

# 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



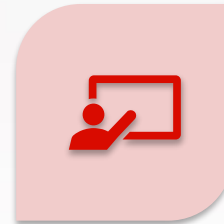
USE ONLY A  
FEW WORDS



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

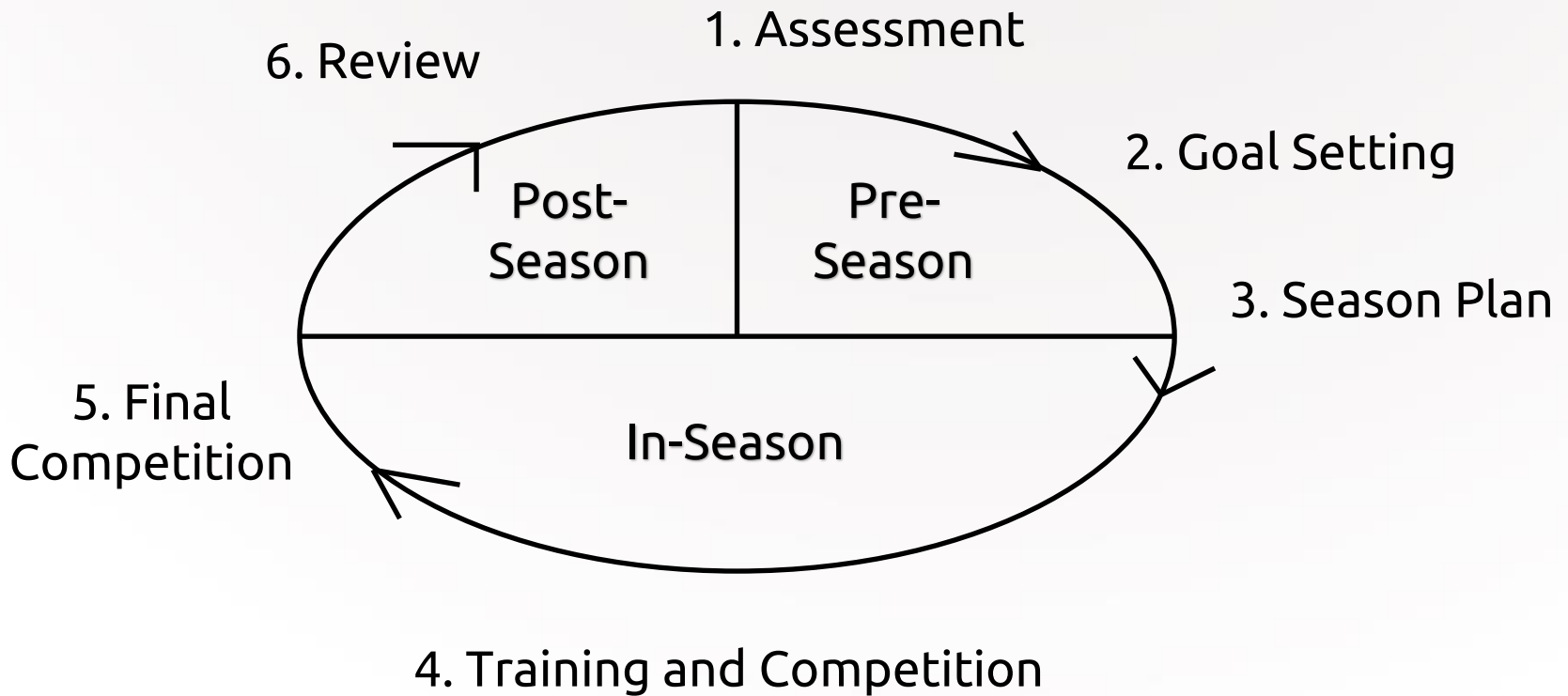


Create a supervision document to share with coaching staff!

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 Basketball Session



This training will cover:

Events

Rules of Competition

Resources

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

# Events



In general, Special Olympics Minnesota offers four different events to compete in for basketball:

- Full Court
- Half Court
- Unified Full Court
- Individual Skills

# Full Court Rules



## Gameplay

- Two 18-minute running time halves with stop time in the last two minutes of the second half.
- In stop time, the clock stops when the ball goes out of bounds, a foul occurs, free throws are being shot, and timeouts.
- Substitutions on dead balls only. All athletes must enter the game at least once.
- Each team receives four 30-second timeouts per game.
  - No carryover into overtime, but teams get one timeout in the overtime period.

