



SPORT SPECIFIC COACHING AND TRAINING RESOURCES

We have collated some great links and resources for you to refer to over the coming weeks as you navigate remote coaching, athletes training at home and a new way of working. Keep in mind that these are just a few examples. They will not all be suitable for every coach or every athletes, but they will all give you possibilities, ideas and food for thought!

Sport Partners

If you do not already have a relationship with either your National Governing Body of Sport/National Sports Organisation, or with a local sports club in your community, now could be a great time to connect. Sport connects people, never more so, than in times of challenge. As the late, great Nelson Mandela said

*Sport has the **power** to change the world. It has the **power** to inspire. It has the **power** to unite people in a way that little else does.*

Sports Clubs and organisations all around the world are facing the same challenges. Together, we can find solutions. There are likely to be great activities, practices and initiatives taking place right in your community. Reach out and connect where you can!

Special Olympics has formal partnerships with many international sports federations. You can see which sports these exist in, by visiting our [Sport Partnerships webpage](#).

Click on your sport to see what we have for you! Remember to check back from time to time as we will continually update the list of resources as we learn of more programs, activities and resources.



Athletics



Badminton



Basketball



Bowling



Cycling



DanceSport



Floorball



Football



Handball



Softball



Table Tennis



Tennis



Volleyball



Athletics

World Athletics – Lockdown Exercises

<https://www.worldathletics.org/be-active/lifestyle/lockdown-exercises>

Athletics Ireland - Mobility Circuit

https://www.athleticsireland.ie/downloads/other/AAI_Mobility_Program.pdf

Athletics Ireland - Recreational Running Tips

<https://www.athleticsireland.ie/runzone/recreational-running-tips>

Find some great links here for home training – circuits, getting running, mobility programmes and even virtual running groups

Special Olympics Alberta-Calgary Live Workout Series

Many of our SO programs are running live Workouts/Training sessions online. Here's a great example from Special Olympics Alberta-Calgary

<https://www.facebook.com/355230907846252/posts/2832725826763402/?d=n> but there are many more. Check out your local programme to see what is on offer.

Badminton

BWF's Shuttle Time programme <https://shuttletime.bwfbadminton.com/> has some incredible resources for coaches and athletes

- Register for the Teachers Guide @ <https://shuttletime.bwfbadminton.com/teachers-overview> to download
 - Free Shuttle Time Teachers Manual / Lesson Plans
 - FREE Shuttle Time Video Clips
- FREE Shuttle Time App can be downloaded from the website <https://shuttletime.bwfbadminton.com/shuttle-time-app> or from the App Store (Apple) and PlayStore (Android)
- FREE Shuttle Time Online Module <https://shuttletime.bwfbadminton.com/online-module>
- Coach Education Manuals
- Coach Education Video Clips

BWF is also sharing some fantastic ideas for **#BadmintonAtHome** on its social medial channels. Check them out on Twitter: @bwfmedia Facebook: @bwfbadminton Instagram: @bwf.official

Basketball

Coaches! You will find some incredible resources on the World Association of Basketball Coaches Online Coach Education Platform. You'll find FREE access to WABC's Mini Basketball Coaching Resources, Level 1, 2 and 3 Coaching Resources and some fantastic instructional videos.

<https://wabc.fiba.com/>



FIBA is also releasing a series of home training videos on their YouTube channel. Every Monday, FIBA will release a new video in the “How to improve your Basketball Skills” series. <https://www.youtube.com/playlist?list=PLCXERy73Oiz8yoWAEYi4GsnRquziWcblv>

You can subscribe to the channel to get notified each time a new video is posted – so you never need to miss an opportunity to improve your skills!

For Basketball fanatics, FIBA’s YouTube channel is also reliving some classic games and TOP 10 performances – but don’t forget to get out and practice!

You’ll also find a host of videos on YouTube with great ideas for practicing skills at home, such as:

20 Basketball Wall Drills <https://www.youtube.com/watch?v=9c4BLfe9xwU>

Ball and a Wall (Handling) – high skill level <https://www.youtube.com/watch?v=uyG-xpp4kx0>

Bowling

You might think your athletes cannot train without access to their local bowling centre. However, check out these videos from the **National Bowling Academy**. You may need to simplify the instructions slightly, but it might give you some ideas to work with your athletes while your access to your bowling centre is limited.

