



**Special
Olympics**



COACH WEBINAR SERIES

2024

Presented
by:



Gallagher

**DELIVERING
THE COACH
DEVELOPMENT
OPPORTUNITIES
YOU WANT**

**SO YOU CAN
PROVIDE THE BEST
TRAINING AND
COMPETITION
ENVIRONMENTS
FOR YOUR
ATHLETES**



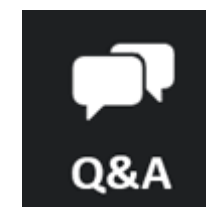
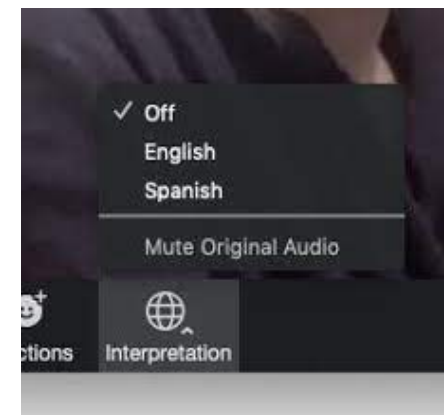
Simultaneous Interpretation



Powered by: **Gallagher**

This webinar offers simultaneous interpretation in English, Spanish, French, Arabic, Chinese, Portuguese, Italian, and Russian

- Select the 'Interpretation' button at the bottom of the screen
- Select language



Q&A

Please ask any questions you have in the Q&A section



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Our Host



Tommy Mooney

Fitness Captain



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Our Presenter



Steen Houman

SOI Global Floorball Advisor



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Floorball Warm-up



- Use the ball for warm up
- Basic ball control while standing
 - Dribble ball in front, aside, variate with one or two hands, dribble different moves
- Short passing with 2m between players while moving from one side to the other
- Different passing (fh and bh) with 4-5m distance between players
- 3 players together, 2 in one side and 1 on the side. Pass the ball to the other side and run over and take the pot and get ready to receive



Warm-up Goalkeeper

- Juggling the ball
- Throw and catch ball with either one hand and one ball or two hands and two balls with the coach/assistant
- Stretching of legs
- Movement on floor sitting and sliding



Aim for Warm-up

- Get basic warm
- Get as many touches with the ball so control improves
- Warm up must create good atmosphere
- End it with 3-5 min individual warm up, some will stretch, shoot, pass...



Match



- Meaningful Involvement
 - All players must be involved
 - What are the role of the players (defensive and offensive)
- Substitution wins matches!
 - Only makes subs when ball is in your control
 - 45-60 sec as max
- Strategy for subs
 - Some can handle double before subs
 - If you use only your best from start and you get behind?



Substitutions

- Only when in control of the ball
 - Go behind the goal with the ball = limited danger
- If problems with getting one player out, switch position to get the player close to sub area



