

Young Athletes Program

Set Up

- 1.) Soccer
 - a. Dribbling
 - b. Target Kick
- 2.) Basketball
 - a. Dribbling
 - b. Shooting
- 3.) Track & Field
 - a. Jumping
- 4.) Baseball
 - a. Batting Practice
 - b. Run the Bases
- 5.) Bowling
- 6.) Balance
- 7.) Agilities
- 8.) Just For Fun (Parachute, Tunnels, Rhythmic Dance, & Bean Bag Toss Game)

Stations follow a rotation process of 10-15 per station. Teachers will rotate with their students.

Young Athletes Program

Event Date: October 21, 2011, 10:00am-12:00pm

Event Location: Mauzy School

YOUR CLASS IS #1

Teacher: Mrs. Smith

10:00: Opening Ceremony – Recite Special Olympics Oath

10:05-10:15: Warm-up stretches – Lead by a Unified Pair!

YOUR ROTATION SCHEDULE IS AS FOLLOWS:

10:20-10:30 – Go to STATION 3 for TRACK & FIELD

10:30-10:40 – Go to STATION 4 for BASEBALL

10:40-10:50 – Go to STATION 5 for BOWLING

10:50-11:00 – Go to STATION 6 for BALANCE

11:00-11:10 – Go to STATION 7 for AGILITIES

11:10-11:20 – Go to STATION 1 for SOCCER

11:20-11:30 – Go to STATION 2 FOR BASKETBALL

*Remember you can always have student athletes go to the Just For Fun area if they need some “free time.”

11:30-11:45: Closing Ceremony – YAP Ribbons



Soccer – Soccer Dribble

Description

- Basics:
 - Have student athletes line up behind the yellow poly spots.
 - One at a time, have student dribble the ball from the green poly spot to the red poly spot.
 - Encourage the athlete to kick straight ahead and walk/run to follow and catch up with the ball.
 - Encourage student athlete to stop the ball with the bottom of their foot at the red poly spot.
 - Have student athlete return to the line.
- Challenge:
 - Have student athletes increase their dribbling speed.
 - Have student athletes use only their right foot and then repeat only using their left foot.
- Competition:
 - Individual Race: Have a student in Lane 1 race a student in Lane 2.
 - Relay Race: Have students in Lane 1 do a relay race against students in Lane 2.

Materials Needed



15 Flat or Medium Cones



4 Soccer Balls (2 small, 2 large)



2 Yellow Poly Spots (Line Starter)

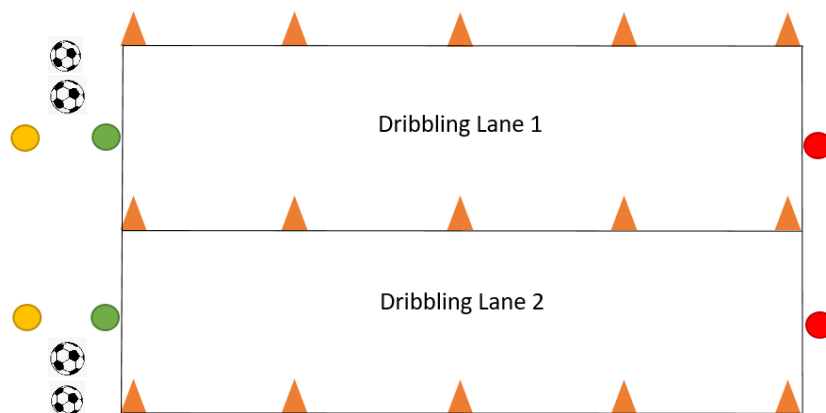


2 Green Poly Spots (Start)



2 Red Poly Spots (Stop)

Set Up





Soccer – Target Kick

Description

- Basics:
 - Have student athletes line up behind the yellow poly spots.
 - One at a time, have student dribble the ball from the green poly spot to the red poly spot.
 - Encourage the athlete to kick straight ahead and walk/run to follow and catch up with the ball.
 - Encourage student athlete to stop the ball with the bottom of their foot at the red poly spot.
 - Have student athlete return to the line.
- Challenge:
 - Have student athletes increase their dribbling speed.
 - Have student athletes use only their right foot and then repeat only using their left foot.
- Competition:
 - Individual Race: Have a student in Lane 1 race a student in Lane 2.
 - Relay Race: Have students in Lane 1 do a relay race against students in Lane 2.

