

# Level 2 – General Information



Purpose of Course

Certification is good for **3 years**

Breakdown of Training

Video #1: Communication Tools & Considerations

Video #2: Competition Preparation & Health Programs

Video #3: Sport Specifics

Questions? Contact [CoachEducation@somn.org](mailto:CoachEducation@somn.org)



# Organizing a Training Session

1. Warm-Up
2. Review of previously learned skills
3. Introduce new skills & drills
4. Competition style
5. Cool down & review

# Communication Tools (cont.)



USE EASY  
WORDS



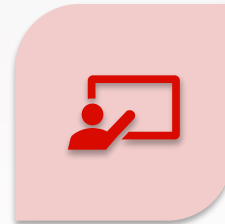
USE ONLY A  
FEW WORDS



USE  
PICTURES



DEMONSTRATE  
BY ACTIONS



GIVE POSITIVE  
REINFORCEMENT

# Assistance Levels



<b>Level of Assistance</b>	<b>Description</b>	<b>Sport Example</b>
Verbal	Tell the athlete what to do	Footwork: “run forward to the line; then stop”
Demonstration	Show the athlete the what to do	Basketball: have athlete watch while someone else shoots a free throw
Partial Physical Assistance	Place the athlete in the proper position	Golf: coach adjusts the athlete's hands on the golf club with the correct grip
Full Physical Assistance	Help the athlete through the entire motion of the skill	Bowling: coach moves the athlete’s arm through the entire bowling movement

# Psychological Considerations



## **Motivation**

Goal: Help athletes maintain or grow interest

## **Perception**

Goal: Help athletes understand the sport in which they are participating

## **Comprehension**

Goal: Help athletes remember and perform the skill they have learned

# Social/Medical Considerations



## Seizures – How can I assist?

1. Create a safe space around the athlete
2. Protect the head and neck
3. Lay them on their side

Can someone with physical disabilities also compete in Special Olympics?

# Social/Medical Considerations



With many of our athlete's conditions, they may succeed more with performance tasks rather than verbal tasks. (ADHD consideration!!)

Approximately 20% of our athletes have an autism diagnosis, with about half also being non-verbal.

# Medical Considerations Table



<b>Diagnosis</b>	<b>Consideration</b>
Seizure Disorder	Be prepared to protect and observe the athlete should a seizure occur and minimize adverse affects
Autism spectrum disorder	Understand that athletes may engage in self-stimulatory behavior (hand-flapping, jumping, etc.), and that it is not necessarily a problem
Attention deficit/hyperactivity (ADHD)	Shorten drills and provide one-to-one assistance when needed
Down Syndrome	Family should ensure the athlete is screened for Atlanto-axial instability (see medical if necessary)
Fetal alcohol syndrome	Demonstrate clear performance tasks



# Preparing for Competition



Provide accurate qualifying times/scores, and skills assessment scores.

Make sure that you know the rules.

Teach your athletes the rules and, during training, phase out your verbal reminders about rules.

At competition, coaches may have little or no opportunity to assist athletes when they are not following the rules. (A coach cannot be on the track with them!)