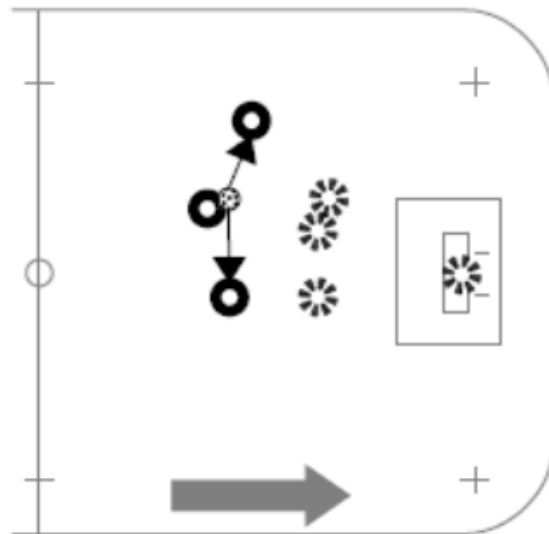
Free Hit



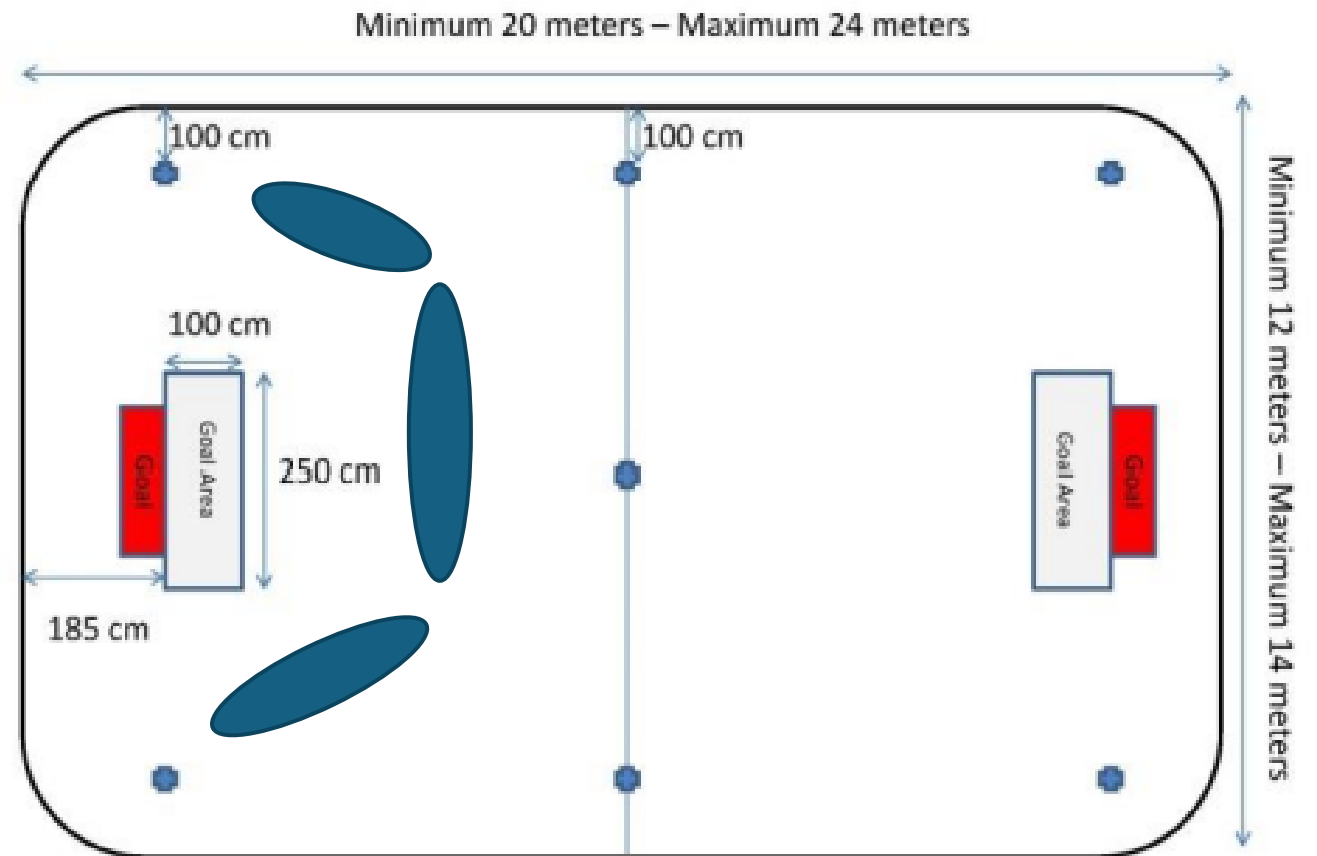
- What is the aim with the free hit
 - Use it for subs
- Create a goalscoring opportunity
- Please DONT JUST SHOOT DIRECTLY
- Where on the court is the free hit?
- Remember 3m distance!!!



- Always 2-3 person at the free hit
- On own half?



Special Olympics Floorball 4 vs 4 – rink dimensions and markings



Hit in

- Always two persons to take hit in
- Why?
- If one person at the hit, two persons to pass to, but 3 defenders
- Just touch the ball and the other player can take the ball