Materials Needed



0-4 Flat or Medium Cones



1-2 PUGG Goals



4 Soccer Balls (2 small, 2 large)

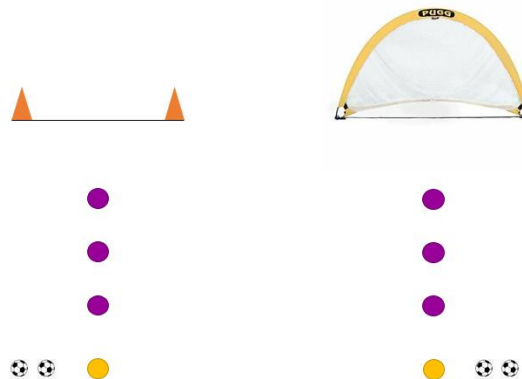


2 Yellow Poly Spots (Line Starter)



6 Purple Poly Spots

Set Up











Basketball Dribble

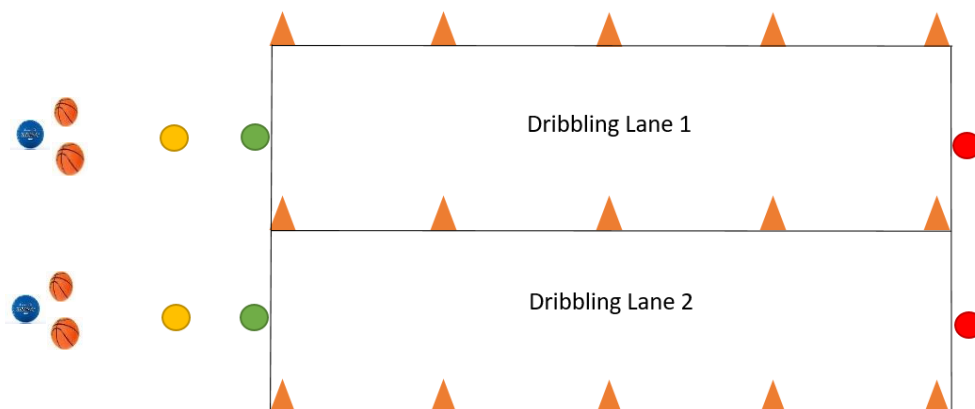
Directions

- Basics:
 - Have student athletes line up behind the yellow poly spots.
 - One at a time, have student dribble the ball (bounce and catch) from the green poly spot to the red poly spot.
 - Encourage the athlete to walk/run while dribbling ball with 1 hand.
 - Have student athlete return to the line.
- Challenge:
 - Have student athletes increase their dribbling speed.
 - Have student athletes use only their right hand and then repeat only using their left hand.
- Competition:
 - Individual Race: Have a student in Lane 1 race a student in Lane 2.
 - Relay Race: Have students in Lane 1 do a relay race against students in Lane 2.

Materials Needed

- | | | | |
|---|--|---|------------------------------------|
|  | 15 Flat or Medium Cones |  | 2 Yellow Poly Spots (Line Starter) |
|  | 2 Playground Balls |  | 2 Green Poly Spots (Start) |
|  | 4 Basketballs Balls (2 small, 2 large) |  | 2 Red Poly Spots (Stop) |

Set Up





Basketball – Shooting

Description

- Basics:
 - Option 1 – Free-for-All Shooting:
 - Have student athletes practice shooting on the multi-ring hoop.
 - Encourage students to share the balls and take turns.
 - Option 2 – Around the World Shooting:
 - Have student athletes line up behind the yellow poly spots.
 - One at a time, have each student take 1 shot at each purple poly spot.
 - Have student athlete return to the line.
- Competition:
 - Option 2 – Around the World Shooting
 - Have students take 1 shot at each purple poly spot and see who can get the most shots in the hoop.