# Preparing for Competition

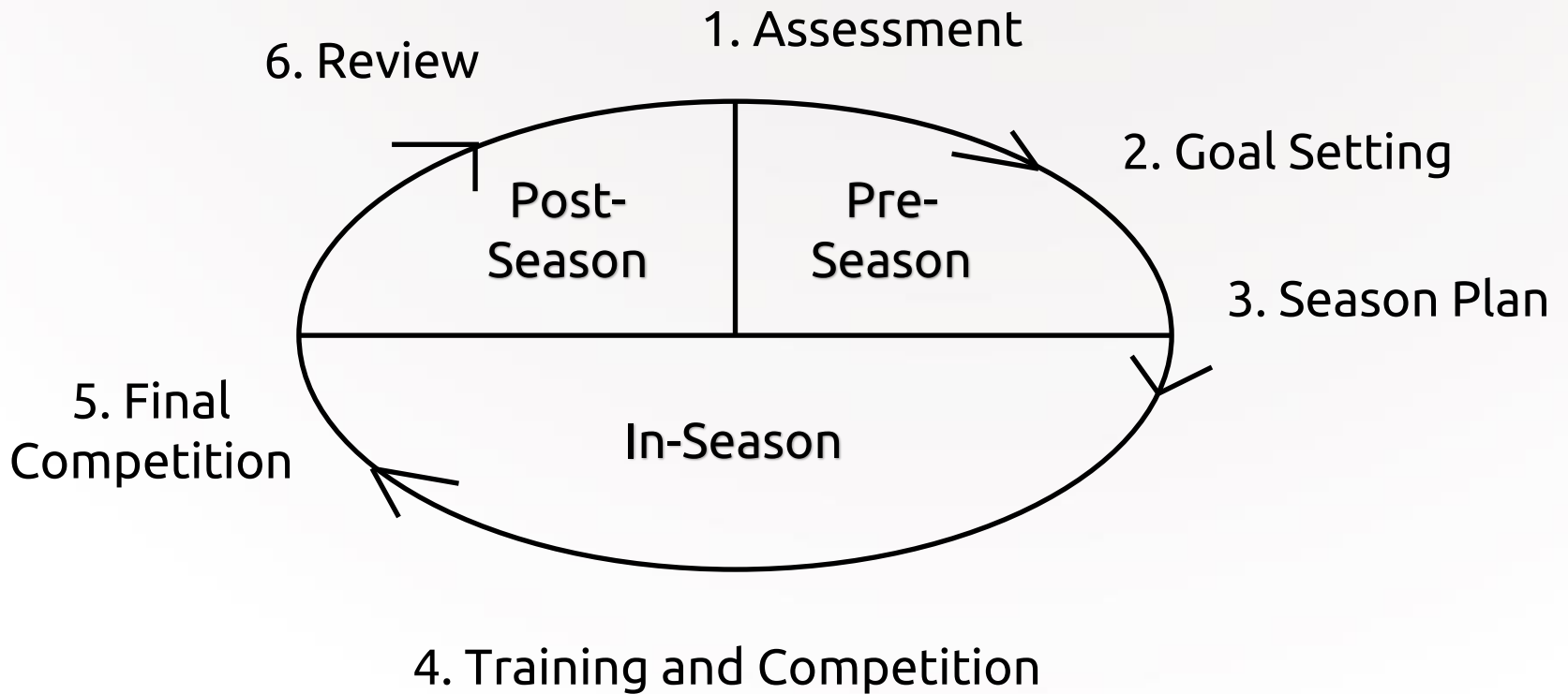


Create a supervision document to share with coaching staff!

There is a lot going on outside of the actual competition, including:

- Transportation
- Lodging
- Social activities
- Healthy Athletes
- Awards ceremonies
- Multiple events at the same time

# Season Cycle



# Competition-Day Coaching



Early arrival time – allows for more planning, getting uniforms ready, and understanding the venue layout

Check-in with athletes on attire and equipment

Set groundwork for how athletes should behave independently and focus on a growth mindset, even at competitions

When there is a reason, it is okay for you, as a head coach, to protest with an official in a calm matter. Seek to learn, not always to change!

# Managing Athlete Behavior



<b>Athlete Behavior</b>	<b>Strategies to Improve Learning</b>
Swimmer has a short attention span	<ol style="list-style-type: none"><li>1. Focus on a stroke for short periods of time</li><li>2. Provide multiple activities focusing on same task</li></ol>
Basketball athlete yells if they miss a shot	<ol style="list-style-type: none"><li>1. Emphasize the other parts of the game</li><li>2. Work on shooting drills without a hoop, then evolve to shooting at a hoop</li></ol>
Bowler doesn't wait for their turn	<ol style="list-style-type: none"><li>1. Have a coach at the lane help with the order of bowlers, explain whose turn it is</li><li>2. Emphasize that the bowler will always follow the same person</li></ol>

# Managing the Program



## **A successful Special Olympics coaching staff is:**

- Knowledgeable about the sport, rules, and competition details.
- An understanding of the mission of Special Olympics.
- Always recruiting new coaches and seeking opportunities to learn more about their sport.
- Focusing on including families, caretakers, and the community.
- Emphasizing safety and offering activities for all ability levels.

# SOMN Health Programs



## Fit5

- Plan for physical activity, nutrition and hydration
  - 5 fruits and vegetables a day
  - 5 bottles of water a day
  - 5 days of physical activity a week
- Fitness cards offer exercises to challenge abilities. These can be done at practice, the gym and home.
- Seasonal pledge challenges for teams offer incentives and resources.

# SOMN Health Programs



## **SOFit**

- Comprehensive health and wellness program focusing on four pillars of wellness: emotional, physical, nutritional, and social.
- Resources and funds provided to delegation or organization
- To learn more about Fit5 or SOFit, or get some of these resources, reach out to our Health Programs Coordinator!
- Jack Dobbs – [Jack.Dobbs@somn.org](mailto:Jack.Dobbs@somn.org)



# Level 2 Poly Hockey Session



This training will cover:

Equipment

Rules of Competition

Resources

If you would prefer to read the handbook, it is linked below this video, and covers the same information.

# Equipment



## Sticks

- Non-goalie sticks must be two-piece.
- Shaft can be plastic or fiberglass, but the blade must be plastic.
- Blades cannot be taped, except for the center.
- Center sticks must be striped with contrasting tape.