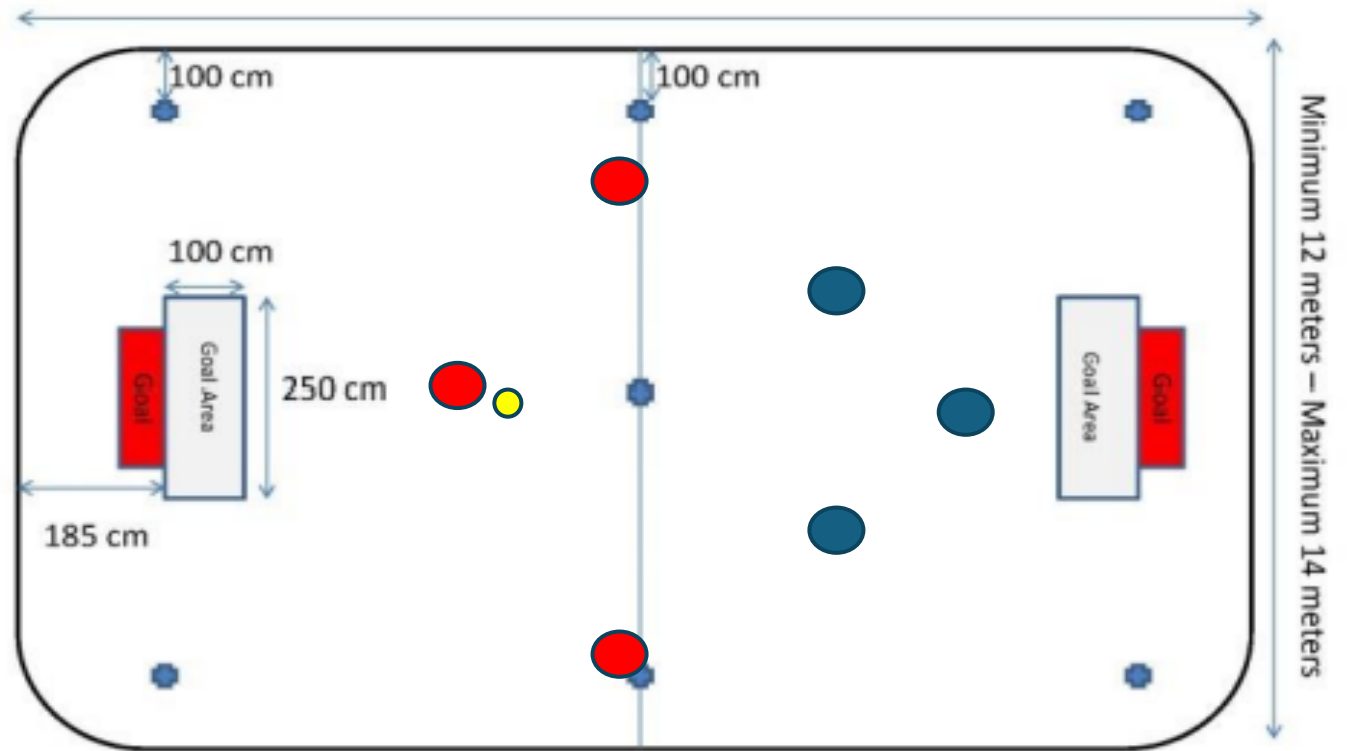


Defence

- Work as a triangle

Special Olympics Floorball 4 vs 4 – rink dimensions and markings

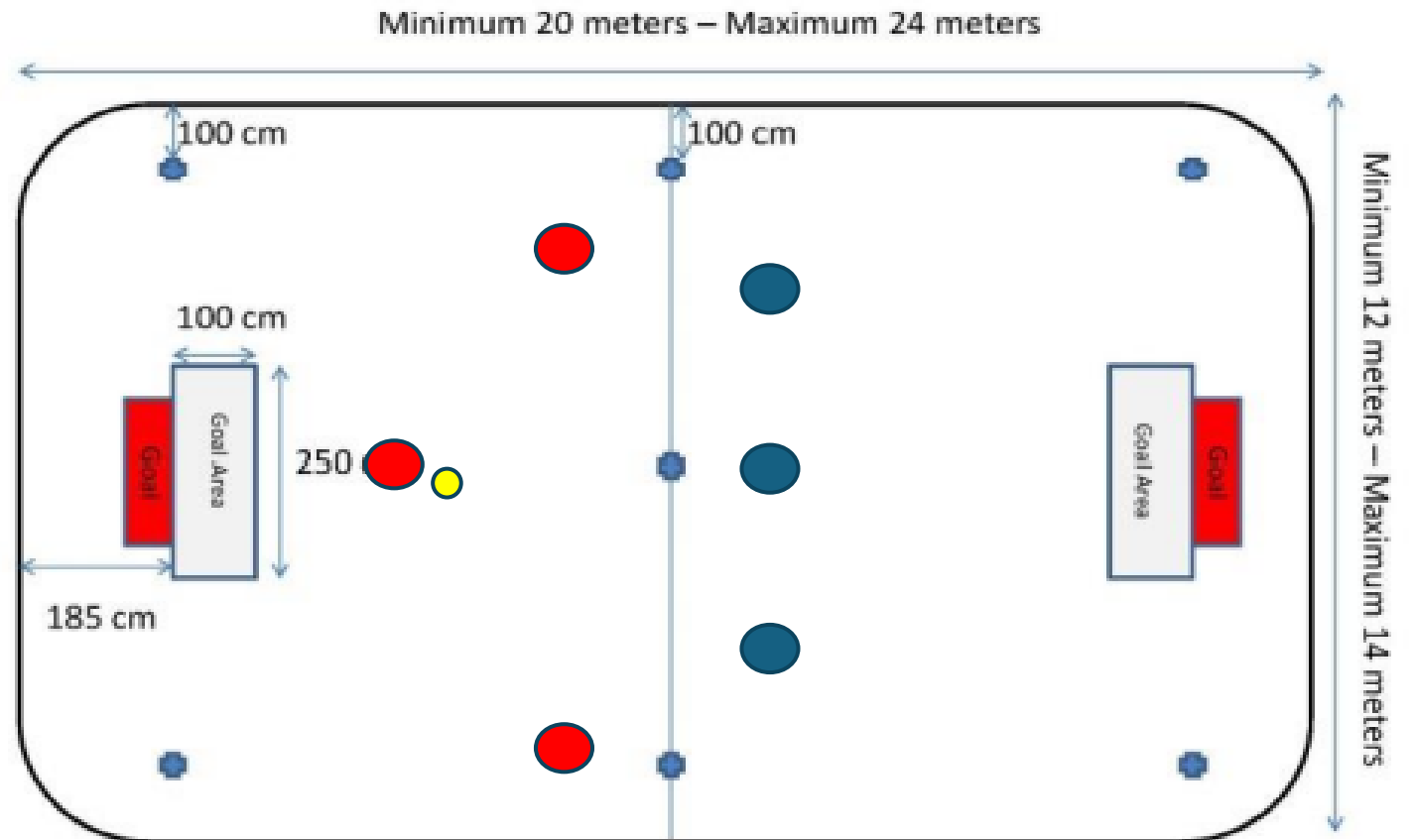
Minimum 20 meters – Maximum 24 meters



Defence

- Work as a triangle
