy Meals & Snacks
- **Sport Skills Instruction:**
 - Common Running Injuries & How To Prevent Them, Pain When Running? What Is Achilles Tendonitis & How To Avoid It, Shin Pain When Running? How To Treat and Prevent Shin Splints, and How To Care For Your Feet As A Runner. REI
 - 30 minute Indoor Circuit Workout for Runners (part two of last week's workout)
 - Jogging in place for 5 minute warmup
 - Squat Jumps – 3 sets of 30 reps with 1 minute break in between
 - But Kicks – 30 seconds on with 1 minute rest. Complete this 3 times

Cooldown & Team Talk: 5 Minutes

- **Fit 5 Fitness Level 2: Flexibility Only**
 - Quad Stretch, Modified Hurdler Stretch, Chest Stretch.
- **Team Talk:**
 - How much weight are you putting on each of your feet when you run? (Shows the athletes immediately the importance of taking care of your body!)
 - What are the most common running injuries?
 - What are some ways that were covered on how to prevent them?
 - Ask an athlete to show you where their Achilles' tendon is.
 - How many of you have had shin pain before?
 - What is this most likely? (Hint: Shin Splints!) How do we recover from this injury?

Resources for this Week:

- Fit 5 Fitness Cards
 - <http://media.specialolympics.org/resources/sports-essentials/fit-5/Fitness-Cards-Level-All-Levels.pdf>
- Fit 5 Nutrition
 - Pages 21, 24, 25
 - https://media.specialolympics.org/resources/sports-essentials/fit-5/Fit-5-Guide.pdf?_ga=2.73731541.618053467.1595425723-1632369698.1554480806

- Common Running Injuries & How To Prevent Them
 - <https://www.youtube.com/watch?v=eakmeWlzlhs>
- Pain When Running? What is Achilles Tendonitis & How To Avoid It
 - <https://www.youtube.com/watch?v=aWwIXNQqxFM>
- Shin Pain when running? How to Treat and Prevent Shin Splints
 - <https://www.youtube.com/watch?v=j7xscdpYAZ4>
- How To Care For Your Feet As A Runner
 - <https://www.youtube.com/watch?v=DFKCPvFavcc>

Weekly Athletics Training: Week 5

Training Session Plan

Sport Athletics Date Week 5 # of athletes/partners # of coaches

Goal for session: It is now time to look specifically and sprinting and how best to do so. We will dive into the drive phases today, continue into some technique suggestions for running as fast as possible, and conclude as usual with our take away drill video of the week so we can be constantly improving in the sport we love even outside of practice!

Virtual facility check: Equipment Technology/Production Supervision

Warm-up & Stretching Exercises: 10 Minutes

- **Fit 5 Fitness Level 3:** *See Fit 5 Fitness Cards for Visuals in Resources at the bottom of this page.
 - Forward Jacks, Frog Jumps, Push-ups from Knees
 - For more exercises, please see the Fit 5 guide in the resource section of this week.

Weekly Core Lessons: 20 Minutes

- **Health & Wellness:**
 - Introduction to Strong Minds
 - How to handle stress on & off the field
 - Introducing methods of stress relief using Strategies for Stress 2
 - Yoga Stretches
- **Sport Skills Instruction:**
 - Drive Phases (Video)
 - How to Sprint: Speed Training Techniques to RUN FASTER! (Video)
 - Take Away Drill Video of The Week (Video)

Cooldown & Team Talk: 5 Minutes

- **Fit 5 Fitness Level 3: Flexibility Only**
 - Kneeling Hip Stretch, Butterfly Stretch, Triceps Stretch.
- **Team Talk:**
 - What are the different Drive Phases and why are they important?
 - What are some new running technique takeaways we have now?

Resources for this Week:

- Fit 5 Fitness Cards
 - <http://media.specialolympics.org/resources/sports-essentials/fit-5/Fitness-Cards-Level-All-Levels.pdf>
- Yoga Stretches
 - https://media.specialolympics.org/resources/health/disciplines/strongminds/Strong-Minds-Yoga-Hand-Out.pdf?_ga=2.177710818.618053467.1595425723-1632369698.1554480806
- Drive Phases
 - <https://www.youtube.com/watch?v=ZATnl00VnR0>

How To Sprint: Speed Training Techniques to Run Faster!

