

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



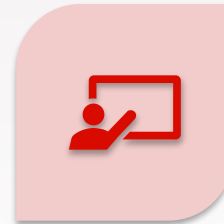
USE ONLY A
FEW WORDS



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

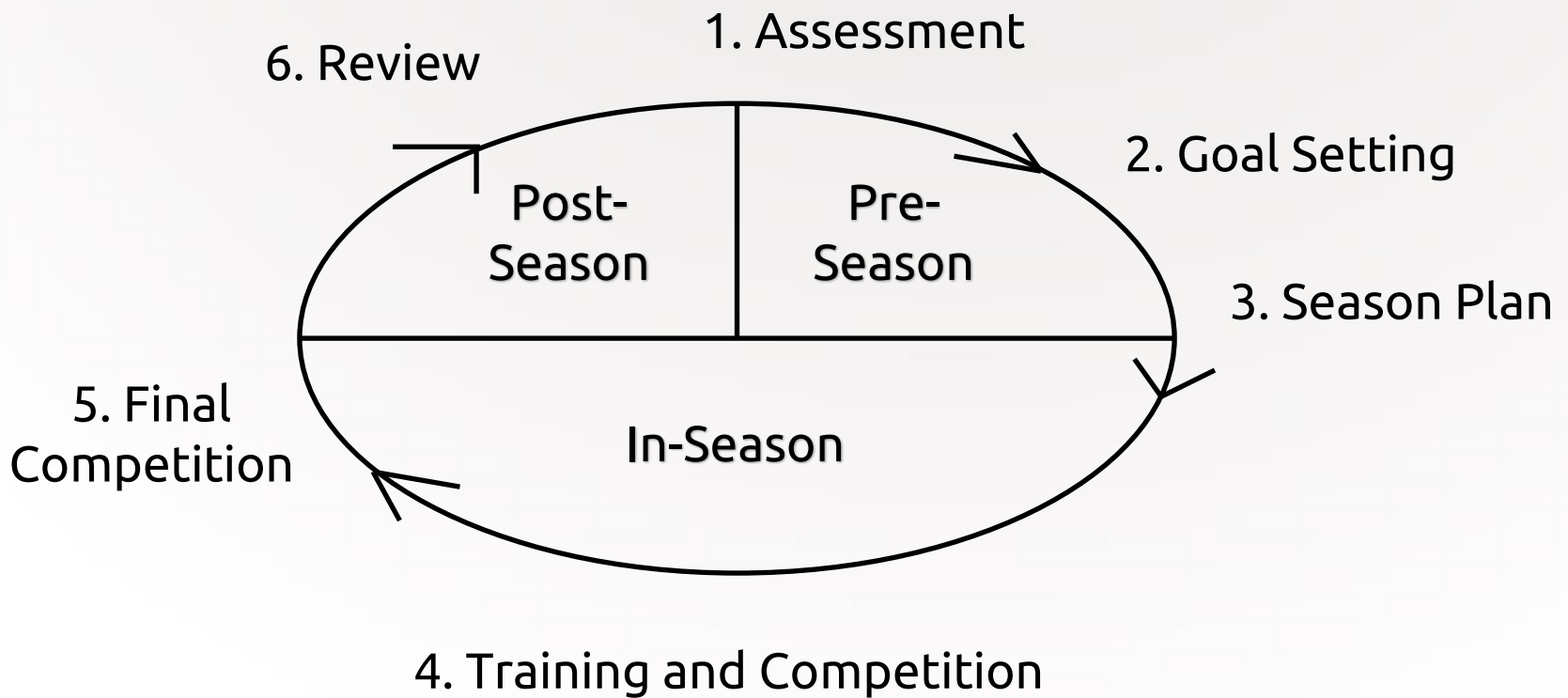


Create a supervision document to share with coaching staff!

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 Tennis 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



Match Play

- The serving motion can be underhand or overhand.
- Competitions will be one 6-game match, with a set tiebreak.
 - No ad set will be used, and the winner will be determined by the first to six points by a margin of two.
- Traditional scoring of love, 15, 30, 40 will be used, or simplified scoring of 0, 1, 2, 3 may be used.

Rules



Match Play

- Court monitors will allow 20 seconds between points and 90 seconds on changeovers.
- A medical timeout may be taken for each new medical condition, or aggravation of a pre-existing condition.
- A player may request one or more-bathroom breaks during the match.
 - Coaching is not allowed during medical timeouts or bathroom breaks.

Rules



Individual Skills

- Forehand Volley
- Backhand Volley
- Forehand Groundstroke
- Backhand Groundstroke
- Serve – Deuce Court
- Serve – Advantage Court
- Alternating Groundstrokes with Movement

- Information on setup and scoring can be found in the Special Olympics Minnesota handbook on pages 4-5.

Competition Details



Levels

- Special Olympics Minnesota offers many different levels for athletes to compete in at competitions.
- Levels and balls being used are laid out in the Special Olympics Handbook on pages 6-7.
 - This is helpful information to determine what level each athlete should be competing at.
- Different levels have different court sizes, with those dimensions laid out on the next slide.

Competition Details



Court Dimensions

- Level 1 (Individual Skills)
 - 42 feet by 27 feet
- Level 2 (Short Court Match Play)
 - 42 feet by 27 feet
- Level 3 (Intermediate Court Match Play)
 - 60 feet by 27 feet
- Level 4 and 5 (Traditional Court Match Play)
 - 78 feet by 27 feet (singles)
 - 78 feet by 36 feet (doubles)

Registration



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

Athletes are allowed to compete in one doubles and one singles 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 tennis rules.
- Below this video, you will find links to other resources available including:
 - SOMN Tennis Handbook
 - SOMN Tennis Page
 - SOI Tennis Coaching Guide
- Any questions? Contact sports@somn.org.