



## Sports Specific Skills & Drills

# GUIDE BOOK



### Guide Book Introduction

Special Olympics Northern California (SONC) Schools Partnership Program is offering a complete Guide Book to assist schools, educators, coaches, and students alike train for their favorite Special Olympics sports—soccer, basketball, and track & field!

In this short guide, we offer various resources including fitness and skills videos from professional athletes to help you build and develop a training and competition program that works for your district, school, or classroom. Use our example training programs or create your own!

### How to Use This Guide Book

- I. **PICK** your sport – soccer, basketball, or track and field!
- II. **PLAN** your training and/or competition program!
  - a. Will your program be training, competition, or both?
  - b. What will the length of your program be, and how often will your students train and/or compete?
  - c. What's the best way to implement your Unified program—during lunch, before/after school, during class time, etc.?
- III. Use the sport specific resource sections in this Guide Book to **DESIGN** a fun and engaging Unified program!
- IV. **IMPLEMENT** your program! And be sure to **SHARE** with your Program Coordinator and/or Area Manager!



# Example Soccer Program

This is a 5 week long Unified soccer training and competition program. The first 4 weeks are a training and practice program, and the 5<sup>th</sup> and final week is a skills competition.

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Week 1			<b>Dribbling &amp; Ball Control II &amp; VIII</b>		<b>Dribbling &amp; Ball Control V &amp; IX</b>		
Week 2			<b>Passing &amp; Receiving III &amp; V</b>		<b>Passing &amp; Receiving IV &amp; VII</b>		
Week 3			<b>Shooting II</b>		<b>Shooting V</b>		
Week 4			<b>Throw Ins III &amp; IV</b>		<b>Goalkeeping II &amp; IV</b>		
Week 5		<b>Time To Compete! I</b>	<b>Time To Compete! III &amp; IV</b>	<b>Time To Compete! V</b>	<b>Report Scores!</b>	<b>Report Scores!</b>	



# Soccer Resources

Use the soccer resources below to create your very own Special Olympics training/competition program!

## Always Start Every Workout with a Warm Up and Finish with a Cool Down!

- I. Special Olympics – [Warm Up and Cool Down Coaching Guide](#)
- II. Special Olympics – [School of Strength Warm Up](#)
- III. Special Olympics Colorado – [Soccer Warm Up](#)
- IV. Special Olympics Colorado – [Soccer Stretching](#)
- V. Special Olympics – [Sample Warm Up/Stretching Activities](#) (p. 24-26)

## Improve your Soccer Fitness!

- I. [Footwork](#) from SONC Student Leader, Ava Ciampi
- II. [Football Conditioning Session](#) to Improve Your Fitness with the Ball
- III. [Fitness Training with a Ball](#) with San Jose Earthquakes player Tommy Thompson
- IV. [Ladder Drills](#) with San Jose Earthquakes player Tommy Thompson
- V. [Agility Ladder Work](#) with Michael Lewis Cunningham
- VI. [5 Essential Speed and Agility Drills](#) with Michael Lewis Cunningham
- VII. [5-10-5 Drill](#)

## Drills and Activities to Improve Your Soccer Skills!

### Dribbling and Ball Control

- I. [Soccer Dribbling](#) from SONC Student Leader, Camren Rogers
- II. [10 Easy Ball Control Exercises](#) (Cone Slalom) with Michael Lewis Cunningham
- III. [1v1 Dribbling Race](#)
- IV. Become Elite – Full Soccer [Training in a Tiny Box](#)
- V. Fast Feet [Beginner Soccer Drills](#)
- VI. U.S. Soccer Foundation – [Turning the Ball](#)
- VII. U.S. Soccer Foundation – [1v1 Attacking/Dribbling Moves](#)
- VIII. [Dribbling Moves](#) with San Jose Earthquakes Tommy Thompson
- IX. [9 Easy Skill Moves to Beat Defenders](#) with Michael Lewis Cunningham



- X. [Beginner Juggling](#) with San Jose Earthquakes Tommy Thompson

### **Passing and Receiving**

- I. [Passing & Trapping](#) from SONC Student Leader, Max Duff
- II. U.S. Soccer Foundation – [Passing and Receiving](#)
- III. U.S. Soccer Foundation – [Striking the Ball with the Inside of Your Foot](#)
- IV. How to [Receive](#) a Soccer Pass
- V. [11-Minute Wall Work](#)
- VI. [10 Exercises](#) You Can Do With a Wall
- VII. Become Elite – 5 Essential [Partner Passing Drills](#)
- VIII. [Partner Passing Drill](#)

