

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



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



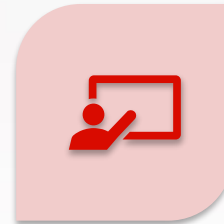
USE ONLY A
FEW WORDS



USE
PICTURES



DEMONSTRATE
BY ACTIONS



GIVE POSITIVE
REINFORCEMENT

Assistance Levels



Level of Assistance	Description	Sport Example
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



Diagnosis	Consideration
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

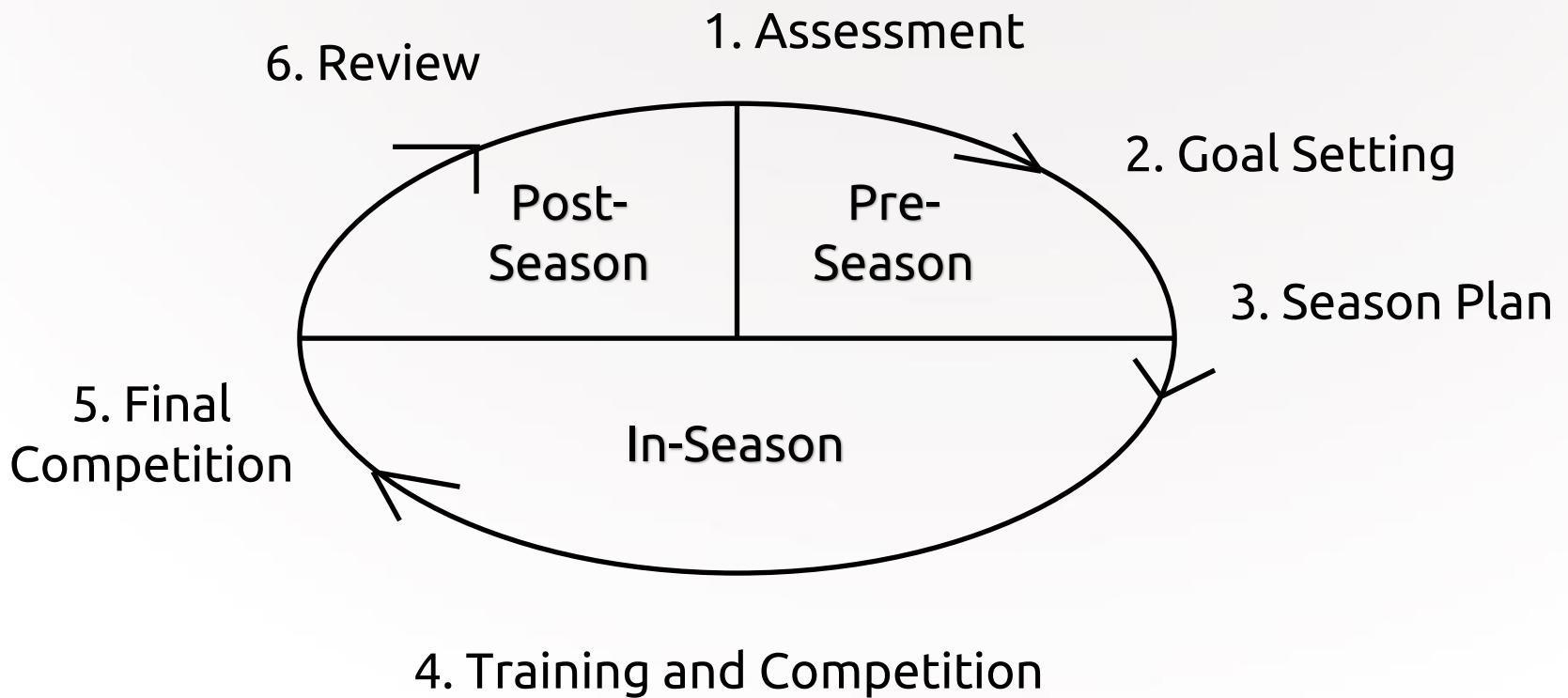


Create a supervision document to share with coaching staff!

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



Athlete Behavior	Strategies to Improve Learning
Swimmer has a short attention span	<ol style="list-style-type: none">1. Focus on a stroke for short periods of time2. Provide multiple activities focusing on same task
Basketball athlete yells if they miss a shot	<ol style="list-style-type: none">1. Emphasize the other parts of the game2. Work on shooting drills without a hoop, then evolve to shooting at a hoop
Bowler doesn't wait for their turn	<ol style="list-style-type: none">1. Have a coach at the lane help with the order of bowlers, explain whose turn it is2. Emphasize that the bowler will always follow the same person

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

Level 2 Bocce Session



This training will cover:

Rules of Competition

How to Register

Resources

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

Rules



Gameplay

- The team possessing the pallina will have three attempts at placing the pallina beyond the 30-foot line.
- The player tossing the pallina must deliver the first ball.
- The opposing team will then deliver their bocce balls until the point is taken or they have exhausted their four balls.
- The side whose ball is closest to the pallina is called “in”.

Rules



Gameplay (continued)

- It is always incumbent upon the team with the pallina advantage to establish the initial point.
- If a player throws a ball out of turn, that ball is removed from the playing area and does not count for scoring.
- Each match will finish when either a side reaches 12 points, or 20 minutes have passed, whichever one comes first.
- One additional frame is played if tied after 20 minutes.

Rules



Scoring

- At the end of each frame, points will be awarded to the team whose balls are closer to the pallina than the closest ball of the opposing team.
- This means that a frame could end up with 1, 2, 3, or 4 points being awarded to a single athlete/team.
- The scoring team for each frame will also win the pallina advantage for the next frame.

Equipment



- Traditional bocce court is 12 feet by 60 feet.
- Foul line is marked 10 feet from the back-end line, and half-court line is marked at 30 feet.
- Bocce balls will have a circumference of 107 millimeters.
- Pallina will have a circumference of 60 millimeters.

Modified Bocce Rules



- Pitch length is only 40 feet long, and athletes will not switch ends between frames.
- Assessment scores will be based on shorter distances than traditional bocce qualifying scores.
- Ramps will be allowed in modified bocce.
 - Participants using a ramp will be divisioned against others who are also using a ramp.

Qualifying Scores



- A coach will place the pallina at the 30-foot line, and the player will play eight balls.
 - The coach will measure the three closest balls and record their distance **in centimeters**.
- This will then be repeated at 40 feet and 50 feet.
- The sum of those nine throws becomes the player's assessment score.

Registration



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

Athletes are allowed to compete in one singles event and one doubles event.

When a coach registers their athletes and partners, they must submit the following:

- Qualifying score for each athlete/partner in each event they are registered in.
- Coaches on the team.
- Updated paperwork for those that need it.

Practice, Skill Development & Resources



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