

SPECIAL OLYMPICS
COACH WEBINAR SERIES
2023

Webinar 2:
Coaching Youth Athletes

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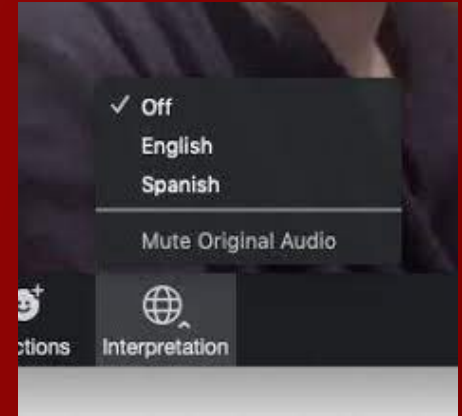


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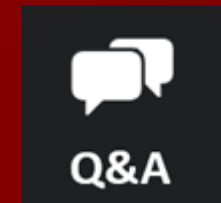
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- Select language



Q&A



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

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Alvaro Brochero

*Host
Athlete Leader
Coach*



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Hayley Kavanagh

*Young Athletes Research and Development Coordinator
Special Olympics Ireland*



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Coaching Young Athletes

Hayley Kavanagh

Young Athletes Research and Development Coordinator

Special Olympics Ireland



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Discussion Points

- Today we will talk about.....
- **The background of the 'SO Fun' project:** The problems it tackles, the need for it, the work done up to this point and the future direction of the project.
- **Key statistics** looking at the motor skill proficiency level of children with ID compared to their typically developing peers, coaches' ability to assess children's skills and the voice of the coach.

What is Motor Skill Proficiency?



Terms Used

Motor skill performance, motor ability, motor co-ordination, Fundamental Movement Skills (FMS), motor competence

Definition

Motor skill proficiency can be defined as the quality of a person's movement coordination and the level of their performance outcome when performing different movement skills (Robinson et al., 2015; Kavanagh et al., 2019)

FMS

Aspect of Motor Skill Proficiency that is commonly investigated
=
Fundamental Movement Skills

Why is it important?



Fundamental movement skills (FMS) are the 'building blocks'



FMS do not develop naturally, need to be learned and practiced over time

(Barnett et al., 2016)



Poor proficiency in FMS = lower participation in sport and physical activity

(Behan et al., 2019)



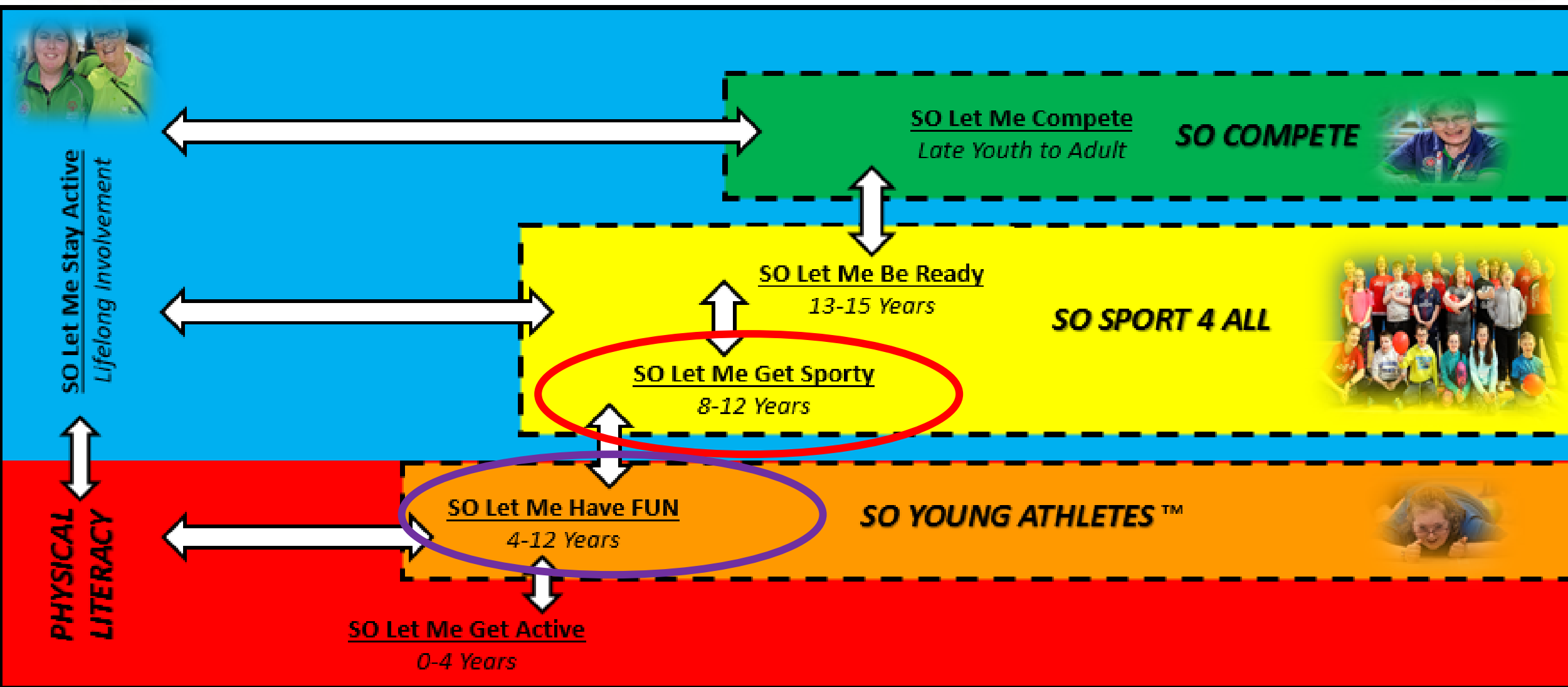
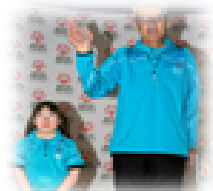
FMS are the gateway to more advanced movement skills

