



Introduction

On behalf of Special Olympics, Inc. THANK YOU for contributing your time and expertise. The knowledge you share with the course participants will make a significant impact on the lives of athletes with intellectual disabilities.

The Skills Course offers a basic introduction to coaching Special Olympics bowling when a specific National Governing Body course is not available. The course should be relevant to coaches not yet ready to coach higher skilled Special Olympic athletes. In this program, coaches who have completed a introductory National Governing Body Course are not yet qualified to coach on their own. They should have a Level I coach in attendance. Higher-level skills, strategies and tactics are introduced in the Tactics Course and in National Governing Body and other coaching accreditation programs.

Coaches should leave the training with a clear understanding of the following:

- Official Special Olympics bowling events and rules
- How to use the Special Olympics Bowling Coaching Guide
- How to properly assess Special Olympics bowlers
- How to organize a training session
- Techniques for warm-up and stretching
- How to teach the fundamentals of bowling
- Etiquette on the lanes
- How to become certified Special Olympics bowling coaches

Review the Quick Quiz at the end of this guide to identify major points and ensure that they are covered within the course.

Suggestions for Instructors

Review the Special Olympics Bowling Coaching Guide. It provides the necessary background to our coaching program.

- Stay on schedule. There is a large amount of material to be covered, and it is easy to fall behind. Remember, this course is an overview. Encourage coaches to take additional coaching courses outside of Special Olympics to continue their coaching education.
- Use team teaching. Two instructors can bring different expertise to the course and also make the course more enjoyable for the participants. It is suggested that one instructor be a specialist bowling and the other in Special Olympics.

Your ideas concerning this course are welcomed. Please send any ideas for future improvements to Special Olympics Sports and Competition Department, Special Olympics, Inc., 1133 19th Street, NW, Washington DC 20036.





Preparation for a Special Olympics Bowling Skills Course

There are things that must be done at least two months prior to the training:

- Most states or countries require advanced notification of all local training seminars, so they can be sanctioned and advertised. Find out how it is done in your state by calling the Program office.
- A bowling center must be reserved months in advanced. You will need one lane for every coach attending, and a separate room for the classroom sessions.
- Registration information must be sent out to all potential coaches. Most states or countries have a newsletter, which is used to advertise the training. You may also use a local newsletter, the newspaper and flyers at local bowling centers.
- Application for Sports Training Certification needs to be ordered from your state or country.
- A qualified instructor must be obtained for the day.

The things you need for the day of the training:

- Coaches Packet
 - Application for Sports Training Certification
 - Course Agenda
 - Quick Quiz
 - Evaluation forms
- At least three athletes per coach to come for PART 3 of the training seminar
- Food if you are providing it (Coaches will need a lunch break, usually after PART 2.)
- Pencils and erasers
- Scoresheets





Skills Course Agenda

PART 1

Classroom Session (90 minutes)

- 1.0 Introduction and Using the Special Olympics Bowling Coaching Guide
- 1.1 Special Olympics Coaching Philosophy
- 1.2 Coaching Resources
- 1.3 Athlete Assessment
- 1.4 Special Olympics Bowling Events and Rules
- 1.5 Preparing for Your Bowling Program
- 1.6 Eight-Week Training and Competition Plan
- 1.7 Organizing a Training Session
- 1.8 Prevention of Injuries
- 1.9 Coaching Athletes with Intellectual Disabilities
- 1.10 How to Keep Score

PART 2

Activity Session (120 minutes)

- 2.0 Warm-Up and Stretching
- 2.1 Basic Skills
- 2.2 Etiquette
- 2.3 What to Do While Athletes are Bowling

PART 3

Special Olympics Athlete Training Session (90 minutes)

- 3.0 Model Training Session

PART 4

Classroom Wrap-up (30 minutes)

- 4.0 Questions
- 4.1 Quick Quiz
- 4.2 Certification Process and Application

Materials

- Course Agendas (one per participant)
- Special Olympics Bowling Coaching Guide
- Samples of recommended resource books and videos
- Evaluation forms

Equipment

- Classroom
- Bowling lanes
- Bowling balls and shoes
- Scoresheets
- Pencils and erasers
- First-aid kit
- Official Special Olympics Summer Sports Rules Book
- Official National Governing Body Bowling Rules
- Sample ramps
- Water available





Part 1

Classroom Session

(90 minutes — Approximately 10 minutes per section)

1.0 Introduction and Using the Special Olympics Bowling Coaching Guide

- Welcome and thank the participants.
- Introduce the trainer, including competitive and coaching background.
- Have participants briefly introduce themselves.
- Review the course objectives and agenda.
- Discuss and review the Coaching Guide, highlighting important information.
- Show participants where they can find specific information in the Coaching Guide when you go over a section.