National Bowling Academy

(Practicing your Release) <https://www.youtube.com/watch?v=i2Oc2d29dd8>

Conditioning Exercises for Bowling <https://www.youtube.com/watch?v=OCbYLoFbJ6M>

Cycling

Many National Cycling Federations such as British Cycling have provided advice about how to continue to train safely during this period of restricted activity. You can see their advice at the link below, but we recommend you check out your local Cycling Federation for information relevant to your location

<https://www.britishcycling.org.uk/about/article/20200319-about-bc-news-Coronavirus-Covid-19-FAQs-0>

Dance Sport

Our incredible Special Olympics Dance Sport expert Pierre Gider has created some great videos for you to follow along at home and learn some great new dances and get some valuable exercise!

Tüddü

In this video you see a very easy, entertaining routine with high energy. It’s a dance created to an Austrian song. The dance was an essential activity throughout the Austrian Special Olympics Family Days in September 2019.

Demonstrated by: Pierre & Andrea Gider



Dance Video: <https://youtu.be/4EYITypMrHk>

Music: <https://www.youtube.com/watch?v=oOgroKpdXtY>

Soco Bate Vira

This hands-based choreography is perfect for people, who need to sit down while exercising. It's also a great exercise to increase speed and motor coordination in your arms and hands. If you think it's not challenging enough, try to add some freestyle steps and body movements.

Besides all that you can brush up on your Portuguese.

Demonstrated by: Andrea Gider

Dance Video: <https://youtu.be/NOMr5gCbqqE>

Music: <https://www.youtube.com/watch?v=7pkQVXFv54Y>

Anti Virus Dance

Due to the global COVID-19 pandemic, we created a dance, where you can experience a light workout and learn about the most important preventive measures anyone should respect. The choreography is great for an everyday routine or as an addition to your warm up program.

Lyrics:

If you're healthy and you know it

... (1) wash your hands!

... (2) stay at home!

... (3) join this dance!

... (4) don't shake hands!

If you're healthy and you know it,

then your face will surely show it,

if you're healthy and you know it, (1) – (2) – (3) – (4)

Demonstrated by: Pierre Gider

Dance Video: https://youtu.be/NOsat_gmkzs

Music: MP3 File in Dropbox



Dance Monkey

A very popular song in 2019, which made us creating a choreography for Special Olympics athletes specifically. This dance was part of our 2019-DanceSport tour through Austria, where hundreds and thousands of athletes, coaches and unified partners have been participating.

Demonstrated by: Pierre Gider

Dance Video: <https://youtu.be/d9mOYWYZMQA>

Music: <https://www.youtube.com/watch?v=q0hyYWKXF0Q>

Agadoo – Line Dance

A funny, crazy dance which brings you to a land full of Palm trees, pineapples and the Hula melody. It definitely is a happy song. Make sure you have your Virgin Pina Colada ready!

Demonstrated by: Andrea Gider

Dance Video: <https://youtu.be/gyZoZbvPaJY>

Music: <https://www.youtube.com/watch?v=POv-3yIPSWc>

Cotton Eye Joe – Country Line Dance

"Cotton Eye Joe" is a well known country-pop song and gives us chance to dance through the prairie. Try to catch up on the footwork and make sure you are using your toes and heels correctly. Don't forget your hat!

Demonstrated by: Andrea Gider

Dance Video: <https://youtu.be/lh8yiTxxMZw>

Music: <https://www.youtube.com/watch?v=mOYZaiDZ7BM>

Körperteil Blues

Körperteil Blues is the German Version of the Body Part Blues. It is a self-explanatory movement song and all our athletes around the world love this song. It's also a great chance to learn a few new words in different languages. Can you find any other language- versions on YouTube besides German and English?

Demonstrated by: Andrea Gider

Dance Video: <https://youtu.be/HFtTD7aYVT4>

Music (German): <https://www.youtube.com/watch?v=iXFAunwnlxE>

Music (English): <https://www.youtube.com/watch?v=CSt0zFMOWcM>



Floorball

@IFF_floorball the international Floorball Federation's Instagram channel is hosting a #Floorballathome challenge. Post a video of your best floorball drills and tag #FloorballAtHome. IFF will be sharing the best posts on their Instagram feed and story.