(Logan et al., 2018)

SO Active for Life Pathway



Special Olympics
Ireland

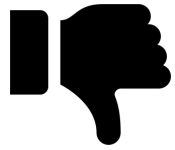


NOTE – SO Let Me Get Active starts and takes place outside SO and continues throughout the pathway – SOI Programmes start at Young Athletes™

SO – Special Olympics



What do the Stats tell us?



Compared to Typically Developing children (TDC), children with ID are 3 times more likely to have lower FMS competencies

(Gkotzia, Venetsanou and Kambas, 2017)



Compared to aged match TDC, children with ID have lower motor skill proficiency

(Simons et al., 2008; Gkotzia, Venetsanou and Kambas 2017; Maïano



This affects their locomotor, object manipulation and balance skills, which influences their activities of daily living, sports, physical activity.

The Current Global Picture of FMS for children with ID



Research from SO Ireland



100 Young Athletes assessed

12 FMS tested

10 Special Olympics
Clubs participated

8 YA Coaches
participated in Focus
Groups

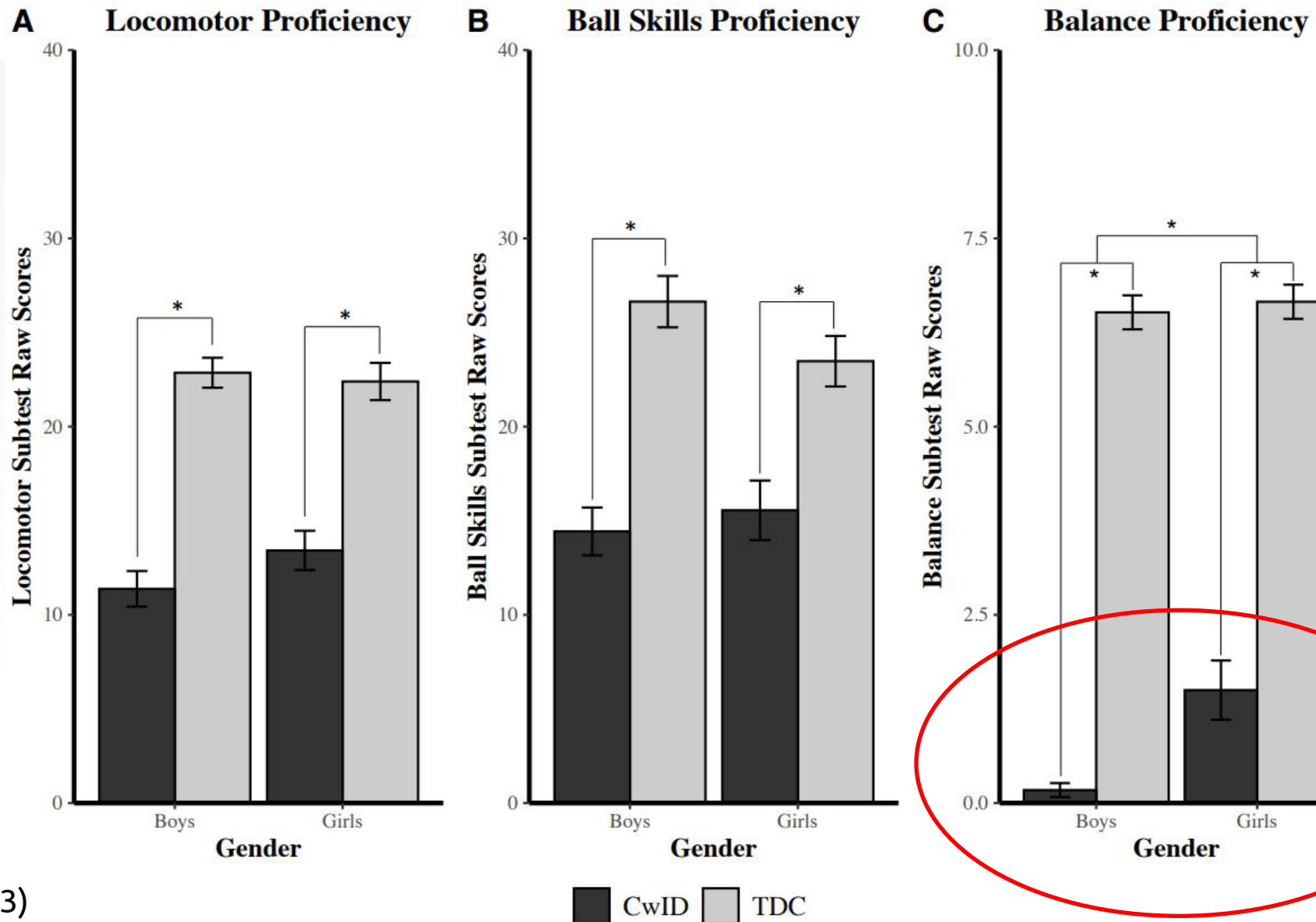


Average Motor Skill Proficiency



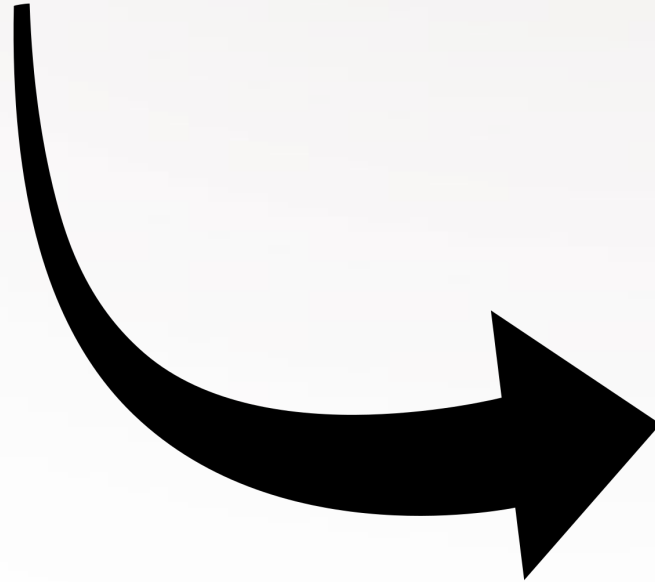
Skills	CwID	TDC
	Mean±SD	Mean±SD
Locomotor Skills	12.2 ± 7	22.7 ± 6.1
Object Control Skills	14.88 ± 9.7	25.39 ± 9.7
Balance Skills	0.70 ± 1.8	6.57 ± 1.6

