

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



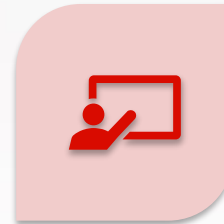
USE ONLY A
FEW WORDS



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

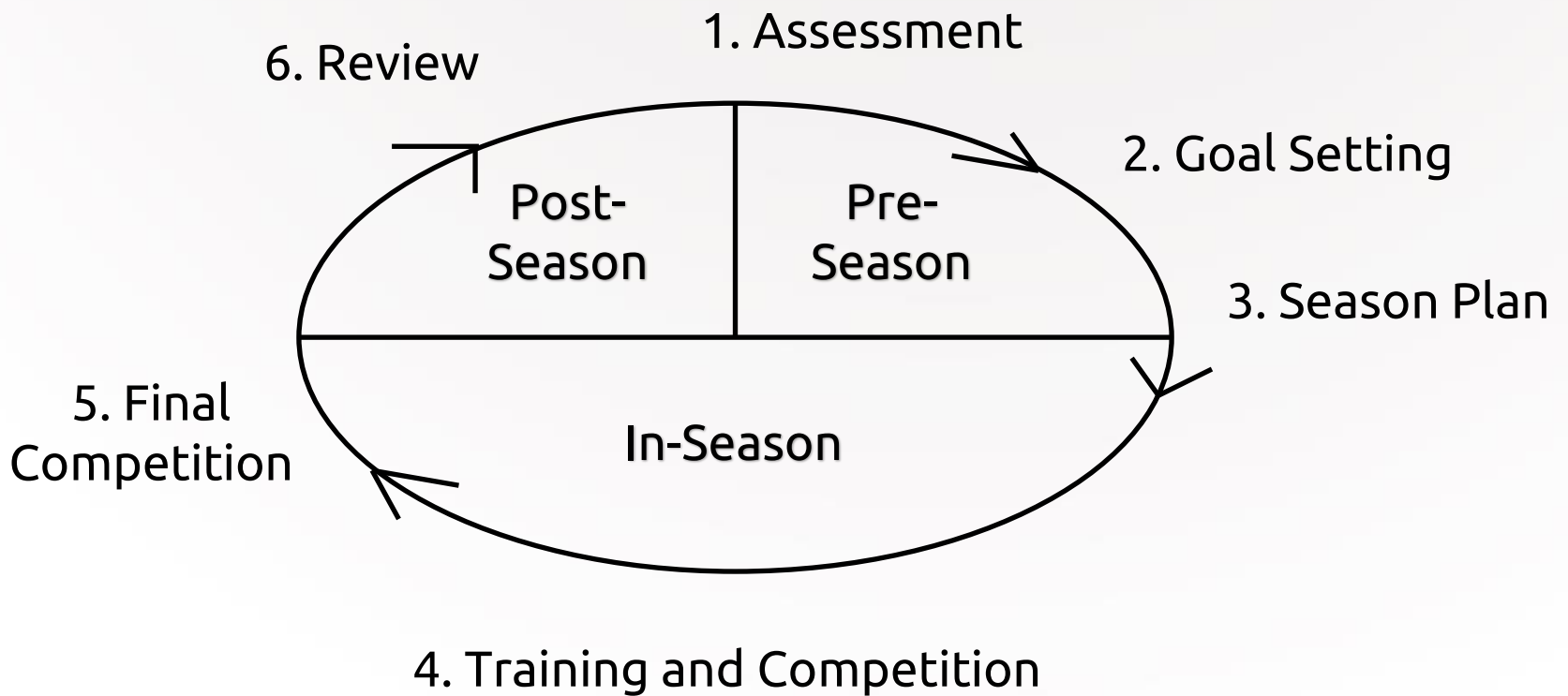


Create a supervision document to share with coaching staff!

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 Flag Football Session



This training will cover:
Rules of Competition
Resources

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

Rules



Gameplay

- The game is played as non-contact.
- Rosters must have at least 6 participants, with at least 3 Unified partners, and a maximum of 16 participants.
- Game is comprised of two 18-minute running time halves, with stop time in the last two minutes of each half.
- Teams will receive one 1-minute timeout per half.

Rules



Gameplay

- Touchdowns will be worth 6 points.
- For extra points, teams will select to attempt a play from the 5-yard line or the 10-yard line.
 - A successful attempt from the 5-yard line will result in 1 point.
 - A successful attempt from the 10-yard line will result in 2 points.

Rules



Offense

- All possessions, besides interceptions, will start from the 35-yard line.
- The offense will have four plays to cross the 20-yard line.
- If a team reaches midfield, they will receive four additional plays to score a touchdown.
- If the offense fails to cross midfield or score a touchdown in the allotted number of plays, there will be a change of possession.

Rules



Offense

- If the ball is snapped and not caught, the play is dead, and the down is counted.
- There are two “no running zones” on the field of play.
 - One is between the 20- and 25-yard line.
 - The other is between the 0- and 5-yard line.
 - No handoffs are allowed in these zones.
- Only direct handoffs behind the line of scrimmage are legal.

