

Special Olympics Schools Program Coach Training, Fall 2024

Fall SO school program “homepage” - what’s there, check it each week!

<https://publictennis.org/fall-2024-so-schools/>

1. The parts of a Lesson Plan – quick review
 - a. Setup, nametags, greet athletes **and** teachers
 - b. 5 Parts: Theme, WarmUp, Skills/Activities, Group Game, Cheer
 - c. Hand out racquets *after* WarmUp and discuss safety
 - d. Involve teachers! Take water breaks!

2. Equipment and Accessories – quick review
 - a. “Quickstart” balls and court sizes: ***Slow it down!***
 - b. Youth racquet sizes, advantages
 - c. Teaching Accessories: spots, cones, targets, etc.

3. **Today’s Main Topic: (Adaptive) Feeding & Progressions**

4. Overcoming Challenges, Embracing Ability,
 - a. Get to **“AHA moments”** quicker
 - i. ***Creativity, ingenuity, and a few tips and tricks!***
 - b. Inclusive/Adaptive Teaching Examples
 - i. Mobility
 - ii. Strength and flexibility limitations
 - iii. Hand-to-eye, spatial
 - iv. Grip challenges
 - v. Swing movement/speed
 - vi. Disinterest, fear
 - vii. Attention span, Communication, understanding

5. Simple, Effective Demonstrations – quick review/example
 - a. Less is more. Fewer words is better. Not technical.
 - b. ***Let the children explore and figure it out! (e.g. “Lift!”)***

6. Working with large groups and challenging coach-to-athlete ratios