Athlete Leadership Programs - COACHING
Athlete Leadership Programs

August 24th, & 25th, 2013
Arizona Grand Resort
Athlete Leadership Programs

Sponsored by Special Olympics
Athlete Leadership Programs: Coaching

Presenters:
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Training Aids for Coaches, Trainers and Athletes
Icebreaker

Beach Ball Facts
Objectives of Workshop

Prepare participants to certify as Special Olympics coaches at the level they desire (Team Captain, Assistant Coach, Head Coach, etc.)

- Create a practice
- Communicate with team
- Team communicates with Coach
Objectives of Workshop

Allow participants to experience working with athletes as a coach

Introduce athlete/coaches and mentors to the process of working together as a team.
Expectations of Participants

Each participant will undertake a two year commitment to seek Special Olympics Coach certification at the highest level.

• Each participant will encourage other athletes in their local Program to become coaches.

• Each participant will serve as an ALPs advocate
Expectations of Participants in all Workshops

Work With Mentors And Trainers
Expectations of Coaching Workshop Participants

During Workshop: Demonstrate the ability to
Role of Coach

Work with the Head Coach to:

- Conduct Skill Assessments
- Help Athletes select Events
- Lead Warm-ups and Training
# Role of Coach

http://Resources.specialolympics.org

## All Resources Breakout Menu

| Official | Special  | Olympic | Sports | Rules |

### Coaching
- Coaching Guides
- Coaches Code of Conduct
- Coaching Fellowship Information
- Principles of Coaching Special Olympics (Online Course through West Virginia University)

### Communications
- Contact Lists
- EKS Day
- Events
- Families
- Finance
- Fundraising
- General Rules

### Get Into It (GII)
- Graphics and Style Guides
- Healthy Athletes
- Holiday e-Card
- IOC and IPC

### Law Enforcement Torch Run
- Master Plan
- Newsfeeds/RSS
- Newsletters
- One Pagers
- Photos
- Project Unity

### Protective Behaviors
- Publications
- Reports

### R-word
- Research
- Regions
- Schools and Global Youth

### Sports
- Sports Article 1 (PDF)
- Coaches Code of Conduct
- Divisioning
- Olympics, Paralympics, Special Olympics
- Principles of Coaching Special Olympics (Online Course through West Virginia University)
- Rhythmic Gymnastics Music
- Sport Federation Proclamations
- Sports Rules And Coaching Guides
- TRAIN Downloads
- Train Executive Summary
- Young Athletes Equipment
- Unified Sports Resources
As a Coach

You Must Know
and Understand
the Sport
As a Coach

Rules of the Game
Coaches Motivate!

Plan
Recruit
Train
Assess
Coaches Encourage

Physical Fitness and healthy lifestyles

Courage to try harder

Joy – Keep the FUN in Fundamentals
Head Coaches

Give advice

Encourage and comfort

Keep practices safe and controlled
Working with a Head Coach

Everyone needs to agree on the roles for Head Coaches and for athlete/coaches, AND how to determine when and how Head Coaches are to assist.
Role of a Coach: Know the Rules!

Stork Stand!

Divisioning

Advancement to higher level competition
Practice Session

- Warm-up Exercises
- Stretching
- Skills Instruction
- Competition Experience
- Skill Assessment
- Cool Down Exercises
- Team Talk
Warm-up Exercises

Stretching
Skills Instruction

Explain – demonstrate – prompt - assist
Practice Scrimmage

Competition Experience
Practice Session

Cool Down Exercises

Team Talk
Essential Skills - 200M

Any type of Lean forward on
Essential Skills - 200M

Explode from the start

Push from the balls of your feet
Essential Skills- 200M

Quick first eight steps
Essential Skills- 200M

Maintain speed as you
Into the curve
Essential Skills- 200M

Increase speed as you come out of the curve
Essential Skills- 200M

Maintain form
Essential Skills - 200M

Run ten meters through the finish line
Skill Instruction

Working as a team, break a sport skill into smaller, attainable tasks that you could teach during a practice.

Shot Put
Standing Long Jump
Bocce Skills
Skill Instruction

Combine into groups of 8. Have athlete coaches teach the other group using the list you just made.

Shot Put
Standing Long Jump
Bocce Skills
Essential Skills - Running Long Jump

Figure out distance to take off board

Different for each athlete
Essential Skills - Running Long Jump

Maintain speed down the runway
Essential Skills - Running Long Jump

Do not reach for the board
Essential Skills -
Running Long Jump

Explode off the board

Drive up with your
Essential Skills - Running Long Jump

Hitch-kick method

Turn legs like cycling
Essential Skills - Running Long Jump

Prepare to land

Reach forward with arms and legs
Essential Skills - Running Long Jump

Bring body forward during landing
Essential Skills - Running Long Jump

Continue out the end of the pit
Essential Skills- Shot put

Enter the back of the circle
Essential Skills- Shot put

Face the back of the circle

Put foot on throwing side
Essential Skills: Shot put

Rest shot on fingers of throwing hand

Place shot under chin on neck
Essential Skills - Shot put

Elbow out

Reach out with non throwing arm
Essential Skills - Shot put

Bend forward leg

Put weight on balls of front foot
Essential Skills- Shot put

Speed across the circle

Stay low
Essential Skills - Shot put

Drive up through your legs

and lead up with your elbow
Essential Skills - Shot put

Push the shot up and out

Pull down with the lead arm

Switch your feet
Essential Skills - Shot put

Exit through the back of the circle
Practice Session

Create a practice Schedule
Coach with Coach

Athletes who are already coaching…

Review the strategies that have worked (and didn’t work) for:

Athlete event choice
Warm-ups
Skill training
Cool down
How to prepare and athlete for competition
Where do you start?

Prepare a personal Coaching plan

What is your next goal in Special Olympics?

What skills do you need to get there?

Who should you tell about your goals?

I will like to achieve this in _____ years
ALP’s Questions

- What is your favorite part of ALP’s?
- Why do you think ALP’s is important?
EVALUATION

Name three things you have learned.

What will you do when you get home?

What part of the workshop did you like the best?

What part of the workshop did you like the least?