1.1 Special Olympics Coaching Philosophy

- The use of the word “Olympic” means a commitment to high standards of coaching.
- Training and safety critical for athlete development.
- Coaches must continually challenge athletes to progress to new levels of achievement.
- In Special Olympics, athletes train to complete, not just recreate.
- Refer to the oath: “Let me win, but if I cannot win, let me be brave in the attempt.”
- Lifelong activity is crucial in the lives of Special Olympics athletes.

1.2 Coaching Resources

- Provide examples of coaching books and videos.
- Encourage coaches to affiliate with local bowling centers and organizations.
- Promote National Governing Body coaching courses like American Bowling Congress and Young American Bowling Association.
- Stress the importance of assistant coaches, Partner Clubs[®] assistants and Unified Sports[®] teammates. Many Special Olympics athletes need individualized attention in order to progress.

1.3 Athlete Assessment

- All athletes must have Special Olympics medical form signed by a doctor in order to participate in any trainings or competitions.
- Coaches will encounter athletes of all ability levels. Allow each athlete to progress at his/her own pace.
- Assess athletes several times per season to identify growth and encourage development.

1.4 Special Olympics Bowling Events and Rules

- There are bowling events appropriate for all ability levels.
- Ramp Bowling, Target Bowl and Frame Bowl are appropriate for athletes with lower abilities.
- Singles, Doubles and Team Bowling are appropriate for athletes of all abilities.
- Unified Sport[®] Bowling can be enjoyed by bowlers of all abilities.
- Highlight the rules for Special Olympics bowling.
- Divisioning allows bowlers to compete against others of comparable abilities, ages and sex.





PART 1 (continued)

1.5 Preparing for Your Bowling Program

- List the equipment needed for a training session.
- Emphasize the importance of personal equipment (balls and shoes) and appropriate clothing for athletes.
- Provide the names of suppliers and professional shops who can supply low-cost, quality equipment.
- Discuss and demonstrate the importance of proper equipment maintenance.

1.6 Eight-Week Training and Competition Plan

- Athletes should bowl at least three games per week in order to show significant improvement.
- Creating a “league” format for training is helpful.
- Encourage athletes to join existing community leagues for extra games during the week.
- Go to as many tournaments as possible before the season ends.
- Provide meaningful coaching assistance during bowling (training and recreational bowling).

1.7 Organize a Training Session

- Emphasize the importance of a written training plan.
- Go over basic warm-up and stretching exercises.
- Teach the fundamentals of grip, approach, release, and follow through.
- Describe lane etiquette.
- Emphasize bowling at least three games.
- Review and summarize main points.

1.8 Prevention of Injuries

- Safety is a coach’s number one priority.
- Uncontrolled behavior should not be tolerated.
- Simple stretching is appropriate and necessary.

1.9 Coaching Athletes with Intellectual Disabilities

- Establish clear rules to help athletes understand exactly what is expected of them and reduce behavior problems.
- Break down skills and concepts into simple parts.
- Use one-part instruction and “Key Words” to explain and reinforce technical skill components.
- Instruct and demonstrate, but also coach through asking appropriate questions; challenge bowlers to think for themselves.
- Be aware of physical impairments that affect the way bowlers hear, see, or pay attention.
- Establish a consistent routine at trainings and competition.

1.10 Keeping Score

- Review manual scorekeeping procedures.
- Identify how to count points after spares and strikes.
- Describe how to score in the tenth frame.
- Review how to compute an athletes’ average.
- Encourage athletes to learn how to keep score.





PART 2

Activity Session

(120 minutes)

2.0 Warm-Up and Stretching (15 minutes)

- Gather in the bowlers' pit and lane area with shoes on so everyone can see the coach.
- Go through proper bowling approach, release and follow through without a ball to make sure everyone is warmed up.
- Perform light stretching exercises: neck, shoulders, arms, torso, legs and ankles from a standing position.

2.1 Basic Skills (45 minutes)

In this short period of time, identify and demonstrate the basic technical components of bowling.

- Choose an appropriate ball (weight, fingerholes, etc.).
- Pick up the ball with both hands and cradle the ball in your non-bowling arm before you put your fingers in the ball. This decreases the stress put on the fingers.
- Demonstrate a proper grip of the ball.
- Demonstrate the proper stance on the lane.
- Encourage using the target arrows on the floor, instead of looking at the pins.
- Demonstrate the proper arm swing.
- Demonstrate a proper release and follow through.
- Demonstrate a four and five step approach.
- Identify the differences in right and left handed bowling.