- Never on a line

Special Olympics Floorball 4 vs 4 – rink dimensions and markings

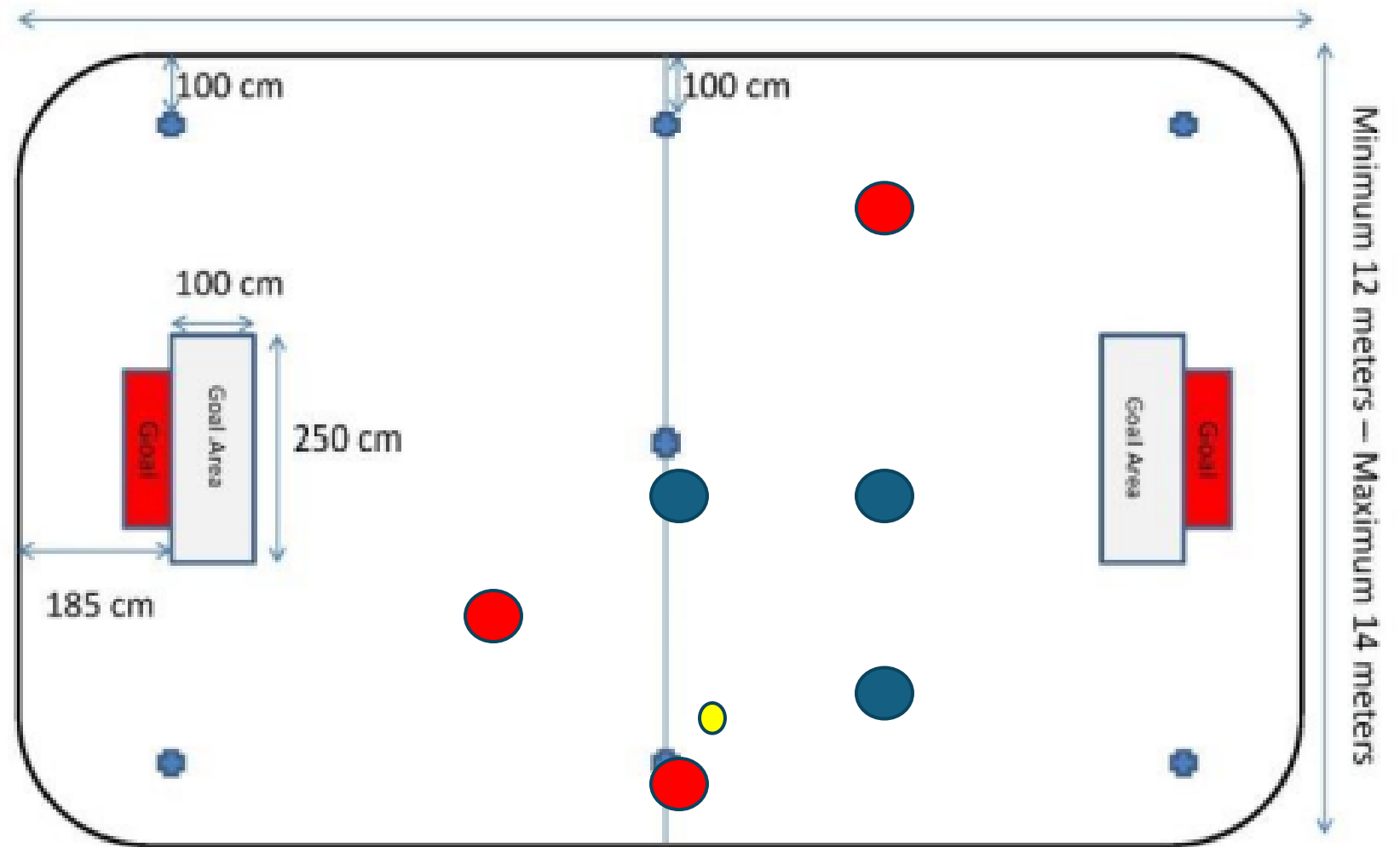


Defence

- Work as a triangle

Special Olympics Floorball 4 vs 4 – rink dimensions and markings

Minimum 20 meters – Maximum 24 meters