## Pucks

- Hard plastic, vinyl, or PVC pucks will be used at competition.
- Orange pucks will be used
  - Black pucks may also be used if a team requires it

# Equipment



## Helmets and Pads

- Helmets with full facemasks are required.
- Shin guards, elbow pads, mouth guards, knee pads, gloves, and protective cups are optional.

## Goalkeeper Equipment

- Facemasks with helmet and throat protector are required.
- Catching glove, shin pads, blocking pad, mouth guard, and protective cup are optional.

## Goals

- No larger than 1.5 meters by 1.2 meters (5 feet by 4 feet).

# Roster



Positions on the floor (check handbook for roles and rules)

- Center
- Two offensive players
- Two defensive players
- Goalkeeper

Team Size

- Minimum of 7 players, maximum of 16 players.
- Teams need to start each game with 6 players. If an injury occurs during a game, they can drop to one short and continue.
  - Failure to reach the minimum will result in a forfeit.



# Roster

## Playing Time

- All players are required to play, but there is no minimum time.

## Substitutions

- Allowed at the 3- and 6-minute marks of each period.
- Teams can also make changes when a timeout is called.
- If a team pulls their goalie, they will be allowed an additional center. This substitution must occur during a timeout.
- A change of position can be made when the puck is dead, and clock is stopped but must be notified to the referee.
  - An example is an offensive player changing to defense.



# Rules of Competition

## Time and Periods

- Three 9-minute periods, with the first two periods being running time, and the third period will be stop time.
- Running time occurs with a 7-goal difference.
- Teams will get two, 1-minute timeouts per game, and may only call one timeout per period.
- If the score is tied after the third period, a sudden death, 3-minute overtime period will decide the winning team. A shootout will follow if the teams are still tied after overtime.

# Rules of Competition



## Scoring

- Each goal is worth one point, and the puck must cross the goal line completely to count.
- The puck can be deflected accidentally and still be a goal.
- The puck cannot be kicked or thrown into the goal.
- Own goals are legal.

# Rules of Competition



## Shootout

- Will consist of three rounds of alternating attempts.
- Teams will pick three different athletes to participate in the shootout.
- Athletes will need to keep forward momentum, and spinning is not allowed.

## Tiebreak Scenarios

- If there is a 3-way tie in a division, the team with the fewest goals allowed will receive the highest place.
- If still tied, then head-to-head will be used.
- Forfeits will be marked as a 0-10 loss.



# Faceoffs



- Faceoffs at beginning of periods or after goals are scores will be at the center circle.
- All players not involved in the faceoff must be approximately 3 meters from the faceoff circle.
- When a goalkeeper traps the puck, play will resume with a faceoff at the nearest faceoff circle.

# Goalkeeping



- Goalkeepers may handle the puck with their hands.
  - They may also trap the puck with their feet, stick, or hands.
- Must start in a standing position.
- When clearing the puck with their hands, they must toss the puck in an underhand manner at a 45-degree angle.
- Offensive players are not allowed in the goal crease at any time.

# Goalkeeping



- Athletes using a wheelchair are allowed to play goalie.
  - Goalies using wheelchairs will be required to position themselves facing forward from the goal, or toward the location of the faceoff.
- Wheelchair goalies are allowed to tape their sticks either perpendicular or parallel to the wheelchair.

# Infractions



- On a defensive infraction, the faceoff will take place next to the nearest circle.
- On an offensive infraction, the faceoff will be held at the opposite end of the court in the nearest circle.
- When an athlete gets a fifth infraction, they will receive a one-and-a-half-minute penalty.

# Infractions



Infractions occur in the following instances:

- Holding, lying on, or stepping on the puck.
- Goalie using an overhand throw.
- Player crossing the center line when they are not allowed to.
- Non-goalies leaving their feet to block a shot.
- Offensive player puts their stick or themselves into the goal crease.
- High sticking.

# Penalties



Penalties result in a one-and-a-half-minute expulsion of the offending player.

The offending team will play a player short for the duration of the penalty unless the opposing team scores a goal.

Penalties occur in the following instances:

- Charging or tripping.
- Cross-checking.
- Deliberate roughness or unsportsmanlike conduct.
- Player accumulating five infractions.

# Ejections



When someone is ejected, they must leave the playing area for the remainder of the game, as well as the next game (at minimum).

Ejections occur in the following instances:

- Player or coach committing 3 penalties or 10 infractions.
- Player deliberately doing anything to cause injury or harm.
- Coach conduct becomes detrimental to the players or the game.
- Intentionally throwing or swinging a stick.
- Fighting.

# Practice, Skill Development & Resources



- Special Olympics Minnesota wants to make sure that you have confidence in your knowledge of the poly hockey rules.
- Below this video, you will find links to other resources available including:
  - SOMN Poly Hockey Page
  - SOMN Poly Hockey Handbook
- Any questions? Contact [sports@somn.org](mailto:sports@somn.org).