Gender Differences



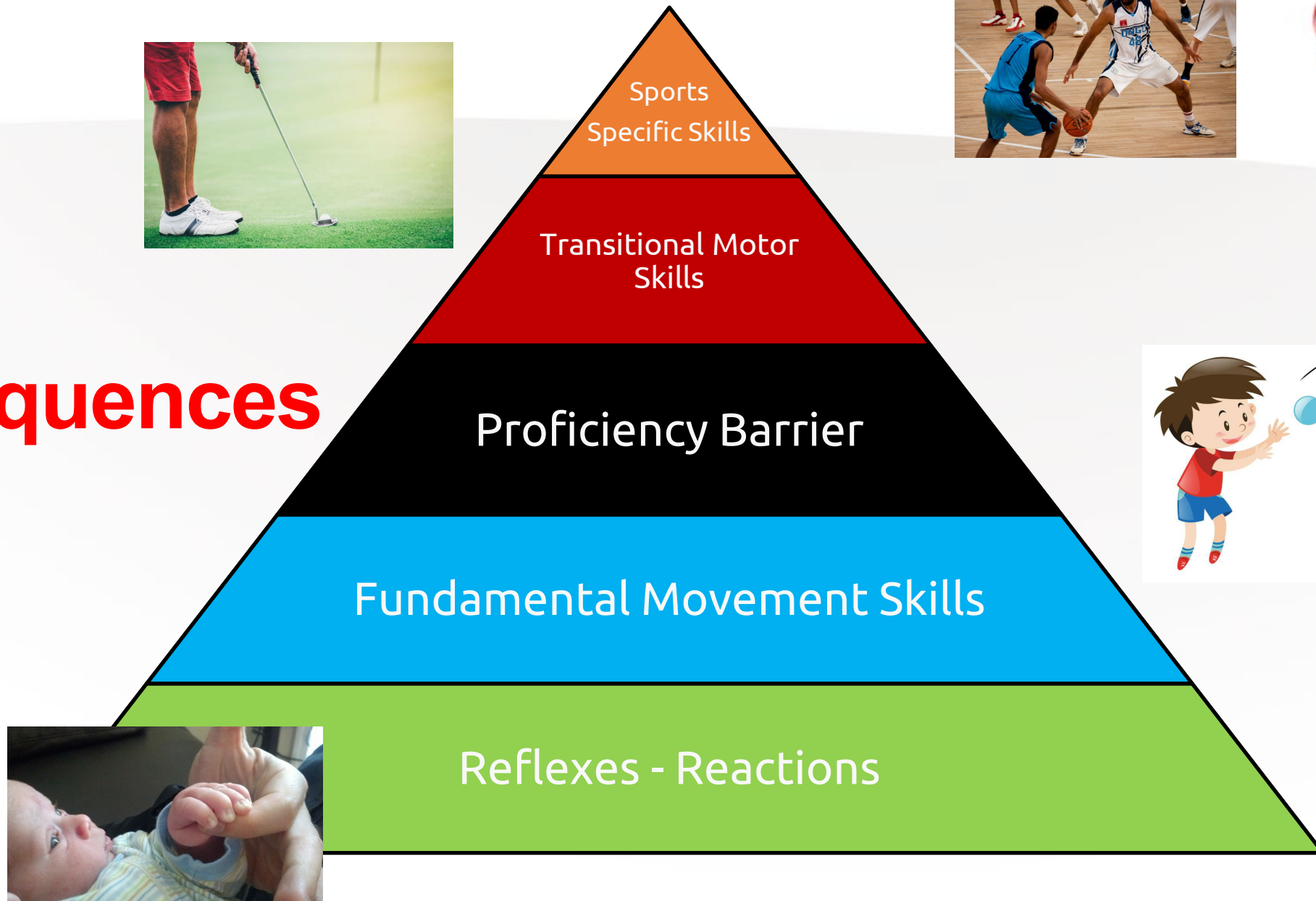
(Kavanagh et al., 2023)

Age Differences



(Kavanagh et al., 2023)

Consequences





**If you
can't**



**Catch
Jump
Run
Kick
Throw**

Then you
won't take
part in



Football
Athletics
Floorball
Basketball
Badminton



**If you
can't**



**Catch
Jump
Throw
Kick
Run**

Then you
won't take
part in



Bowling
Bocce
Table Tennis
Basketball
Badminton

Coach Led FMS Assessments



Why?