- <https://www.youtube.com/watch?v=bc4-3dCPwqI>
- Take Away Drill of The Week

- https://www.google.com/search?q=drills+for+running+faster&rlz=1C1AZAA_enUS813US813&oq=drills+for+running+faster&aqs=chrome..69i57j0i22i30l3j0i390l2.3491j0j7&sourceid=chrome&ie=UTF-8#kpvalbx=_p9VZYiINGsKntQbdxIOgAw10

Weekly Athletics Training: Week 6

Training Session Plan

Sport Athletics Date Week 6 # of athletes/partners ____ # of coaches ____

Goal for session: It is important to have endurance in any sport, but I can't think of one more important than Athletics. Today we will look at how to maintain our endurance, how to track our heart rate, and also dive into what a recommended diet is for a Track and Field Athlete.

Virtual facility check: Equipment Technology/Production Supervision

Warm-up & Stretching Exercises: 10 Minutes

- **Fit 5 Fitness Level 3:** *See Fit 5 Fitness Cards for Visuals in Resources at the bottom of this page.
 - Forward Jacks, Frog Jumps, Push-ups from Knees
 - For more exercises, please see the Fit 5 guide in the resource section of this week.

Weekly Core Lessons: 20 Minutes

- **Health & Wellness:**
 - Fit 5 Hydration Level 2
 - Healthy Beverage Choices
 - How to Reach 5 Bottles a Day
- **Sport Skills Instruction:**
 - Endurance Training For Sprinters (Video)
 - Measuring Your Heart Rate (Video)
 - How Should Athletes Diet? High Performance Sports Nutrition Tips For Athletes (Video)

Competition Experience: 0 Minutes

*Note: In a virtual setting a competition experience may not make sense for each training session.

- Virtual Running Team Challenge

Cooldown & Team Talk: 5 Minutes

- **Fit 5 Fitness Level 3: Flexibility Only**
 - Kneeling Hip Stretch, Butterfly Stretch, Triceps Stretch.
- **Team Talk:**
 - What are some exercises we learned today that will help us with our endurance?
 - How do we measure our heart rate?
 - Standing heart rate vs resting heart rate
 - How will you adjust your diet after what we learned today?
 - Just change on part at a time!

Resources for this Week:

- Fit 5 Fitness Cards
 - <http://media.specialolympics.org/resources/sports-essentials/fit-5/Fitness-Cards-Level-All-Levels.pdf>
- Fit 5 Hydration
 - Pages 29-30
 - https://media.specialolympics.org/resources/sports-essentials/fit-5/Fit-5-Guide.pdf?_ga=2.73731541.618053467.1595425723-1632369698.1554480806
- Endurance Training For Sprinters
 - <https://www.youtube.com/watch?v=5Se28U5OcMk>

- Measuring Your Heart Rate
 - <https://www.youtube.com/watch?v=muGFLwEpKUI>
- How Should Athletes Diet? High Performance Sports Nutrition Tips For Athletes
 - <https://www.youtube.com/watch?v=GyxAGh7cVxo>

Weekly Athletics Training: Week 7

Training Session Plan

Sport Athletics Date Week 7 # of athletes/partners ____ # of coaches ____

Goal for session: It is now time to talk about what many would say is their favorite event due to the teamwork and dedication it takes for this to be successful. The Relay Races! This week we will review what a relay race is and go into some of the techniques to successfully pass the baton at a high rate of speed.

Virtual facility check: Equipment Technology/Production Supervision

Warm-up & Stretching Exercises: 10 Minutes

- **Fit 5 Fitness Level 4:** *See Fit 5 Fitness Cards for Visuals in Resources at the bottom of this page.
 - Jumping Jack Squat, High Knees Jog in Place, Reverse Fly
 - For more exercises, please see the Fit 5 guide in the resource section of this week.

Weekly Core Lessons: 20 Minutes

- **Health & Wellness:**
 - Fit 5 Nutrition Level 2
 - Building a Healthy Plate
 - Perfect Portions
- **Sport Skills Instruction:**
 - Relay Mechanics (Video)
 - Passing The Baton (Video)

Competition Experience: 0 Minutes

*Note: In a virtual setting a competition experience may not make sense for each training session.

- Virtual Running Team Challenge

Cooldown & Team Talk: 5 Minutes

- **Fit 5 Fitness Level 4: Flexibility Only**
 - Kneeling Hamstring Stretch, Side Stretch, Wrist and Extension Stretch.
- **Team Talk:**
 - How should we hold the baton?
 - Where should we be on the track when giving or receiving the baton?
 - What should our hand positioning look like?

