



Special Olympics
Young Athletes™

@home

The Young Athletes Program is a program designed for children ages 2-7 and acts as an introduction to the world of sports.

No Equipment? No Problem!

Instead of...	Try...
Soccer Ball	Rolled up socks, t-shirts, or towels
Soccer Goal	Anything to mark a set distance- two shoes, books, plastic cups, or boxes
Basketball	Pieces of paper, rolled up socks, a small pillow (for shooting hoops)
Basketball Hoop	Tape on a wall, a hula hoop, someone's arms in a circle, or an empty box/bin
Cones	Shoes, plastic cups, or water bottles
Floor Markers	Tape, flat t-shirts, small towels, or paper plates

Young Athletes at Home

A one-stop shop for all [Young Athletes Resources](#) available in six different languages (English, French, Spanish, Arabic, Chinese, and Russian)

Educator Flashcards

Fun and engaging [flashcards](#) featuring individual activities and equipment modifications. Each activity helps students develop a Social and Emotional Learning (SEL) skill, as well as basic sports skills.

Unified Young Athletes

We encourage you to be as Unified as possible!

Think about...

- Pairing multiple classes & creating virtual Unified Buddies
- Enlisting older siblings to help out

Become a Unified Champion School!

- Utilize older student volunteers to help plan a virtual event
- Create a video to share with the whole school celebrating your Young Athlete's accomplishments
- Incorporate a Respect or Awareness Week as part of your Young Athletes Activities

Soccer Drills

Use these [videos](#) to follow along with our Student Leaders to learn some basic soccer skills!

