

## Young Athletes at Home: Training with Special Olympics Athlete Leaders

Special Olympics Young Athletes is an early childhood play program for children with and without intellectual disabilities, ages 2 to 7 years old. Young Athletes introduces basic sport skills, like running, kicking, and throwing. Young Athletes offers families, teachers, caregivers, and people from the community the chance to share the joy of sports with all children.

In the [Young Athletes at Home: Training with Special Olympics Athlete Leaders](#) video, Special Olympics Athlete Leaders from around the world lead a variety of activities that Young Athletes and their families can try at home. The Athlete Leaders showcase activities that build important skills for a healthy lifestyle. As Young Athletes watch the video and follow along with the activities, they can have fun, play with a purpose, and see their potential to grow into Special Olympics Athlete Leaders!

Each activity requires some equipment or materials to implement. You can use equipment you have at home or [create your own equipment](#) out of materials you can find around the house. The timecodes below show where each activity starts in the video.

Activity	Timecode	Equipment Needed
Warm Up	1:05	None
Walk Tall	2:15	Floor markers, beanbag
Future Skaters	3:25	Paper plates, cardboard boxes or shoeboxes
Balance Beam	4:00	Rope, tape or chalk
Target Practice	5:10	Tape, pictures, floor markers, balls or beanbags
Penalty Kick	6:10	Ball, floor markers
Cone Dribble	7:20	Cones or toys, ball
Goalie Drill	8:10	Ball, cone or water bottle
Dribble & Shoot	9:00	Hoop or basket, ball
Leaping Lizards	9:40	Floor markers
Beginning Floorball or Golf	10:35	Ball, stick, blocks or cones



For more information on Young Athletes, visit: <https://resources.specialolympics.org/YAFamilies>