



## Special Olympics Softball Coaching Guide Planning a Softball Training & Competition Season

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### Tips for Conducting Successful Training Sessions

- Assign assistant coaches their roles and responsibilities in accordance with your training plan.
- When possible, have all equipment and stations prepared before the athletes arrive.
- Introduce and acknowledge coaches and athletes.
- Review intended program with everyone. Keep athletes informed of changes in schedule or activities.
- Alter the plan according to weather or changes in the facility, and to accommodate the needs of the athletes.
- Change activities before the athletes become bored and lose interest.
- Keep drills and activities brief to hold athletes' attention.
- Devote the end of the training to a group activity that can incorporate challenge and fun, always giving the athletes something to look forward to at the end of training.
- If an activity is going well, it is often useful to stop the activity while interest is high.
- Summarize the session and announce arrangements for next session.
- Keep the **fun** in fundamentals.