



## Introduction

On behalf of Special Olympics International, 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 Tactics Course offers an opportunity for coaches who are certified in bowling and who have gained at least one year of experience coaching Special Olympics bowling athletes. The course is geared toward coaching athletes of average to higher abilities so that coaches can expand their coaching knowledge. The participating coaches should have already attended the Special Olympics Bowling Skills Course.

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

- How to expand the effectiveness of a training program
- Updates to Special Olympics bowling rules
- How to better prepare athletes for competition
- Strategies and more advanced skills

### **Suggestions for Instructors**

- **Utilize as many different models of teaching available** such as videos, overheads, and reference materials.
- **Review the Special Olympics Bowling Coaching Guide.** It provides the necessary background to our coaching program.
- **Stay on schedule.** There is a lot of material to be covered, and it is easy to fall behind.
- **Use team teaching.** Two instructors can bring different expertise to the course and also make the course more enjoyable for the participants.

Your ideas on the course are welcomed and will be considered for future revision of these materials. If you have any comments, please contact the Special Olympics, Inc., Sports and Competition Department, 1133 19<sup>th</sup> Street, NW, Washington DC 20036





## Preparation for a Special Olympics Bowling Tactics 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 advance. 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. 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 SOI or 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 Form
- 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
- Score sheets





## **Bowling Volunteer Coach Training School Agenda**

### **PART 1**

#### **Classroom Session**

(90 minutes)

- 1.1 Welcome, Introductions, and Course Overview
- 1.2 Coaching Athletes with Intellectual Disabilities
- 1.3 Training
- 1.4 Competition

### **PART 2**

#### **Activity Session**

(120 minutes)

- 2.1 Proper Equipment
- 2.2 Review of Proper Warm-Up and Stretching
- 2.3 Hook Release; Using a Fingertip Grip
- 2.4 Strike and Spare Shooting

### **PART 3**

#### **Special Olympics Athletes Training Session**

(90 minutes)

- 3.1 Warm-Up and Stretching
- 3.2 Demonstration of New Techniques
- 3.3 Coaching During Bowling
- 3.4 Problem Solving and Troubleshooting

### **PART 4**

#### **Classroom Wrap-Up (30 minutes)**

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

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### **Materials**

- Course Agendas (one per participant)
- Samples of recommended resource books/videos
- Evaluation Forms

### **Equipment**

- Classroom
- Bowling lanes
- Sample Ramps
- Official National Governing Body Bowling Rules
- Score sheets
- First-aid kit
- Bowling balls and shoes
- Pencils and erasers
- Official Special Olympics Bowling Rules
- Water available





**PART 1**  
**Classroom Session**  
(90 minutes)

**1.1 Introduction and the Using the Special Olympics Bowling Coaching Guide**

**1.2 Coaching Athletes with Intellectual Disabilities**

- Limited Talking
- Quality demonstrations
- Allowance for plenty of athlete bowling (DON'T STAND AROUND...BOWL!)
- Always considering safety
- Following Official Special Olympics Summer Sports Rules

**1.3 Training**

- Overview of Special Olympics Coaching Guide
- Coaching resources available
- Effective use of assistant coaches
- Adapting activities to challenge all athletes, using goals
- “You play how you practice”; taking time seriously in order to prepare for competition

**1.4 Competition**

- Preparing athletes for competition (coaches cannot be in the pit; athletes must be ready)
- Review proper etiquette again
- Encouraging athletes to focus on their bowling, not on opponents
- Taking it one ball at a time
- Encouraging good conduct at all times
- Using the handicap scoring system

Make sure that during this part of the training seminar you address all the answers to the Quick Quiz.



**PART 2**  
**Activity Session**  
(120 minutes)

**2.1 Proper Equipment**

- Athletes need their own ball and shoes.
- Ball should be as heavy as is comfortable.
- Loose clothing is best (pants or skirt for women and collared shirt).

**2.2 Review of Proper Stretching**

- Gather in lane area and bowlers' pit.
- Warm-up by reviewing proper approach, arm swing, release and follow through.
- Stretch from neck, down through shoulders, torso, legs and ankles.

**2.3 Using a Hook Release**

- Review advantages and disadvantages of throwing a hook ball.
- Demonstrate grip and release for a hook.
- Demonstrate using a fingertip grip.

**2.4 Strike and Spare Shooting Strategies**

- Find the starting position and mark for the "strike ball".
- The more curve on ball, the more pin action occurs,
- Move starting position on lane (instead of the mark) for spare shooting.
- Beware of "sleepers" (pins directly behind each other).
- If you hit a pin on an angle, the pin will move diagonally.
- Throw the same ball every time; concentrate on every ball.
- Prepare and adapt to various lane conditions such as more or less oil on lane.

**2.5 Proper Solving and Troubleshooting for Common Errors**

- Approach
- Proper stance after release
- Ball speed
- Equipment needs
- Back-up ball or spin





**PART 3**  
**Special Olympics Athletes Training Session**  
(90 minutes)

It is very important that the coaches conduct this part of the course. As the instructor, if you see anything that the coaches are not doing correctly, provide positive feedback and a supportive environment. This will enable the coaches to conduct their own training sessions back home. Have an open mind because you may leave the training with a few new tips as well.

**3.1 Warm-up and Stretching**

- Direct coaches to assist athletes with their equipment, as needed.
- One coach leads the exercises while the other ensures that athletes are stretching properly. Later in the season and once a routine is learned, athletes can lead stretching.
- Another coach enters names of bowlers into the computer.

**3.2 Demonstration of New Techniques**

- One coach reviews the fundamentals of grip, approach, arm swing, release and follow through with athletes watching, then doing without a ball.
- Another coach demonstrates the hook release, body position, strike and spare shooting.
- The athletes then go to their respective lanes to practice the skills.

**3.3 Coaching During Bowling**

- Direct the athletes to bowl as many games as possible with coaches instructing.
- Stress the importance of leaving the bowlers' pit neater than when you arrived.





**PART 4**  
**Classroom Wrap-up Session**  
(30 minutes)

**4.1 Questions and Review**

- Go over any key points that came up during the athlete training session.
- Answer any and all questions.

**4.2 Quick Quiz (see following page)**

- Ask coaches to complete the Quick Quiz.
- Seek feedback; discuss 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.
- The process is the same as for Skills Course certification. They will receive another certificate for the Tactics Course. If they are not on the list or have never received a certificate, call your Program office with the date and location of the training seminar they attended.





## Quick Quiz

1. \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_ are the four basic components 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. Five Organizations that make up the National Governing Body for bowling are \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.
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 same ball all the time, only move your \_\_\_\_\_ on the alley.







## Quick Quiz Answers

1. **Approach, arm swing, release, and follow through** are the four basic components of a bowling shot.
2. **More curve and more pin action** are the advantages of a fingertip grip.
3. **Assistant Coaches, Unified Sports<sup>®</sup>, and home training**, are three ways to expand your coaching resources.
4. One may use a four-step approach starting with the **same foot as the arm you bowl with** or a five-step approach starting with the **opposite foot as the arm you throw with**.
5. Five Organizations that make up the National Governing Body for bowling are **American Bowling Congress, World Ten Pin Bowling Association, Federation Internationale des Quilleurs, and Women's International**.
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, only move your **starting position** on the alley.