- Sports coaches play an **integral role in developing FMS of children with ID** (MacDonald et al., 2016), despite this, little research has been carried out investigating whether coaches can accurately report on FMS performance.
- Act as a **first line of defence** in identifying motor impairments (Logan et al., 2014).
- Identify the need to upskill sports coaches to have the **ability to tailor FMS programmes to effectively target FMS weaknesses** for this population.



Coach Led FMS Assessments

A. Jumping forwards with the feet together (Horizontal Jump)



Not too good at

1



Sort of good at

2



Pretty good at

3



Really good at

4



B. Catching a ball



Not too good at

1



Sort of good at

2



Pretty good at

3



Really good at

4



C. Kicking



Not too good at

1



Sort of good at

2



Pretty good at

3



Really good at

4



Accuracy Coaches Reports



Coaches are overestimating children's **locomotor** subtest scores by **21.5%** and **object manipulation** subtest scores by **33.8%** compared to the children's actual FMS performance.



Practical Implications

Upskill and train coaches to observe, detect and correct errors in FMS performance to guide the physical development of children and.....

1. Encourage coaches to **develop and improve FMS** of children with ID
2. Enable coaches to **track the progress** of each child in their session
3. **Highlight to parents** particular skills which require continued work and development



Voice of the Coach



THE COACH PLEDGE
KIDS



10 GOLDEN RULES FOR COACHING CHILDREN

Special Olympics Ireland – Plan of Action



1. **A multi-component intervention:** Producing a new toolkit (including session plans and at home activities) and equipment bag for the Young Athletes programme



Parental Involvement

2. Create a **new coach education** course using a 'bottom up' approach to ensure the voice of the coach is incorporated into the content and delivery style

3. Create a **CPD course for existing coaches** to upskill them in observing, correcting and detecting errors in children's FMS performance to improve skill development



A young child with Down syndrome is captured in a moment of pure joy, jumping or being tossed into the air between two adults. The child, wearing a teal t-shirt and dark pants, has a wide, open-mouthed smile and eyes that are squeezed shut. The adult on the left, a man with short brown hair wearing a red shirt, is looking up at the child with a joyful expression. The adult on the right, a woman with blonde hair in a ponytail wearing a green shirt, is also looking up at the child. They are outdoors on a grassy area with a body of water and trees in the background. The entire image is overlaid with a semi-transparent dark green filter, and white text is centered over the middle of the scene.

**We want to keep children with
ID in sport and physical activity
for life and having a good
proficiency in FMS is the key !**

Thanks for listening!



Any Questions?



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Holly Jacobs & Sean Stake

Unified Champions Schools



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Coaching youth athletes with a focus on social and emotional learning

Holly Jacobs and Sean Stake
October 3, 2023

Presented by:



What is social and emotional learning?



Self-awareness: identifying emotions, examining prejudice and bias, self-efficacy and self-confidence

Self-management: managing stress and emotions, self-discipline and self-motivation, setting goals, planning and organizational skills

Social awareness: perspective taking, empathy and compassion, expressing gratitude, situational awareness

Relationship skills: communication, positive relationships, teamwork, leadership, seeking and offering support

Responsible decision-making: evaluating situations, problem solving, reflecting

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What is social and emotional learning?

“The good news is that SEL is not another educational fad. It’s not one more thing on your plate—*it is the plate.*” – Dr. Amy Cranston



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Can SEL really happen in sports?

YES! Because sports...

- Are flexible, less formal, and more unstructured than classrooms or schools
- Are naturally fun and engaging where youth learn without it feeling like learning
- Promote positive youth-adult relationships
- Help youth learn and apply life skills in new ways
- Provide opportunities for leadership

References: Agans et al., 2015; Hurd & Deutsch, 2017; Kahn et al., 2019; Lerner, 2004

