



GENERAL COACHING AND TRAINING RESOURCES AND GUIDANCE

Online Learning

Many of you are busier than ever before, juggling working from home, caring for children, relatives, and neighbours, supporting your communities and keeping yourselves safe and healthy. We know that this time of restricted movements and social distancing has already created a lot of time for some people. If you are in that position, this could be a wonderful time to update your coaching certifications, learn a little more about the craft of coaching and prepare yourself for getting back to coaching, when the time comes.

Did you know that Special Olympics has a series of FREE online courses for coaches?

WHETHER YOU ARE....

- An aspiring coach
- An experienced coach interested in exploring Special Olympics coaching?
- A Special Olympics veteran and wanting to earn certifications for your learning
- Or just looking for a refresher

... we have options for you!

All courses are:

- **FREE**
- Available in **multiple languages**
- Take **no more than 60 minutes** to complete.

How do I create a Special Olympics Learn account?

Find out more about the [online learning portal](#) or learn how to create an account by clicking on these easy to follow [step-by-step instructions](#)

For information on what courses are available in which languages, review the chart below!

| Course Title | Currently Available in | Coming Soon! |
|--------------------------------------|---|---|
| Level 1 Sport Assistant | English, Spanish, French, Japanese, Chinese, Thai | Russian, Arabic, Greek, Bahasa |
| Level 2 Coaching Assistant | English, Spanish, Chinese, Japanese, Thai | French, Russian, Arabic, Greek, Bahasa |
| Unified Sports Coaching | English, Spanish, Chinese, Japanese | French, Russia, Arabic, Greek |
| Young Athletes Coaching | English | Spanish, French, Chinese, Russian, Arabic |
| World Games Coach Preparation | English, Spanish, French, Chinese, Russian, Arabic, Japanese, Greek | |
| Launching soon ... | | |
| Fitness Coach Training | Launching soon in English and Spanish | |



What our Coaches say?

"The online learning portal provide coaches and volunteers in Special Olympics Thailand the resources to gain knowledge with convenience and at each individual pace. Thai translated courses enable more coaches to access the learning portal and to be certified by SOI. It is the basis for advancement in SO Thailand's coaching development pathway."

Nui, Special Olympics Thailand

"A very important tool in today's era. It is convenient for the coaches to get certified for the work they are doing, help us to evaluate the coaches who are with us those who effective and those whom have faded away. We have no doubt that each and every person trained by us will grab this opportunity to re-register on an International platform. It is a very prudent and well thought scheme/project / App."

Victor, Special Olympics Bharat

Did you know?

You can now access the **CDC's Heads Up Concussion Training course** on the online learning portal. Simply login and if you do not see the course in your "My Learning" section, visit the catalogue section of your account. The course is free and you can access it, just by clicking on it.

COVID-19

With the help of athletes and Program Staff, we have developed a 30-minute eLearning course for our Special Olympics community about COVID-19. This course is designed to cover the basic information about the coronavirus (COVID-19) including: what is the coronavirus, what are the symptoms, how does it spread, and how you can protect yourself.

In addition to this, our friends in Special Olympics North America have created a comprehensive spreadsheet detailing free or low cost online courses for coaches available through Special Olympics or other training partners in the USA. Please note that this is a list of available, rather than recommended resources. We recommend you connect with your local Special Olympics program for advice as to the suitability of any training you might choose to complete, particularly if there is a cost associated with it.

You will find this file in the drop box or by clicking [here](#).



Other Webinar Series, You Tube and Online Learning Opportunities

For those of you interested in learning more from some of our friends, partners and other organisations who run incredible sport programming all across the world, we have gathered some wonderful resources, which you may find useful.

iCoachKids

Our wonderful partners iCoachKids have created a vast library of videos and online coaching courses focused particularly on those coaching children and youth. These short, excellent videos are all freely available on the iCoachKids YouTube channel. The videos have optional closed captions in Spanish, English or Hungarian

<https://www.youtube.com/channel/UCMMDMadlmu15v-Wo4-c-vOw>.