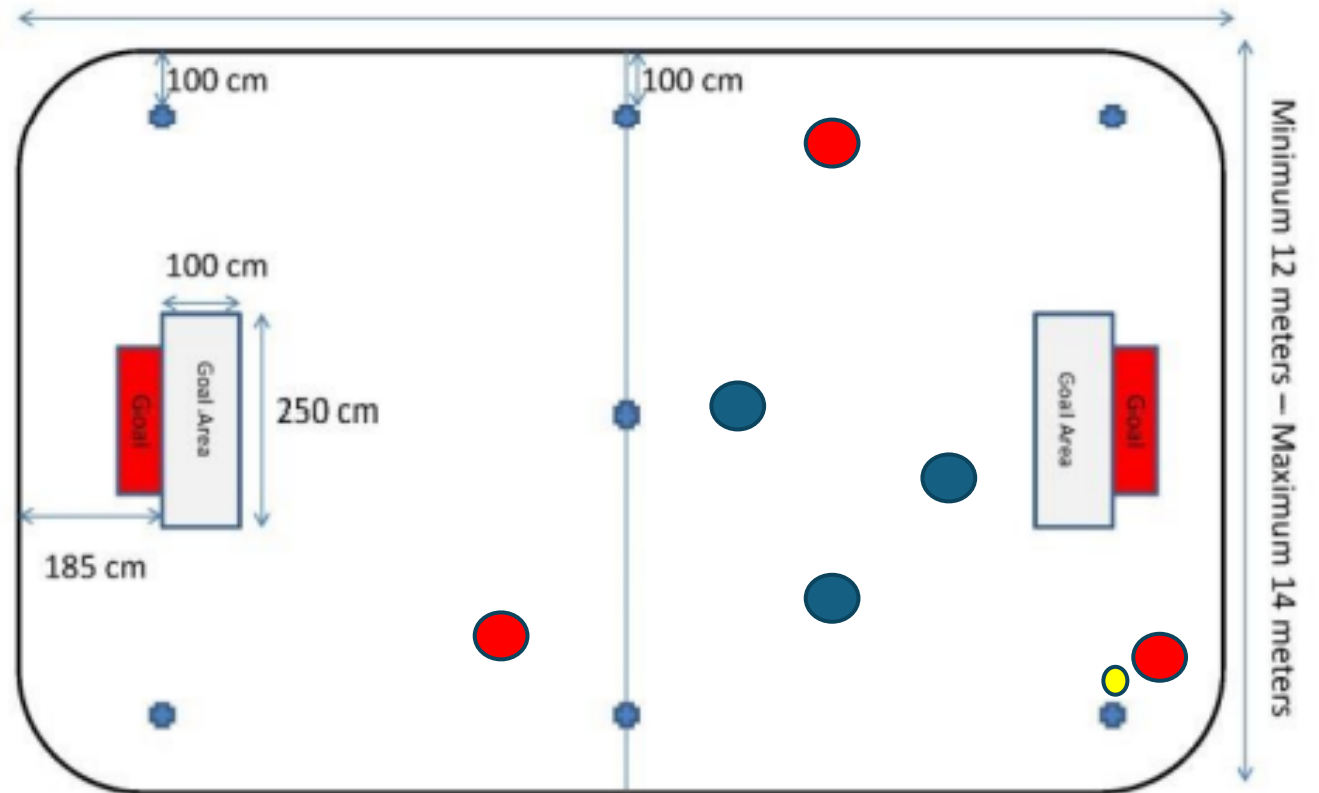


Defence

- Work as a triangle

Special Olympics Floorball 4 vs 4 – rink dimensions and markings

Minimum 20 meters – Maximum 24 meters



Attacking



- Make all 3 players move around and change position