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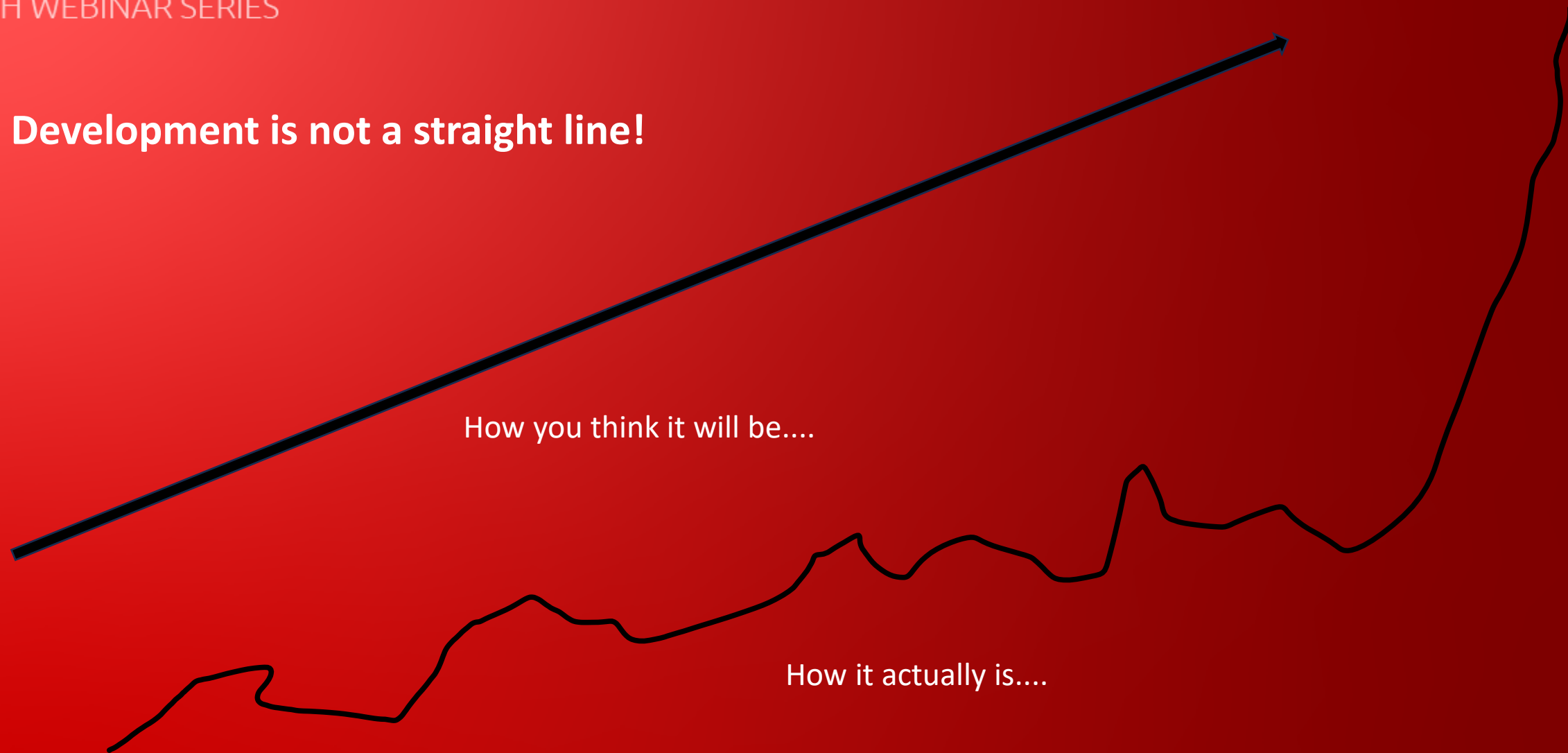
Now What?

- How do I do that?
- It's too much to add into my practice!
- I'm a sport coach not a psychologist!
- My athletes are at all such different levels!
- I try but I don't see any changes!



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Development is not a straight line!



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Create a positive Environment

- **Lead by example** – It starts with the coach! Your attitude and behavior set the tone.
- **Open Communication** – Encourage your players to express themselves and their ideas.
- **Foster inclusivity** – Ensure that every athlete feels included and valued, regardless of skill level.
- **Stay Calm** – Maintain your composure during those high stress situations.



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Gallagher

Build positive adult-youth relationships

- *Be Approachable*
- *Be Respectful*
- *Be Fair*
- *Be Patient*
- *Be a Good Listener*

Relationships with people are what it's all about. You have to make players realize you care about them."

— Greg Popovich



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How?

- Learn names quickly and use them consistently
- Learn interests, hobbies and backgrounds
- Find time during practice to chat with your athletes about off the field topics
- Set individual goals for athletes



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Talk to ALL your Players!!!