Resources for this Week:

- Fit 5 Fitness Cards
 - <http://media.specialolympics.org/resources/sports-essentials/fit-5/Fitness-Cards-Level-All-Levels.pdf>
- Fit 5 Nutrition
 - Pages 22-23
 - https://media.specialolympics.org/resources/sports-essentials/fit-5/Fit-5-Guide.pdf?_ga=2.73731541.618053467.1595425723-1632369698.1554480806

- Relay Mechanics
 - <https://www.youtube.com/watch?v=uYgipxoSWAI>
- Passing the Baton for beginners in a Track and Field Relay
 - <https://www.youtube.com/watch?v=P7l73zl7eNA>

Weekly Athletics Training: Week 8

Training Session Plan

Sport Athletics Date Week 8 # of athletes/partners ____ # of coaches ____

Goal for session: This week we will be looking exclusively at the High Jump? What is it? How do we do it? What are some tips and drills to successfully completing the High Jump? All of these questions will be answered by the end of the session today.

Virtual facility check: Equipment Technology/Production Supervision

Warm-up & Stretching Exercises: 10 Minutes

- **Fit 5 Fitness Level 4:** *See Fit 5 Fitness Cards for Visuals in Resources at the bottom of this page.
 - Jumping Jack Squat, High Knees Jog in Place, Reverse Fly
 - For more exercises, please see the Fit 5 guide in the resource section of this week.

Weekly Core Lessons: 20 Minutes

- **Health & Wellness:**
 - Check-in on Fit 5 Tracker and how team is doing.
 - Who needs help?
 - How can we support each other as a team?
- **Sport Skills Instruction:**
 - High Jump (Video)
 - Getting A Leg Up: High Jump Explained (Video)
 - Aspects of The High Jump: High Jump Tips (Video)
 - Take Away Drill of The Week (Video)
 - 20 Drills & Techniques for Teaching the High Jump
 - <https://www.youtube.com/watch?v=CbsqXzBbHSE>

Cooldown & Team Talk: 5 Minutes

- **Fit 5 Fitness Level 4: Flexibility Only**
 - Kneeling Hamstring Stretch, Side Stretch, Wrist and Extension Stretch.
- **Team Talk:**
 - Review the history of the high jump and the different approaches that were used (started in the 19th Century. Which technique do you teach your athletes?
 - Scissors Technique
 - Back First Jump
 - Western Roll
 - Straddle Technique
 - Backwards Approach

Resources for this Week:

- Fit 5 Fitness Cards
 - <http://media.specialolympics.org/resources/sports-essentials/fit-5/Fitness-Cards-Level-All-Levels.pdf>
- High Jump
 - <https://www.youtube.com/watch?v=HsPOxVhhtQ0>
- Getting A Leg Up: High Jump Explained (Video)
 - <https://www.youtube.com/watch?v=re1165sqh-I>

- Aspects of The High Jump: High Jump Tips
 - <https://www.youtube.com/watch?v=2HSoNPaTP-0>
- Take Away Drills of The Week
 - <https://www.youtube.com/watch?v=CbsqXzBbHSE>

Weekly Athletics Training: Week 9

Training Session Plan

Sport Athletics Date Week 8 # of athletes/partners ____ # of coaches ____

Goal for session: Now it is time to look exclusively at the Long Jump. We will first watch some athletes practice the long jump while listening to some constructive criticism from their coach, we will then go into the progression steps of the long jump, and conclude with 3 Long Jump drills that your athletes can do outside of the virtual training guide session.

Virtual facility check: Equipment Technology/Production Supervision

Warm-up & Stretching Exercises: 10 Minutes

- **Fit 5 Fitness Level 4:** *See Fit 5 Fitness Cards for Visuals in Resources at the bottom of this page.
 - Jumping Jack Squat, High Knees Jog in Place, Reverse Fly
 - For more exercises, please see the Fit 5 guide in the resource section of this week.

Weekly Core Lessons: 20 Minutes

- **Health & Wellness:**
 - Fit 5 Nutrition Level 2
 - Building a Healthy Plate
 - Perfect Portions
- **Sport Skills Instruction:**
 - Long Jump – Teaching (Video)
 - Long Jump – Teaching Progression (Video)
 - Take Away Drills of The Week (3)
 - <https://www.youtube.com/watch?v=doqpcSEwwAs>

Competition Experience: 0 Minutes

*Note: In a virtual setting a competition experience may not make sense for each training session.