Materials Needed



1 Single Rimball Basketball Goal (Can substitute Hang-a-Hoops)



1 Multi-ring Hoop



6 Basketballs (3 small, 3 large)



2 Playground Balls



1 Yellow Poly Spot (Line Starter)



5 Purple Poly Spots

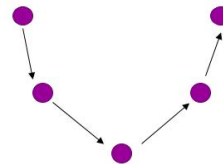
Set Up

You can set up 1 or both of these options.

1. Free-for-All Shooting



2. Around the World Shooting





Track & Field - Jumping

Directions

- Basics:
 - Have student athletes line up behind the yellow poly spot.
 - One at a time, have each student go through the jumping course.
 - Start at the green poly spot.
 - Stepping/jumping onto and off of the aerobic steps.
 - Hopping/jumping from purple poly spot to purple poly spot.
 - Stepping/jumping over the hurdles.
 - End at the red poly spot.
 - Have student athlete return to the line.

Materials Needed



2 Aerobic Steps Flat or Medium Cones



3 Long Bars



6 Small Cones with Holes



8 Purple Poly Spots



1 Yellow Poly Spot (Line Starter)

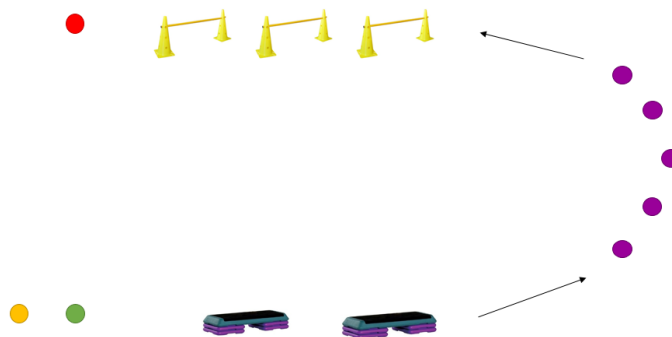


2 Green Poly Spots (Start)



2 Red Poly Spots (Stop)

Set Up





Baseball – Batting Practice

Directions

- Basics:
 - Have student athletes line up behind the yellow poly spot.
 - One at a time, have each student practice hitting a ball off the baseball tee.
 - Have student athlete return to the line.
- Challenge:
 - Encourage student athletes to hit the ball as far as they can.
- Competition:
 - Individual Competition: Have each student athlete hit the ball 1 time and see who can hit the ball the furthest.

Materials Needed



2 Baseball Tees
2 Baseball Bats
2 Beach Balls



2 Foam Softballs
2 Yellow Poly Spots

Set Up





Baseball – Run The Bases

Directions

- Basics:
 - Have student athletes line up behind the yellow poly spot.
 - One at a time, have each student hit a ball off the baseball tee.
 - Encourage athlete to run around the bases in order and end back at home plate.
 - Have student athlete return to the line.
- Challenge:
 - Encourage student athletes to run faster around the bases.
 - Encourage student athletes to hit the ball as far as they can.