About what?

- *How's school?*
- *How's your family?*
- *What's your favorite TV Show?*

When?

- *Before Practice*
- *During Warm-up*
- *Between Drills*
- *After a game*



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Use Positive Reinforcement

Are you a.....



Negative Nelly



Positive Polly



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Use Positive Reinforcement beyond just Sports

"Great job listening"

*"You were really an awesome teammate today
because_____"*

*"Hey, I know you got fouled there but I was so impressed
with how you stayed calm and kept playing"*



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Teach Resilience

- *Challenge the athlete*
- *Failure is part of the process*
- *Perserverance – Bounce Back!*
- *Hard Work – Growth mindset*

I've failed over and over and over again in my life. And that is why I succeed."

– Michael Jordan



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Remember that coaching youth athletes is not just about developing their physical skills; it's also about helping them become well-rounded individuals. By focusing on their social and emotional growth, you can have a profound and positive impact on their lives both on and off the field or court.



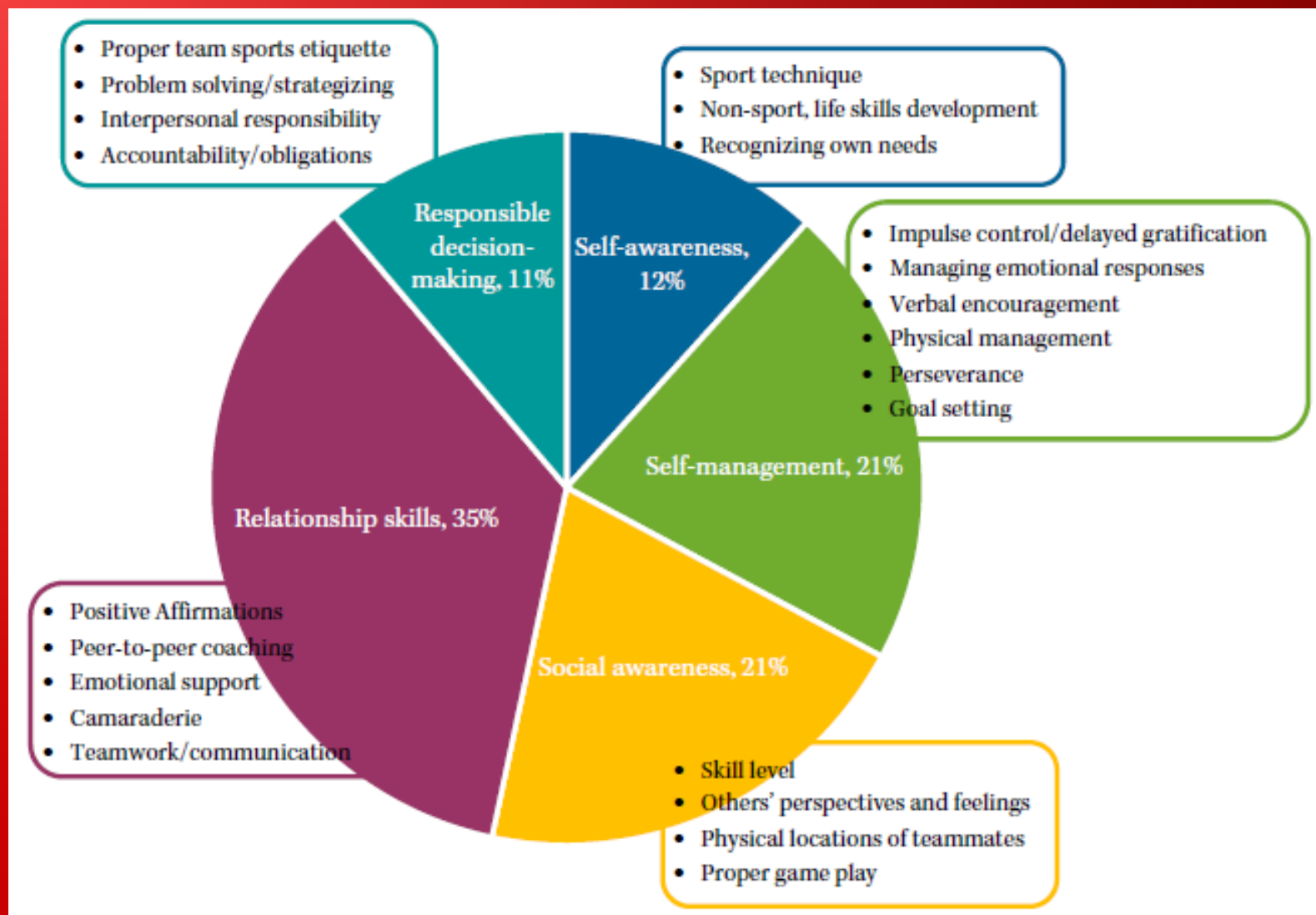
"A good coach can change a game. A great coach can change a life."
— John Wooden