- Virtual Running Team Challenge

Cooldown & Team Talk: 5 Minutes

- **Fit 5 Fitness Level 4: Flexibility Only**
 - Kneeling Hamstring Stretch, Side Stretch, Wrist and Extension Stretch.
- **Team Talk:**
 - Ask your athletes if there are any mistakes that you saw other athletes make on the video that they are currently working to correct.
 - Discuss the approach to the sand pit
 - Foot placement, posture, arm angle

Resources for this Week:

- Fit 5 Fitness Cards
 - <http://media.specialolympics.org/resources/sports-essentials/fit-5/Fitness-Cards-Level-All-Levels.pdf>
- Fit 5 Nutrition

- Pages 22-23
 - https://media.specialolympics.org/resources/sports-essentials/fit-5/Fit-5-Guide.pdf?_ga=2.73731541.618053467.1595425723-1632369698.1554480806
- Long Jump – Teaching (Video)
 - <https://www.youtube.com/watch?v=a5x7PFYnEEE>
- Long Jump – Teaching Progression (Video)
 - https://www.google.com/search?q=teaching+the+long+jump&rlz=1C1AZAA_enUS813US813&oq=teaching+the+long+jump&aqs=chrome..69i57j0i22i30l9.3579j0j4&sourceid=chrome&ie=UTF-8
- Take Away Drills of The Week (3)
 - <https://www.youtube.com/watch?v=doqpcSEwwAs>

Weekly Athletics Training: Week 9

Training Session Plan

Sport Athletics Date Week 9 # of athletes/partners ____ # of coaches ____

Goal for session: Welcome to the final week of the Athletics Virtual Training Guide! By now you have learned about a bunch of different events within the sport and have hopefully had multiple takeaways from each week which has helped you better yourself as an Athlete. We will conclude this guide with a review of the Javelin throw, going into details for both how to hold the Jav, and the desired technique.

Virtual facility check: Equipment Technology/Production Supervision

Warm-up & Stretching Exercises: 10 Minutes

- **Fit 5 Fitness Level 5:** *See Fit 5 Fitness Cards for Visuals in Resources at the bottom of this page.
 - Burpees, Wall Sit, Side Plank
 - For more exercises, please see the Fit 5 guide in the resource section of this week.

Weekly Core Lessons: 20 Minutes

- **Health & Wellness:**
 - Strong Minds Review
 - How to handle stress on & off the field
 - Introducing methods of stress relief using Strategies for Stress 2
 - Yoga Stretches
- **Sport Skills Instruction:**
 - How to Hold the Javelin (this also applies to the Mini Jav) (Video)
 - Jav Throw Technique (Video)
 - Don't Have a Jav at Home to Practice With? Scott Has Some Other Suggestions! (Video)
 - Take Away Drills of The Week
 - <https://www.youtube.com/watch?v=dxyWUd3odAg>
 -

Cooldown & Team Talk: 5 Minutes

- **Fit 5 Fitness Level 5: Flexibility Only**
 - Seated Rotation Stretch, Crossed Leg Hip Stretch, Shoulder Rotation Stretch.
- **Team Talk:**
 - What did we learn about how to hold the Jav?
 - Finger Placement
 - Arm Angle
 - What were some other items Scott suggested we could use at home to practice?
 - These can also be used if our shoulder is getting too tired!
 - Review the Take Away Drills of the Week

Resources for this Week:

- Fit 5 Fitness Cards
 - <http://media.specialolympics.org/resources/sports-essentials/fit-5/Fitness-Cards-Level-All-Levels.pdf>
- Yoga Stretches
 - https://media.specialolympics.org/resources/health/disciplines/strongminds/Strong-Minds-Yoga-Hand-Out.pdf?_ga=2.177710818.618053467.1595425723-1632369698.1554480806
- How to Hold the Jav

- https://www.google.com/search?q=how+to+throw+a+javelin&rlz=1C1AZAA_enUS813_US813&oq=how+to+throw+a+jav&aqs=chrome.0j0i20i263j0j69i57j0l6.7215j1j7&sourceid=chrome&ie=UTF-8#kpvalbx=0mJZYK-iB7Tj5NoP17Wn4AU12
- Jav Throw Technique
 - https://www.youtube.com/watch?v=kln2iBYr_GI
- Training With Other Implements Instead of The Jav
 - <https://www.youtube.com/watch?v=gwLLJ-E7W6c>
- Take Away Drills For The Week
 - <https://www.youtube.com/watch?v=dxyWUd3odAg>

Additional Resources for Training

Below you will find additional resources that you can access to add to your virtual training program however you may see fit. These links will provide more opportunities in sport specific training, fitness, nutrition and much more.