The MOOCs (Massive online open courses) have a variety of videos, tasks, home learning and reading activities. They are **free and available in English and Spanish** <http://e-learning.icoachkids.eu/login/index.php>

Also check out their social media channels for great tips, information and advice from the global community of coaches @iCoachKidsEU

You can see some of this great content on the playlists on the YouTube channel – for example, Chapter 4: Motor Development and Conditioning from the 2nd iCoachKidsMOOC Course. <https://www.youtube.com/playlist?list=PLO4sec12HcRuYHyHBdljPvHg8biXxybWD>

Seminars and Workshops

iCoachKids has also made recordings of some fantastic workshops and seminars available online for all. Check out a selection of these below:

Developing Multi-skills with Children (Steve McKeown), from the 2nd iCoachKids Conference, Leeds (2019) <https://youtu.be/Hj4Zg4xUWns>

Coaching Children with a Disability (Louise Assioun & Sue Smith), from the 2nd iCoachKids Conference, Leeds (2019) <https://youtu.be/Jlh3TnUksJ8>

Strength & Conditioning for Kids (Professor Kevin Till & Dr. Stacey Emmonds), from the 2nd iCoachKids Conference, Leeds (2019) <https://youtu.be/JdFccHhCY2c>

Turn off the GPS Coach! Coaching Children to think (Dr. Sergio Lara-Bercial) <https://youtu.be/qmxcjHYva34>

iCoach Kids is also running a series of free webinars, visit the iCoachKids website or social media channels for more information and to register.



ASPEN Institute's Project Play

Project Play has produced some information and guidance focused on youth athletes and their families. While many of their recommended resources focus on children, there are great principles and ideas that can be applied to all ages.

<https://www.aspenprojectplay.org/coronavirus-and-youth-sports>

Some Resources recommended by Project Play

TEAM SNAP (Home training) <https://blog.teamsnap.com/general-sports/how-to-train-at-home>

PlayWorks Play at Home <https://www.playworks.org/get-involved/play-at-home/>

Active for Life Activities for Kids <https://activeforlife.com/activities/>

Changing the Game Project

Incredible webinar from coach development expert, John O'Sullivan, helping us navigate the challenge that lies ahead in creating an athlete centred coaching environment for our athletes – even as we operate remotely from our teams. The webinar is 1 hour long and is entirely worth every single minute!

<https://changingthegameproject.mykajabi.com/COVID19-webinar>

Some Great Reading Recommendations for Coaches and those interested in coaching from Changing the Game Project

<https://changingthegameproject.com/recommended-resources/>

Unleash the Athlete (James Leath)

In this webinar, James Leath reminds us “Your athletes need you more than ever.”

“Imagine what it is like to be an athlete who had their senior season stripped from them? Imagine how bummed a team is knowing that they could be at practice, but instead, they are at home and not allowed to play with friends? In this free webinar, learn how to continue to be a positive influence on your athletes during this tough time.”

<https://unleashteathlete.mykajabi.com/webinar-coaching-during-covid-19>

UFIT

UFIT is the Universal Fitness Innovation & Transformation (UFIT). It originated as an UNESCO Chair initiative to address our commitments to UNESCO to inclusivize fitness. They have created and growing repository for home exercise activities (you'll see our Special Olympics School of Strength featuring!) <https://justdoufit.com/ufit-homexercise/>



**Special
Olympics**

Sports News

Laureus Foundation USA

As a leader and convener of the sports based youth development sector (SBYD), Laureus USA is launching the Laureus Virtual Training Camp on April 2nd, a series of online trainings and discussions that will allow SBYD professionals to connect and invest in themselves, their programs, and their craft. These weekly web-based, topical trainings and conversations are open to all professionals working in Sport for Good across the country and will open with a welcome from a professional athlete.

Virtual Training Camp <https://www.laureususa.com/laureus-virtual-training-camp/>