- Create opportunities for shooting
- The closer to goal, no need to shoot hard, but fast
- How to build an attack



Goalkeeper

- Goalkeeper
- How to use the legs

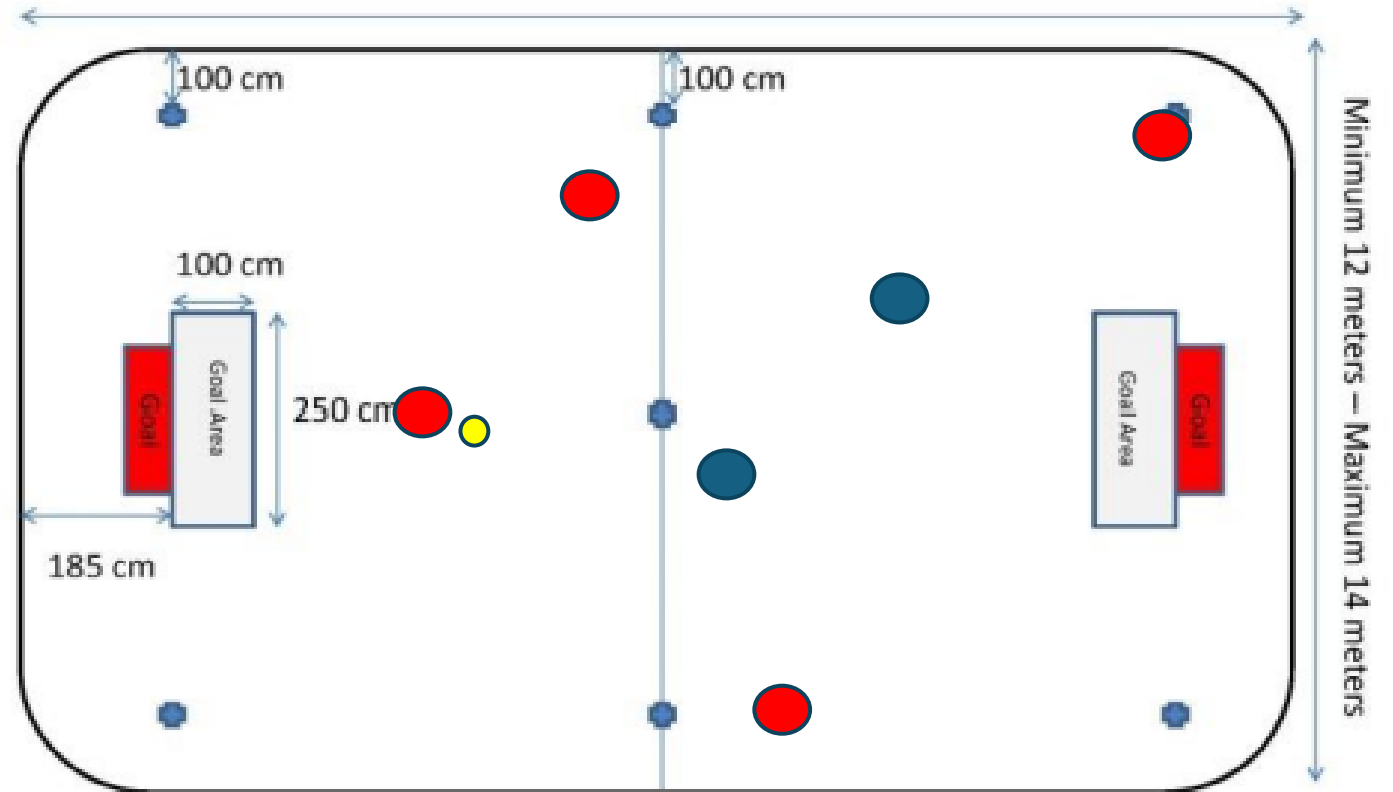


When to take Goalkeeper out?