SOMD Resources:

[Coach Resource Page](#)

[Virtual Movement Page](#)

Athletics Sport Specific:

[Athletics Sport Rules](#)

[USATE](#)

Sports Science Guides (SOI):

[Sports Science Injury Prevention](#)

[Sports Science Nutrition](#)

[Sports Science Psychology](#)

Fitness:

[Fit 5](#)

[Fitness for Sports Coaches](#)

Strong Minds:

[Yoga Stretches](#)

[Strategies for Stress](#)

[Strategies for Stress 2](#)

How to Guide

Scheduling & Managing Zoom Meetings

Scheduling a Meeting:

- Select the blue “Schedule a New Meeting” button.
- Fill in the following fields:
 - o Meeting Name
 - o When
 - o Duration
 - o Select registration required
 - You now want to have registration enabled for all meetings for two reasons:
 - First is to track who is planning to attend.
 - It helps reduce unwanted “Zoom Bombing” where people can join and ruin your session with various inappropriate content.
 - NOTE: Be prepared to stop meeting immediately in the situation that “Zoom Bombing” occurs.
 - o Select meeting password
 - As mentioned above, this is protecting your meeting.
 - o Video:
 - Host – Off
 - Participant – Off
 - o Deselect “Enable join before host”
 - o Select:
 - Mute participants upon entry
 - o Optional additions
 - Description
 - Enable waiting room.

Add to Outlook (or Google/Yahoo):

After completing the set-up meeting steps, you will be taken to a “receipt” of the meeting you just scheduled. This allows you to check for mistakes, add the meeting to your calendar, and copy the registration if so desired.

To add this meeting to one of your calendars, simply click on the calendar type and a download will begin. After the download completes click the file once and the invite will be displayed in your preferred calendar application to save and edit.

Note: It is highly recommended that when you download the calendar portion of your Zoom meeting for a reminder for yourself that you use that to invite the participants you want to join. This is for a few reasons:

1. You can then also get updates on who has “accepted” and “declined” that meeting to predict attendance along with Zoom’s registration.
2. Your participants will get all of the Zoom meeting info within the calendar invite.
 - a. Registration Link
 - b. Meeting ID

- c. Password
- d. Call-in Number(s)
- e. Call-in Meeting ID & Password (for calling in with no video).

Resources for Scheduling a Meeting:

Scheduling a Meeting Video:

https://www.youtube.com/embed/ZAYv8sVPTxU?rel=0&autoplay=1&cc_load_policy=1

Meeting Mechanics:

Pre-Meeting Prep:

- Ideal Camera Angles for Activities
 - o Most have become accustomed to camera angles while sitting at our computers now, but finding the right angle for demonstrating sports activities and techniques can be a little more difficult.
 - o Make a test meeting to plan out your angles.
 - Test meetings are a great way to play with Zoom’s features and give yourself a trial run before your meeting.
 - o Check out this link for helpful tips right from Zoom on best practices for workouts on Zoom:

<https://blog.zoom.us/best-practices-for-hosting-zoom-workouts/>
- Have Polls and Videos Ready to Roll:
 - o Polls are best prepared before your meeting begins.
 - Polls are great interactive opportunities to engage your audience and check for knowledge after teaching any concept.
 - o If you’re looking for information on how to setup and deploy polls, use the link below:

<https://support.zoom.us/hc/en-us/articles/213756303-Polling-for-meetings>
- Prepare Your Videos:
 - o From a professionalism standpoint, having all of your meeting attendees on hold while you search for the YouTube video isn’t ideal. Having your prepared videos for trainings is even more important if you’re using a free account and are working against the clock.
 - o Have you or your producer get all of you videos loaded up onto one browser in multiple tabs so you can hop from tab to tab in the same screen share if needed.
 - o **Remember to go to the “More” option during your screen shared video and select “Share Computer Sound”.**
- Suggestion: If you have the capability to do so, it can be helpful to have a second computer or tablet logged onto Zoom as a “meeting attendee” so you can see exactly what your participants are seeing.
 - o Be sure to mute the sound on this second device or you may have echo/feedback during your session.

