



Essential Components of Planning a Athletics Training Session

Special Olympics athletes respond well to a simple well-structured training outline with which they can become familiar. An organized plan, prepared before you get to the athletics center, will help establish such a routine and help make best use of your limited time. Every practice session needs to contain the following elements. The amount of time spent on each element will vary because of several factors.

- Warm ups
- Previously taught skills
- New Skills
- Competition experience
- Feedback on performance.

The final step in planning a training session is designing what the athlete is actually going to do. Remember when creating a training session using the key components of a training session, the progression through the session allows for a gradual build up of physical activity.

- Easy to difficult
- Slow to fast
- Known to unknown
- General to specific
- Start to finish



Tips for Conducting Safe Training Sessions

Though the risks can be few, coaches have a responsibility to ensure that athletes know, understand and appreciate the risks of athletics.

- Establish clear rules for behavior at your first practice and enforce them.
 1. Keep your hands to yourself.
 2. Listen to the coach.
 3. When you hear the whistle, Stop, Look, and Listen
 4. Ask the coach before you leave the field of play
- When the weather is poor, have a plan to immediately remove athletes from inclement weather.
- Always rope off the throwing areas so that athletes do not wander into the line of throwing.
- Never play around with the shot puts or relay batons
- Make sure athletes bring water to every practice, especially in hotter climates.
- Check your first aid kit; restock supplies as necessary.
- Identify the nearest phone accessible during practice.
- Ensure that the locker rooms and or rest rooms are available and clean during practice.
- Train all athletes and coaches on emergency procedures.
- Do not allow athletes to play while wearing watches, bracelets, or jewelry including earrings.
- Provide proper stretching exercises after warming up at the beginning of each practice.
- Provide activities that also improve general fitness levels. Fit athletes are less likely to get injured.