### **Shooting**

- I. [Goal Scoring](#) from SONC Student Leader, Max Duff
- II. U.S. Soccer Foundation – [Striking the Ball with the Laces](#)
- III. Improving Your [Shooting Technique Tutorial](#) with Michael Lewis Cunningham
- IV. Become Elite – [5 Essential Shooting Drills](#)
- V. Soccer Coaches – [4 Essential Soccer Shooting Drills](#) for Youth Players

### **Throw Ins**

- I. [Throw-Ins](#) from SONC Student Leader, Chloe Brause
- II. How to Master the [Soccer Throw In](#)
- III. Soccer Throw In [Progression Drill](#) that Works on Technique
- IV. Throw In [Battle Game](#)
- V. [Partner Throw In Drill](#)

### **Goalkeeping**

- I. [Goalkeeping](#) from SONC Student Leader, Katie Senn
- II. [Goalkeeper Fundamentals](#) for Beginners
- III. [Goalkeeper Footwork and Catching Drills](#)
- IV. At Home [Youth Goalkeeper Training](#) for Beginners
- V. Fun and Simple [Fundamental Drills for Goalkeepers](#)

### **Time to Compete!**

- I. [Dribbling](#) Competition
- II. [Toe Touches](#) Competition
- III. [Unified Passing](#) Competition
- IV. [Individual Passing](#) Competition
- V. [Shooting](#) Competition



## Looking for More Resources? Well Look no Further!

- I. SONC – Soccer [Drill Book](#)
- II. [Dribbling and Passing Drills](#) with SONC School Area Manager, Brittany Hubler
- III. Special Olympics – Together We Play Strong [Training Session Worksheets](#)
- IV. Special Olympics – [Developmental Sports Implementation Guide](#) Coaching Special Olympics Athletes ages 6-12
- V. Special Olympics – [Coaching Resources](#)
- VI. Special Olympics – Football (Soccer) [Coaching Guide](#)
- VII. Special Olympics – Soccer: A [Handbook](#) for Training at Home
- VIII. Special Olympics British Columbia – Soccer [Drill Book](#)
- IX. Special Olympics Colorado – [Virtual Training Program](#)
- X. [Individual Skills Soccer](#) for SSD Special Olympics Program – Example Drills
- XI. [US Soccer For Success At Home](#) (Videos available in English and Spanish)
- XII. MLS Unites – Offers [Workout](#) Videos and [Soccer Skills and Drills](#) Videos
- XIII. San Jose Earthquakes Player, Tommy Thompson's [YouTube Channel](#)
- XIV. Michael Lewis Cunningham's [YouTube Channel](#)
- XV. Ontario Soccer Association – Soccer for Players with a Disability [Resource Manual](#)
- XVI. Tennessee Soccer Club [Virtual Training Center](#)
- XVII. Cap City Athletic – [Home Work Out Videos](#)
- XVIII. United Soccer Coaches – At Home [Strength Program](#)




# Example Basketball Program

This is a 5 week long Unified basketball training and competition program. The first 4 weeks are a training and practice program, and the 5<sup>th</sup> and final week is a skills competition.

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Week 1			Dribbling I & III		Dribbling V & VII		
Week 2			Passing I & II		Passing V & VI		
Week 3			Shooting, Layups, & Free Throws I & III		Shooting, Layups, & Free Throws II & VI		
Week 4			Rebounding I		Rebounding IV		
Week 5		Time To Compete! II & III	Time To Compete! IV & V	Time To Compete! VII & VIII	Report Scores!	Report Scores!	



# Basketball Resources

Use the basketball resources below to create your very own Special Olympics training/competition program!

## Always Start Every Workout with a Warm Up and Finish with a Cool Down!

- I. Special Olympics – [Warm Up and Cool Down Coaching Guide](#)
- II. Special Olympics – [School of Strength Warm Up](#)
- III. Special Olympics Colorado – [Basketball Warm Up](#)
- IV. Special Olympics Colorado – [Basketball Stretching](#)

## Improve your Basketball Fitness!

- I. Special Olympics Pennsylvania – [Virtual Basketball Camp](#)
- II. Jr. NBA – [20 Minute at Home Workout](#) with Bruce Bowen
- III. Jr. NBA – [No Ladder, No Problem Drill](#) with Daniel Shapiro
- IV. [The Ultimate Basketball At-Home Workout Guide](#)
- V. [Top 5 Strength Exercises](#) for Basketball Players
- VI. NCHPAD – [Agility Ladder Exercises](#) Benefit Children with Autism
- VII. [5-10-5 Drill](#)