# Full Court Rules



## Gameplay

- If the point differential exceeds 20 points in the second half, the game will be running time until the differential becomes 10 points or less.
  - No full court press allowed in this instance.
- **Mercy Rule:** If a team has a lead of 30 or more points anytime past the 9-minute mark in the second half, they will be declared the winner of the game.
  - Teams will still play the rest of the game, but scoring will not be updated on the scoreboard.

# Full Court Rules



## Additional Items

- Overtime will be three minutes of stop time.
  - Second overtime will be sudden death.
- All coaches must coach from their team bench. Only one coach is allowed to be standing at a time.
- If a team forfeits a game during competition, they will receive last place within the division.
  - If a team forfeits 50% or more of their games at a competition, they will receive a participation award.

# Half Court Rules



## Gameplay

- Game is played with 3 athletes from each team on the court.
- The game ends after 20 minutes or 20 points, whichever comes first.
  - If a team scores 20 points before 15 minutes have elapsed, the game will continue but scoring will not be recorded.
  - All games will play a minimum of 15 minutes.
  - Overtime is 3 minutes maximum, or first to reach 20 points.
- Stop time only occurs in the last minute of the game.
- Each team receives two 30-second timeouts per game.

# Half Court Rules



## Possession Changes

- The throw-in location is always from the top of the half-circle above the free throw line.
- Defense cannot cross the free throw line to defend the initial pass to a teammate.
- The ball must be put in play after any dead ball by a pass only, and the pass does not need to cross the free throw line.
- The offensive player will have 5 seconds to put the ball in play to a teammate.

# Half Court Rules



## Possession Changes

- On a live-ball change of possession, the team gaining possession must have one foot or the ball cross the free throw line extended.
- There are no “free backs” on a live-ball change of possession.
- Points will not be scored by illegal put backs during change of possession.
  - The team making the illegal shot will result in a turnover, but no points will be added to either team.



# Half Court Rules



## Coaching

- One coach from each team may coach from the baseline.
- The second coach will need to coach from the bench.

## Fouls and Violations

- Players cannot foul out.
- There are no free throws in half court games.
  - If a player is fouled on a made shot, the basket counts, and the offensive team retains possession.

# Unified Full Court Rules



## Roster and Lineup

- Teams must register at least 3 Unified partners
  - The number of partners should not outnumber the number of athletes on a team
- There are different scoring models available to compete in at state competitions when there are enough teams.
  - These are covered further on the next slide, but are used to distinguish ability levels between partners and athletes.

# Unified Full Court Rules



## Scoring Model

- Green – Does not matter how many points are scored by athletes or partners
- Yellow – Partners can score up to 50% of the team's total score. Unified partners are at a higher skill level.
- Red – Partners can score up to 25% of team's total score. Unified partners are at a higher skill level.

# Unified Full Court Rules



## Roles

- Any individual that is registered to coach at the Unified competition cannot participate as a Unified partner.
- There must always be at least one non-playing Level 2 coach on the bench.

All gameplay rules from traditional full court will be used in Unified.



# Individual Skills

We currently offer two levels of Individual Skills.

**Level 1:** Target Pass, Spot Shot, 10-Meter Dribble

**Level 2:** Catch and Pass, Perimeter Shooting, 12-Meter Dribble

\*Within Level 1, we also offer Modified Skills that replaces the 10-Meter Dribble event with the Speed Dribble.

All information on setups and scoring for these can be found in the SOMN Basketball Handbook and on the Basketball page on the SOMN website.

# Registration



Registration is done online by head coaches or head of delegations.

When a coach registers a team, they must submit the following:

- Assessment score for each athlete.
- Coaches on the team.
- Updated paperwork for those that need it.
- Team Information Sheet

# Divisioning



Assessment scores are based on a ranking from the coach. Assessment sheets can be found at the end of the handbook.

Divisioning is based on many factors, including:

- Assessment scores.
- Results from previous regional and state competitions.
- Coach's notes.

Divisioning for team sports can be more difficult, so the more information that the state office can have, the better teams will be divisioned for competition.

# Practice, Skill Development & Resources



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