

8-SESSION TRAINING PLAN

Each individual entering a Special Olympics Chapter competition shall participate in at least 8 sessions of training and preliminary competition before the culminating event. This plan must include at least two competitive experiences (games, meets, tournaments etc.) The suggested guidelines listed below provide for one 90-minute training session. These are minimum standards. Obviously, athletes will benefit from more frequent training and/or additional competition opportunities.

Pre-season

Athlete Recruitment
Athlete Registration
Medicals
Coaches Meeting
Equipment/Uniforms

SESSION 1

Orientation (15 min.)
Warm-up (15 min.)
Skill Development (30 min.)
Scrimmage/Trial (15 min.)
Conditioning (15 min.)

SESSION 2

Opening Remarks (5 min.)
Warm-up (10 min.)
Skills Test/Preliminary
Scores (60 min.)
Conditioning (15 min.)

SESSION 3

Opening Remarks (5 min.)
Warm-up (10 min.)
New Skills (15 min.)
Skill Development (30 min.)
Scrimmage/Trial (30 min.)
Conditioning (15 min.)

SESSION 4

Opening Remarks (5 min.)
Warm-up (10 min.)
New Skills (15 min.)
Skill Development (15min.)
Scrimmage/Trial (30 min.)
Conditioning (15 min.)

SESSION 5

Opening Remarks (5 min.)
Warm-up (10 min.)
Competition (75 min)

SESSION 6

Opening Remarks (5 min.)
Warm-up (10 min.)
New Skills (15 min.)
Skill Development (15 min.)
Scrimmage/Trial (30 min.)
Conditioning (15 min.)

SESSION 7

Opening Remarks (5 min.)
Warm-up (10 min.)
Competition (75 min.)
Opening Remarks (5 min.)

SESSION 8

Warm-up (10 min.)
Skills (15 min.)
Scrimmage/Trial (30 min.)
Review/
Mental Prep (30 min.)

Remember these are minimum standards!