2.2 Etiquette (15 minutes)

It is important that athletes and coaches know how to act on the lanes in training and competition.

- Avoid uncontrolled behavior at all times.
- Be ready when it is your turn to bowl.
- Do not waste time standing on the lane.
- Keep refreshments out of the bowlers' pit.
- Do not throw the ball into the air and onto lane. Roll the ball.

2.3 Bowling (30 minutes)

- Direct coaches to bowl at least one game.
- Show coaches how to train and coach athletes during practice.
- Identify common mistakes and how to correct them.
- Give suggestions on how they can improve their own skills.

2.4 Wrap-Up and Clean-Up (30 minutes)

- Gather coaches and discuss any general observations and hints.
- Stress the importance of leaving the bowlers' pit looking better than when you arrived.
- Return all rented equipment.





PART 3

Model Training Session

(90 minutes)

Guidelines

This part of the training school provides an opportunity for coaches to work directly with Special Olympics athletes and the instructors to formulate an effective training session.

Coaches will benefit by taking part in a complete training session. It is recommended that the instructor assign at least three athletes per coach to work with during this time. The instructor should have each coach lead a different part of the training session (stretching, fundamental skills, etiquette, etc.). The instructor should give direct feedback to each coach, immediately and when necessary.

It is very important that the coaches handle most of this session on their own so they can handle most of this session on their own so they are prepared to conduct their own training sessions. Instructors should supervise, reinforce proper coaching/teaching and provide constructive feedback.

Model Training Session

3.0 Preparation

(assist athletes in finding shoes and a proper ball, as needed)

3.1 Warm-Up and Stretching

3.2 Fundamental Skills

3.3 Etiquette

3.4 Bowling

(athletes bowl games with coaches observing and instructing)

3.5 Warm-Up and Clean-Up





PART 4

Classroom Wrap-up Session (30 minutes)

4.1 Review Questions (10 minutes)

- Discuss the training session.
- Identify what was learned.
- Discuss any concerns.

4.2 Quick Quiz (10 minutes)

- Ask coaches to complete the Quiz.
- Provide the answers to each question.
- Coaches grade their own quiz.

4.3 Certification Process and Application

- Ask coaches to fill out the first part of the certification form.
- In addition to taking this course on teaching and coaching a specific sport, a Special Olympics coach must do the following in order to achieve certification:
 - Attend a General Orientation as a basic introduction to Special Olympics
 - Complete a course on the basics of teaching and coaching Special Olympics athletes.
 - Complete 10 hours of working with Special Olympics athletes under an experienced coach
 - Complete the training programs for Protective Behaviors and Concussion Training and submit confirmation of completion to the Local Special Olympics Program (U.S. only).
 - Receive endorsement from his/her Program as having fulfilled the above criteria, as well as general screening approval as a suitable individual to work with Special Olympics athletes.

4.4 Training Seminar Evaluation (5 minutes)

- Distribute the course evaluations.
- Collect the evaluations as coaches leave.





Quick Quiz

1. _____, _____, and _____ are the four basic component of a bowling shot.
2. _____ and _____ are the advantages of a fingertip grip.
3. _____, _____, and _____ are three ways to expand your coaching resources.
4. One may use a four-step approach starting with the _____ or a five-step approach starting with the _____.
5. The National Governing Body for bowling is _____.
6. _____ and _____ are the two most important factors when selecting an effective team.
7. _____ is the most important consideration at a Special Olympics training or competition.
8. A bowling handicap is computed by taking _____ minus the bowler's _____.
9. Bowling is appropriate for any athlete regardless of _____ or _____.
10. The strategy when spare shooting is to throw the _____ ball all the time, move your _____ on the alley.





Quick Quiz Answers

1. Approach, arm swing, and follow through are the four basic component of a bowling shot.
2. More curve and more pin action are the advantages of a fingertip grip.
3. Assistant coaches, Unified Sports[®], and home training are three ways to expand your coaching resources.
4. One may use a four-step approach starting with the same foot that you bowl with or a five-step approach starting with the opposite foot as the arm you throw with.
5. The National Governing Body for bowling is American Bowling Congress, World Ten Pin Bowling Association, Federation Internationale des Quilleurs, and Women's International Bowling Congress.
6. Similar ability and teamwork (friendship and support) are the two most important factors when selecting an effective team.
7. Safety is the most important consideration at a Special Olympics training or competition.
8. A bowling handicap is computed by taking 200 minus the bowler's average.
9. Bowling is appropriate for any athlete regardless of age or ability.
10. The strategy when spare shooting is to throw the same ball all the time, move your starting position on the alley.