## Drills and Activities to Improve Your Basketball Skills!

### Dribbling

- I. Jr. NBA – [Fundamentals of Dribbling](#) with Isiah Thomas
- II. Special Olympics Michigan – [Speed Dribbling Challenge](#)
- III. Special Olympics Wisconsin – [12 Meter Dribble](#)
- IV. Basketball [Dribbling Drills for Beginners](#) with Joseph Martinez
- V. [5 Dribbling Drills](#) Every Player Should Do
- VI. [6 Best Dribbling Drills for Kids](#)
- VII. Jr. NBA – [Cone Dribbling Drill](#) with Coach John Beckett



### **Passing**

- I. [Two-Handed Chest and Bounce Passing Basics](#)
- II. Special Olympics Wisconsin – [Target Pass](#) with Mark Wolfgram
- III. Special Olympics Wisconsin – [Catch and Pass](#) with Mark Wolfgram
- IV. Jr. NBA – [Shadow Passing Drill](#) with Evan Unrau
- V. Jr. NBA – [Stationary Partner Passing Drill](#) with Rita Williams
- VI. Jr. NBA – [Jump Stop, Pivot, and Pass Drill](#) with Coach Jeremiah Boswell

### **Shooting, Layups, and Free Throws**

- I. Jr. NBA – [Fundamentals of Shooting](#) with Allan Houston
- II. [Basketball Lay Up Progression Drills for Beginners](#)
- III. Jr. NBA – [Fundamentals of the Free Throw](#) with Coach Megan Griffith
- IV. [Individual Shooting Drills](#)
- V. Jr. NBA – [Jump Shot Shooting Drill](#) with Coach Jon Babul
- VI. Jr. NBA – [Layup Skip Drill](#) with Coach Jeremiah Boswell
- VII. [Free Throw Shooting Drill](#)

### **Rebounding**

- I. Jr. NBA – 7 Videos of [Rebounding Drills](#)
- II. [Defensive Rebounding](#)
- III. [Offensive Basketball Rebounding](#)
- IV. Jr. NBA – [Rebound and Score Drill](#) with Coach David Vanterpool

### **Time to Compete!**

- I. [Single-Hand Dribble](#) Competition
- II. [Alternating Hand Dribble](#) Competition
- III. [Dribble Race \(10 Meters\)](#) Competition
- IV. [Chest Pass](#) Competition
- V. [Bounce Pass](#) Competition
- VI. [Individual Layups](#) Competition
- VII. [Unified Layups](#) Competition
- VIII. [Free Throws](#) Competition

### **Looking for More Resources? Well Look no Further!**

- I. SONC – Basketball [Drill Book](#)
- II. SONC – [Basketball Rules and Guidelines](#) (Example skills competitions on p. 14-18)
- III. Special Olympics – [Basketball Coaching Guide](#)
- IV. FIBA Mini Basketball [Coaching Guide and Resources](#)
- V. Special Olympics – [Developmental Sports Implementation Guide](#) Coaching Special Olympics Athletes ages 6-12
- VI. Special Olympics Colorado – [Youth Basketball Drills](#)





- VII. Special Olympics Missouri – [Coach Trainings](#)
- VIII. NCHPAD – [Basketball Activities for Children with Autism](#)
- IX. Jr. NBA – [YouTube Channel](#)



# Example Track and Field Program

This is a 5 week long Unified track and field training and competition program. The first 4 weeks are a training and practice program, and the 5<sup>th</sup> and final week is a skills competition.

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Week 1			Running III & IV		Running V		
Week 2			Long Jump I		Long Jump IV & V		
Week 3			Shot Put and Ball Throw VII & VIII		Shot Put and Ball Throw I & IV		
Week 4			Javelin I		Improve your Track and Field Fitness! I		
Week 5		Time To Compete! I	Time To Compete! II	Time To Compete! III	Report Scores!	Report Scores!	



# Track and Field Resources

Use the track and field resources below to create your very own Special Olympics training/competition program!