Rules



Screen Blocking

- Legally obstructing an opponent without contacting them with any part of the screen blocker's body is allowed.
- The screen blocker should have their arms fully extended to the ground, below the waist, either at their side, front or back.
- Downfield blocking is allowed in the form like a screen in basketball.
- Backfield blocking is allowed but must give an opponent at least one stop of space and not initiate contact.

Rules



Defense

- All players who rush the quarterback must be a minimum of 7 yards from the line of scrimmage when the ball is snapped.
 - Players not rushing the quarterback may defend the line of scrimmage.
- Once the quarterback hands off the ball, the 7-yard zone no longer exists.
- Interceptions cannot be returned, but the team will start from the spot of the interception but reversed.

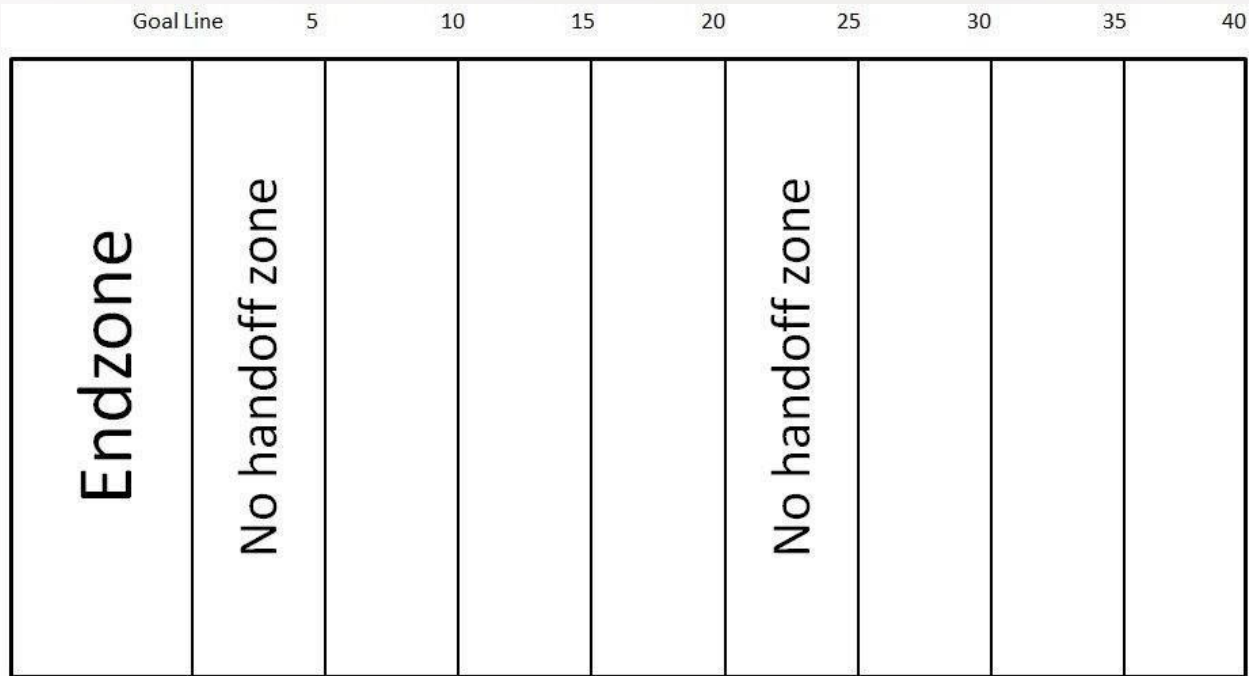
Rules



Unified Partners

- Teams must always have 2 Unified partners and 3 athletes on the field.
- A Unified partner cannot pass to another Unified partner.
- There is no restriction on who can receive a handoff.
- Unified partners on the field during the play can serve as mentors for other players on the team.

Field Layout



All possessions go one direction towards the endzone. New possessions start from the 35 yard line.

- The only possession that does not start from the 35-yard line is an interception.

Penalties



Offense

- All offensive penalties are 10 yards from the line of scrimmage, or half the distance to the goal and a loss of down on a live play.
 - If it is a pre-snap penalty, the team is penalized the yardage and repeats the down.
- These penalties include:
 - Illegal motion, offside, illegal forward pass, illegal running play, pass interference, illegal contact, flag guarding, delay of game, and unsportsmanlike conduct.
- Explanations of each penalty above can be found on page 7 of the Special Olympics Minnesota Handbook.

Penalties



Defense

- All offensive penalties are 10 yards from the line of scrimmage and an automatic first down.
 - The only exception is defensive pass interference, which can be 10 yards or the spot of the foul, as well as the automatic first down.
- These penalties include:
 - Offside, illegal contact, illegal flag pull, illegal rushing, defensive holding, stripping, unnecessary roughness, and unsportsmanlike conduct.
- Explanations of each penalty above can be found on page 7 of the Special Olympics Minnesota Handbook.

Individual Skills Rules



Individual Skills is split up into four events:

- Catching: “Run and Catch”
 - Throwing for Accuracy
 - Throwing for Distance
 - Agility and Speed Handoff
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- More information on skills setup and scoring can be found in the Special Olympics Minnesota handbook on pages 9-12.

Divisioning



Assessment scores are based on a ranking from the coach. Assessment sheets can be found [here](#).

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.

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

Practice, Skill Development & Resources



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