- To play 4 against 2
- To play 4 against 3

Special Olympics Floorball 4 vs 4 – rink dimensions and markings

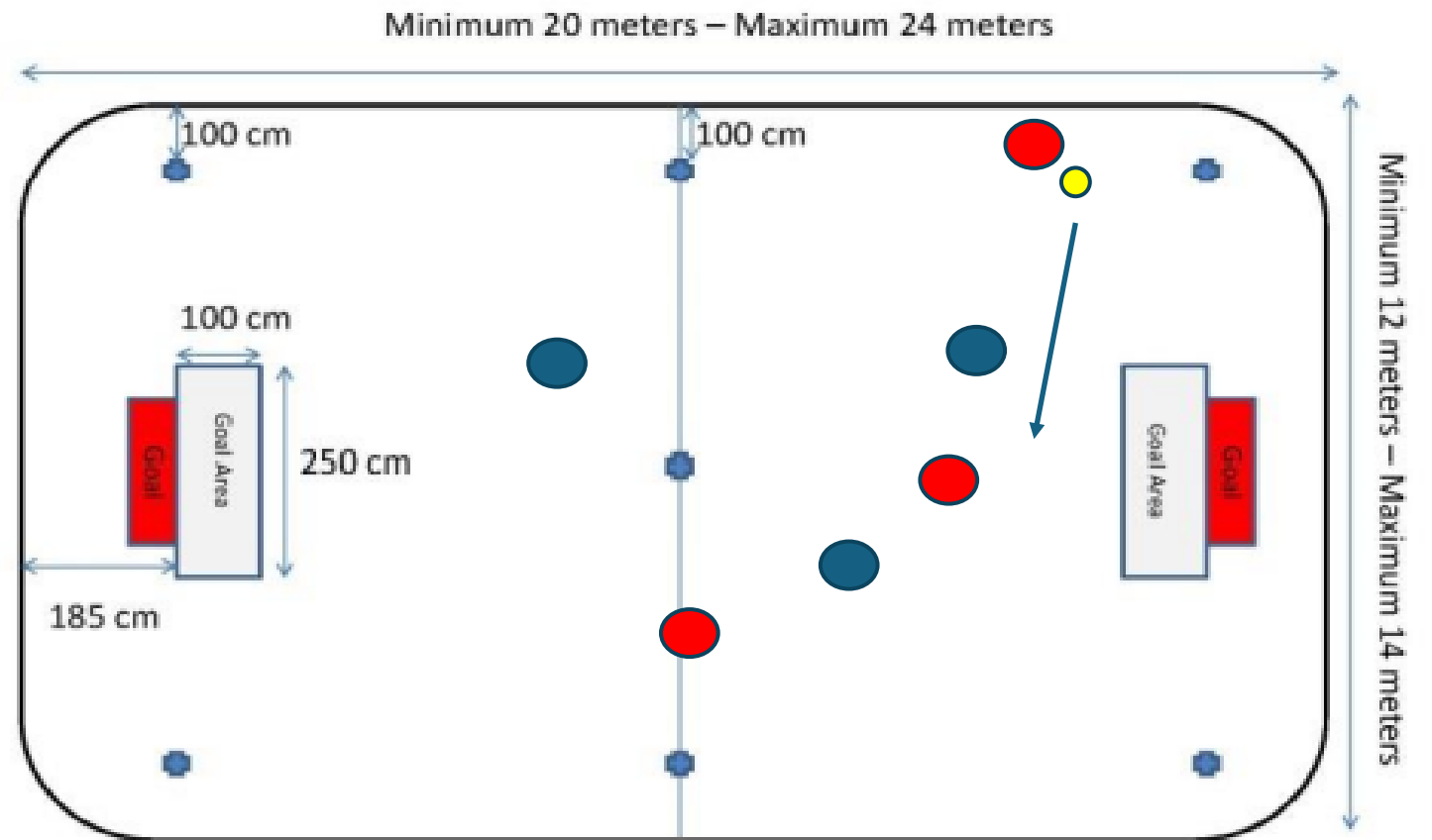
Minimum 20 meters – Maximum 24 meters



DONT

- Pass the ball in front of the goal

Special Olympics Floorball 4 vs 4 – rink dimensions and markings



Floorball ABC

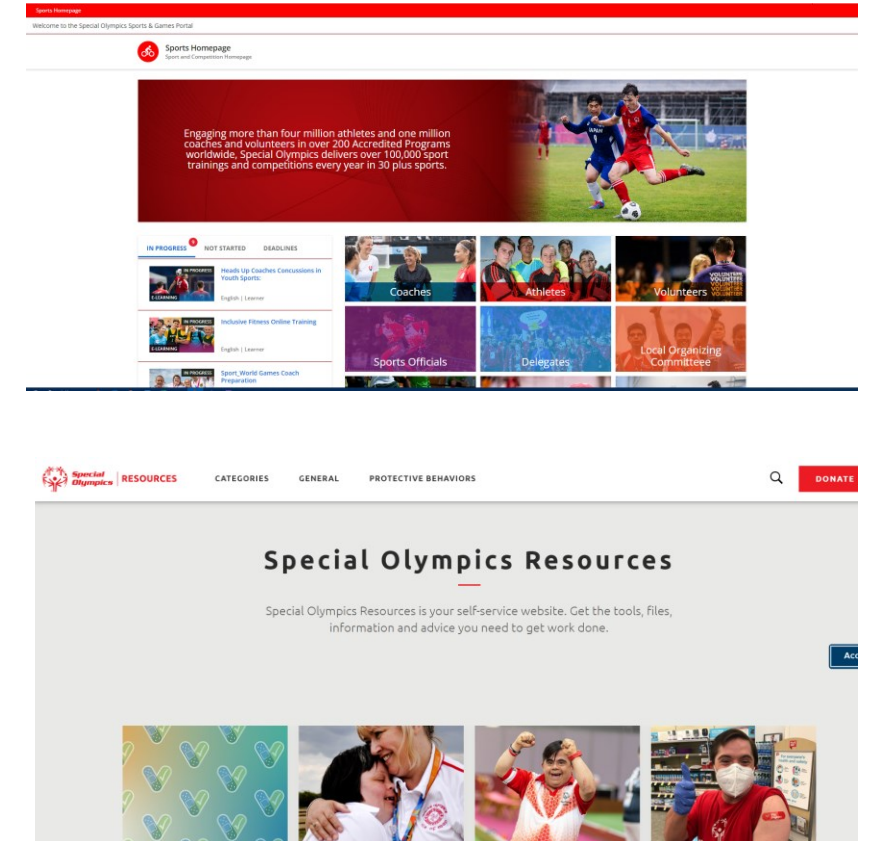
- Subs after 45 sec
- Pass the ball, don't run with the ball
- Wait for opportunity before shooting
- Keep the ball on the floor when passing
- Use drag shoot from distance when shooting



Coaching Resources

Special Olympics offers fantastic resources for coaches to continue to learn and improve their coaching knowledge:

- **Special Olympics Online Learning Portal**
- **Special Olympics Resource Page**



Coach Webinar Series Dashboard



Special Olympics Coach Webinar Series 2024 Presented by Gallagher



The Special Olympics Coach Webinar Series, presented by Gallagher, is back for 2024. This year's series will discuss topics chosen by you, and take a deep dive into 4 specific sports.

Webinar 1: *Teaching and Learning in Special Olympics* with Dr Rebecca Shangraw

Webinar 2: *How young people learn and what this means for Special Olympics Coaches* with ICOACHKIDS

Workshop 1: Floorball, with Steen Houman

Workshop 2: Badminton, with Badminton World Federation

Workshop 3: Swimming, with the Michael Phelps Foundation

Workshop 4: Athletics, with World Athletics

This page is your one stop shop for finding what you need from the series. Here you can register for each webinar, watch the recordings, submit your questions to our speakers and hosts, access resources like PDFs, slidedecks, and videos from the presentations, and access any translated materials we have.

We hope you enjoy this year's Coach Webinar Series, presented by Gallagher!



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Next Webinar



 *Special Olympics*

BADMINTON WORKSHOP 2024

TUESDAY, DEC 10
WITH
BADMINTON WORLD FEDERATION

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Thank You!

See You Tomorrow!



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