## **Always Start Every Workout with a Warm Up and Finish with a Cool Down!**

- I. Special Olympics – [Warm Up and Cool Down Coaching Guide](#)
- II. Special Olympics – [School of Strength Warm Up](#)
- III. Special Olympics Colorado – [Track & Field Warm Up](#)
- IV. Special Olympics Colorado – [Track & Field Stretches](#)
- V. Special Olympics Arizona – [Track & Field Warm Up](#)
- VI. Special Olympics – [Sample Warm Up/Stretching Activities](#) (p. 24-26)

## **Improve your Track and Field Fitness!**

- I. My Sports Mentor – [10 Plyometric Drills for Athletes](#)
- II. Track and Field [Sprint Drills](#)
- III. [4 Ways to Improve Acceleration](#)
- IV. Key [Plyometric Drills](#) for Long Jumpers!
- V. [Strength Training Routine](#) for Distance Runners
- VI. Championship Productions – [Build Your Shot Putters' Core Muscles!](#)
- VII. [5-10-5 Drill](#)

## **Drills and Activities to Improve Your Track and Field Skills!**

### **Running**

- I. [How to Racewalk](#)
- II. [How to Sprint Drills](#) with Shaun Spencer
- III. Complete Track – [Top 3 Sprint Drills](#)
- IV. [3 Speed Training Drills](#)
- V. Pro: Direct Running – [Speed Drills for Middle Distance Runners](#) with Jamie Webb
- VI. Championship Productions – [Master the Relay Handoff](#)



### **Long Jump**

- I. Standing Long Jump [Fundamentals](#)
- II. Running Long Jump [Approach 1](#)
- III. Running Long Jump [Approach 2](#)
- IV. [Take Off Drills](#)
- V. [Long Jump Workout](#)
- VI. [Typical Long Jump Workout](#)

### **Shot Put and Ball Throw**

- I. Sports and Outdoors – [Basic Guide To Shot Putting](#)
- II. [How to throw Shot Put](#) with professional thrower, John Bowman
- III. [Shot Put Balance Posture & Strength](#) with professional thrower, John Bowman
- IV. Madison Throws Club – [Shot Put Drills 1](#)
- V. Madison Throws Club – [Shot Put Drills 2](#)
- VI. Special Olympics – [Softball Throw](#)
- VII. Special Olympics – [Tennis Ball Throw](#)
- VIII. [Tennis Ball Throw Challenge](#)

### **Javelin**

- I. [Turbo Javelin Training](#) – 9 Videos of Different Training Drills
- II. Special Olympics Pennsylvania – [Mini Javelin Training Video](#)
- III. [Teaching the Turbo Jav](#)

### **Time to Compete!**

- I. [Walk, Run, or Roll \(10, 25, 50, & 100 Meters\)](#) Competition
- II. [Standing Long Jump](#) Competition
- III. [Ball Throw](#) Competition

## **Looking for More Resources? Well Look no Further!**

- I. SONC – Track & Field [Drill Book](#)
- II. SONC – [Track & Field Resources](#)
- III. San Mateo County Office of Education – [Virtual Track & Field](#)
- IV. Monterey – Virtual Track & Field [Opening](#) and [Closing](#) Ceremonies
- V. Special Olympics – [Athletics Coaching Guide](#)
- VI. Special Olympics Colorado – [Virtual Training Program](#)
- VII. Special Olympics Colorado – [Track & Field Training Drills](#)
- VIII. Special Olympics Maine – [Athletics Training at Home Guide](#)
- IX. Special Olympics – [Developmental Sports Implementation Guide](#) Coaching Special Olympics Athletes ages 6-12



# General Sport Related Fitness Resources

## **Warm Up and Cool Down**

- I. Special Olympics – [Warm Up and Cool Down Coaching Guide](#)
- II. Special Olympics – [School of Strength Warm Up](#)
- III. Special Olympics – [Sample Warm Up/Stretching Activities](#) (p. 24-26)

## **Strength and Conditioning**

- I. [Fitness Exercises](#) from SONC Student Leaders
- II. Special Olympics Pennsylvania – [Commit to Fit Videos](#)
- III. Special Olympics Colorado – [General Sports Drills](#)
- IV. Special Olympics – [School of Strength Ignite Your Endurance](#)
- V. Special Olympics – [School of Strength Getting Schooled on Strength](#)

## **Agilities and Speed**

- I. [Ladder Drills](#) with San Jose Earthquakes player Tommy Thompson
- II. [Agility Ladder Work](#) with Michael Lewis Cunningham
- III. [5 Essential Speed and Agility Drills](#) with Michael Lewis Cunningham
- IV. [5-10-5 Drill](#)

## **Balance and Flexibility**

- I. Special Olympics Colorado – [Balance Training](#)
- II. Special Olympics Colorado – [Flexibility Training](#)
- III. Special Olympics – [School of Strength Boost Your Balance](#)
- IV. [Total Body Stretching](#)