Here's a great example from SO Finland's Lauri Kinnunen
https://www.instagram.com/p/B_Xx5GgDLTZ/?igshid=15sideul4xdun

Football

There are some fantastic resources for grassroots football on FIFA's Grassroots website. Some of the activities are designed with children in mind, but they are just as applicable and useful for any adult team focusing on developing the same skills

<https://grassroots.fifa.com/>

We have also identified some great home training videos on YouTube. They will not all suit every athlete, but they can give you some great ideas.

Becoming Elite – YouTube Channel

- 1 wall, 1 ball <https://www.youtube.com/watch?v=LoJ5dsFz59s>
- In a small 1m x 1m box <https://www.youtube.com/watch?v=CgsymJy0RJk>
- Yoga/Mobility for Soccer <https://www.youtube.com/watch?v=SlCu4mLtxqY>

ADAPTED Physical Activity - You Tube Channel

- 37 Soccer Skills in 10 mins https://www.youtube.com/watch?v=Xu4_6BhLm3M

And just for some fun ...

You may have heard of the [TP Challenge!](#) Players from all over the world, professionals, amateurs, men, women, children are showcasing their football skills by juggling/ or playing keepy uppies with a roll of toilet paper. We've seen Messi, we've seen Berbatov ... who will be next?

Handball

The European Handball Federation is sharing training tips and tricks from top internationals, professionals and grassroots players alike. Visit their website <http://www.eurohandball.com/> to check it out and read about how professional players like Croatian super star Luka Cindric are managing to keep training during this time.

<http://www.eurohandball.com/article/34369> or follow the hashtag #HandballAtHome



Table Tennis

The International Table Tennis Federation's Education website <https://www.ittfeducation.com/#> is full of interesting articles, videos and other resources of interest to coaches.

In addition, we have found some great resources for training alone:

ActiveSG from Sport Singapore, shares some solo training drills for table tennis players as well as great training tips for beginner players.

<https://www.myactivesg.com/Sports/Table-Tennis/Training-Method/Develop-Your-Game/Solo-drills-for-table-tennis>

Table Tennis fans Ping Pong Bros also share their tips for solo training <https://pingpongbros.com/blog/5-ways-to-practice-table-tennis-alone/>

Tennis

US Tennis Association's Net Generation program is a celebration of a game where no one sits on the sidelines. Tennis is easy to learn and tailored for all ages and abilities, giving kids a game that will help them build friendships and learn skills they'll use for life.

<https://netgeneration.usta.com/us-en/tennis-at-home.html>

ITF (International Tennis Federation)

Visit the ITF-Academy (www.ITF-Academy.com) register and look at the content there. The short courses on PLAY TENNIS and TENNIS 10s could be accessed by the Special Olympics coaches who work with Tennis. The coaches will benefit from them. They just have to register in the academy, it does not have a cost. There are courses in English and Spanish.

Softball

USA Softball shared an example of a great agility circuit that is used by the women's national team. You may need to modify or change some of the activities, but this video will give you some great ideas of how to structure a simple softball circuit session.

<https://www.stack.com/a/circuit-training-with-usa-softball-2>

Volleyball

FIVB Volleyball World Facebook Page <https://www.facebook.com/FIVBVolleyballWorld/> has a host of great videos showing simple training drills and skills you can practice at home. Search #VolleyballAtHome to see the videos or share your own using the same hashtag



CEV the European Volleyball Federation has also shared some fantastic ideas on their facebook page <https://www.facebook.com/CEVDevelopment/> including resources and videos from member federations.

Team USA Volleyball

<https://www.teamusa.org/USA-Volleyball/SportKit/Players>

The Team USA Volleyball Coaching Resources lots of content (i.e. Lesson Plans, Drill Archives, and Coaching Education Videos) that may be useful including some solo drills which players can work on at home.

- Warm Up Video - <https://www.teamusa.org/USA-Volleyball/Video/2019/11/08/Warming-up-with-the-USA-Volleyball-Womens-National-Team>
- SportKit for Players - <https://www.teamusa.org/USA-Volleyball/SportKit/Players>
- Solo Drills Article - <https://www.teamusa.org/USA-Volleyball/Features/2020/March/04/Solo-Skills>

The Art of Coaching Volleyball, shared some great at home instructional videos from individual drills or instructional videos to improve specific skills!

<https://www.theartofcoachingvolleyball.com/category/drill/at-home-drills/>