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SEL in Unified Sports



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Why care about SEL?



Participation in
SEL
interventions
improves
academic
performance



Youth who
participate in
SEL programs
demonstrate
fewer conduct
problems and
have lower
levels of
emotional
distress



Youth have
better attitudes
about
themselves,
their peers, and
their school



But mostly because... Athletes feel it helps them!

"I learned to be outgoing and learn about people's interests. In the Name Game, you'd introduce yourself, start a conversation, learn about the other person, and build a relationship"

– high school Unified Basketball athlete

"When we were doing our reflection pieces with the group, one of them was talking with the group about yourself, but you could also help other people reflect. And I think during that time, I helped someone reflect on something that they did that they weren't thinking about in the moment."

– high school Unified Track athlete

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Q&A

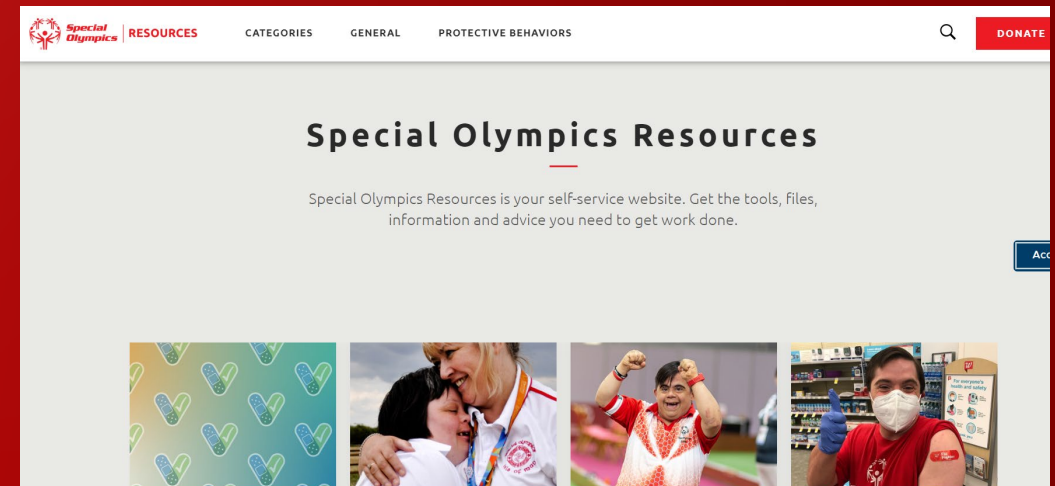
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Resources

- Special Olympics offers fantastic resources for coaches to continue to learn and improve their coaching knowledge:
 - **Special Olympics Online Learning Portal**
 - **Special Olympics Young Athletes & UCS Resource Pages**



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Coach Webinar Series Dashboard



Special Olympics Coach Webinar Series 2023 Presented by Gallagher



The Special Olympics Coach Webinar Series, presented by Gallagher, is back for 2023. This year's Series will discuss topics chosen by you, the coaches, after some fantastic feedback following last year's series.

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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|  Special Olympics Online Lear... |  Fitness For Sports Coaches |
|  Unified Sports Resource Page |  Fit 5 Guide & Fitness Cards |
|  Leadership Excellence |  Fitness Assessment |
|  Gallagher Mentorship Series |  Sport Specific Coaching Guides |

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OCTOBER 10TH

- GARRETT UTZ
- THOMAS GRAHAM
- KEN BLACK

15:00 CET/9:00 EST

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Coaching Adult Athletes

LIVE ON ZOOM

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Thank You!
See you next week!

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