Materials Needed



1 Baseball Tee

1 Baseball Bat

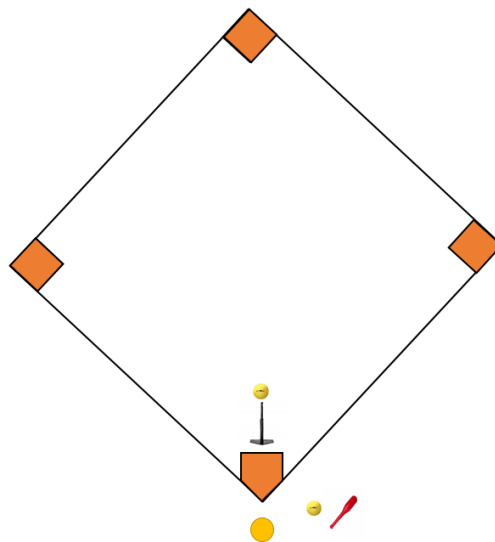
Full Set of Bases



2 Foam Softballs

1 Yellow Poly Spot

Set Up





Bowling

Directions

- Basics:
 - Have student athletes line up behind the yellow poly spot.
 - One at a time, have each student bowl trying to knock down all the pins. Student athletes can bowl with or without the use of the bowling ramp.
 - Have student athlete return to the line.
- Challenge:
 - Encourage student athletes to use their non-dominant hand.
- Competition:
 - Individual Competition: Have a student athletes bowl 1 time and see who can knock down the most pins.

Materials Needed



1 Bowling Ramp



1 Set of Bowling Pins



2 Bowling Balls



1-2 Yellow Poly Spots (Line Starter)

Set Up

You can set up 1 lane using all 10 pins or 2 lanes using 3 pins in each lane. Recommended that you set pins up in front of a wall or other barrier.





Balance

Directions

- Basics:
 - Option 1 – Line/Tape on Floor:
 - Have student athletes line up behind the yellow poly spot.
 - One at a time, have each student go across the line/tape on the floor stepping toe to heel.
 - Have student athlete return to the line.
 - Option 2 – Balance Beam:
 - Have student athletes line up behind the yellow poly spot.
 - One at a time, have each student go across the balance beam stepping heel-to-toe.
 - Have student athlete return to the line.
- Challenge:
 - Place 2 bean bags on the balance line/tape on floor or balance beam. Encourage student athletes to collect those bean bags as they cross the balance structure while keeping their balance, of course!

Materials Needed



0-1 Curve-a-Beam Set



0-1 Activity Trail Set



4 Bean Bags



2 Yellow Poly Spots

Set Up

Line/Tape on
Floor



Balance Beam





Just For Fun

Directions

- Basics:
 - Option 1 – Tunnels:
 - One at a time, have each student go through the tunnels.
 - Option 2 – Parachute:
 - As a group, play some parachute games.
 - Option 3 – Rhythmic Dance:
 - Dance with ribbon wands or scarves.
 - Option 4 – Bean Bag Toss:
 - Have student athletes line up behind the yellow poly spot.
 - One at a time, have each student toss 1 bean bag from each purple poly spot starting at the closest to the target.
 - Have student athlete return to the line.

Materials Needed



1 Parachute



1 Tunnel



1 Bean Bag Toss Set



4 Bean Bags



1 Set of Ribbon & Wands



4-6 Scarves



1 Bluetooth Speaker



3 Foam Balls



1 Yellow Poly Spot (Line Starter)



3 Purple Poly Spots

Set Up

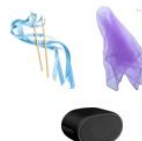
Tunnels



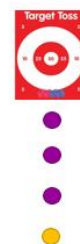
Parachute



Rhythmic
Dance



Bean Bag Toss





Agilities

Directions

- Basics:
 - Have student athletes line up behind the yellow poly spot.
 - One at a time, have each student start at the green poly spot, run weaving through the cones, pick up a bean bag from the far hula hoop, run back weaving through the cones, put the bean bag in the hula hoop next to the start, and touch the red poly spot to end their turn.
 - Have student athlete return to the line.

Materials Needed



5 Flat or Medium Cones

4 Bean Bags

2 Hula Hoops



1 Yellow Poly Spot (Line Starter)

2 Green Poly Spots (Start)

2 Red Poly Spots (Stop)

Set Up