Launching a Meeting:

- Select "Meetings" from options on left of screen.
- Select your desired meeting you want to begin.
- In the upper right hand corner select the blue "Start this Meeting" box.
- Select "Open Zoom Meetings" from the prompt.
- Choose your audio type.
 - o Highly recommended to use the phone dial in info. Much clearer than using Computer audio.
- Note: Meeting Duration
 - o Free Zoom meetings have a 40-minute time limit as of August of 2020.
 - o All Zoom meetings now will show a meeting duration timer in the upper right hand corner of the screen to track how much time you have left.

Toolbar Management:

- **Your toolbar will be at the bottom of your main Zoom box. It will hide itself automatically, but can be recovered by simply hovering over where it should be.**
- **If you are in need of recording this webinar/meeting and are using the free version of Zoom, you must manually select "Record on this Computer" after clicking the Record button on the toolbar.**
- Selecting the "Manage Participants" option will create a pop-out that lets you see, mute/unmute, transfer control and more to your participants.
 - o Additionally, under the "More" button within Manage Participants, you will find a "raise hand" option like in GoToWebinar.
 - o Knowing how to get to this and being able to demonstrate finding it for your viewers is a key to meeting success.
- The "Chat" function is also the most efficient way to handle questions that may come up.
 - o Knowing how to get to this and being able to demonstrate finding it for your viewers is a key to meeting success as well.

Screen Sharing:

- Sharing in Zoom is much more functional than GoToWebinar. In Zoom you can share applications directly so there is no exiting awkwardness.
- Select "Share" in the middle of your Zoom box to be prompted with your options.
- Simply pick the option you would like to share and Zoom will switch to it.
 - o You may choose to share either a specific software or document or you may share your screen (show whatever appears on that screen). If you are not adept at screen sharing and comfortable that you will have the proper item showing, the option to share the entire screen is probably your best choice.
 - o Note: If you're planning to show video you need to enable the "Share computer sound" option in the bottom left corner.
- Sharing Video w/ Audio:
 - o Click "Share Screen" and choose the web browser (Chrome, Microsoft Edge, Firefox, etc.) that your video is located on.
 - o Once that screen is shared, navigate back to your toolbar and click the icon with three dots that says "More".
 - o Select "Share Computer Sound" (if you hadn't done so previously) and you will now be ready to show your video.
- Once sharing your screen, the toolbox will move towards the top of your screen.

- You can stop sharing at any time by selecting “Stop Share” in a red box attached to your toolbar.
- Transferring sharing to a meeting attendee:
 - Under Manage Participants hover over another participant and select “More”.
 - You can then switch control to that user.
 - They can then follow the same steps you used to share.

Ending a Meeting:

- When your meeting is finished simply select the red text at the far right of your toolbar that says “End Meeting”.
 - Then select “End Meeting for All”.

Accessing a Recording for Upload to YouTube:

- Once you’re back at the main Zoom page you can select “Recordings” from the left hand bar.
- All of your recordings from the past will show, so find the one you’re looking for and select “more”.
 - Then select Download.
 - Three files will download:
 - Text file (ignore)
 - MP4 (Video file you want)
 - MP3 Sound (Ignore)

Resources for Managing a Meeting:

Meeting Controls:

https://www.youtube.com/embed/4w_pRMBEALE?rel=0&autoplay=1&cc_load_policy=1

Recording a Zoom Meeting:

https://www.youtube.com/embed/AYzPS28rg7E?rel=0&autoplay=1&cc_load_policy=1

Sharing Your Screen:

https://www.youtube.com/embed/9wsWpnqE6Hw?rel=0&autoplay=1&cc_load_policy=1

Sharing Multiple Screens:

https://www.youtube.com/embed/pt-tcvaQ9l4?rel=0&autoplay=1&cc_load_policy=1

Best Practices: Hosting Zoom Workouts:

<https://blog.zoom.us/best-practices-for-hosting-zoom-workouts/>

How to Setup Polls:

<https://support.zoom.us/hc/en-us/articles/213756303-Polling-for-meetings>