

SPECIAL OLYMPICS
COACH WEBINAR SERIES
2023

Webinar 3:

Coaching Adult Athletes

Presented by:

Gallagher

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Simultaneous Interpretation

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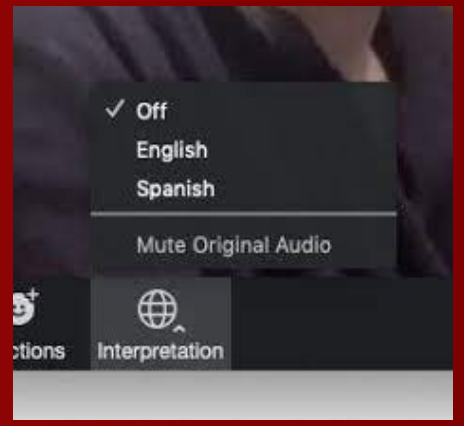

Q&A



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

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Garrett Utz

Host
Athlete Leader
Football Official



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Scott Gregory

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Gallagher & Special Olympics Partnership

Sport & Coaching

- Gallagher is the sponsor of Special Olympics Sport & Coaching worldwide
- Funding includes Grants to several markets in New Zealand, Honduras, Papau New Guinea, Guatemala, Venezuela, South Africa, Zimbabwe, Peru and Samoa
- Support has also exponentially grown the sport of Badminton in several Latin American countries in partnership with the Badminton World Federation
- Gallagher activates across five key markets including Southern California, Illinois, Ontario, New York and Australia
- Gallagher is also a proud supporter of World and USA Games

Special Olympics

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Thomas Graham

Newcastle United Foundation

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Newcastle United Foundation Walking Football Insight

NEWCASTLE UNITED FOUNDATION

WALKING FOOTBALL

- Walking football is a slower version of a regular game.
- We offer sessions that deliver all of the excitement of the game without the pace.
- Walking football aims to inspire older players back in playing football or general exercise, and it is ideal for people who have been inactive for a while.
- By attending players will improve their physical, mental and social health.
- Walking Football is a very inclusive, fun, and safe activity.



WALKING FOOTBALL SESSIONS

Days	Venues	Times
Monday	Cramlington NUCASTLE West Moor Community Centre Forest Hall	1pm – 2pm 5pm – 6pm 6-7pm 6pm – 7pm
Tuesday	NUCASTLE	10:30am – 12pm
Wednesday	Cleveland Hall **Headway Walking Football** **Dementia WF (Alnwick Willowburn SC)** Wallsend Boys Club	11am-12pm 1pm – 2pm 1pm – 2:30pm 3:30pm – 4:30pm
Thursday	NUCASTLE (LEAGUE) Hadrian Leisure Centre	12pm-3pm 6:30pm-7:30pm
Friday	Cleveland Hall NUCASTLE	10am – 11am 12pm – 1pm

ELAINE'S STORY



Elaine | Building Foundations Awards 2022 - YouTube

NEWCASTLE UNITED FOUNDATION - EFDN WALKING FOOTBALL LEAGUE DEVELOPMENTS

- League takes place every Thursday between 12pm – 3pm.
- Teams play 2 x 20 minutes games per week
- Started in February 2022 with 6 teams containing 53 participants (delivery phase 1)
- Delivery Phase 2 started in August 2022 with 7 teams containing 82 participants)
- Delivery Phase 3 started in February 2023 obtained 9 teams containing 105 participants
- **Delivery Phase 4 started in August 2023 obtaining 12 teams containing 138 participants.**
- All 12 teams associated with a Grassroots club with strips provided

LEAGUE TABLE

Team		M	W	D	L	G	P	PP	BP	SP	TP
1	Newcastle Blue Star WFC	10	9	1	0	24 : 4	28	0	0	0	28
2	Killingworth WFC	10	8	2	0	37 : 8	26	0	0	0	26
3	Newcastle Benfield WFC	10	7	1	2	40 : 9	22	0	0	0	22
4	Newbiggin Hall WFC	10	5	3	2	18 : 12	18	0	0	0	18
5	Lions Newcastle Benfield	10	5	2	3	26 : 20	17	0	0	0	17
6	Forest Hall WFC	10	5	2	3	21 : 13	17	0	0	0	17
7	Real Sosobad	10	4	1	5	13 : 15	13	0	0	0	13
8	Wallsend Boys Club WFC	10	4	1	5	17 : 18	13	0	0	0	13
9	Gateshead Redheugh	10	1	2	7	5 : 35	5	0	0	0	5
10	Last Legs Sultans	10	0	5	5	12 : 25	5	0	0	0	5
11	Women Newcastle Benfield WFC	10	1	2	7	7 : 30	5	0	0	0	5
12	O70 Newcastle Benfield	10	0	0	10	5 : 36	0	0	0	0	0

NEWCASTLE UNITED FOUNDATION PLANNING STRUCTURE

- Pre League delivery phase – Advertise for individual player recruitment (NUF will allocate individuals to teams) & team recruitment
- Generate fixtures, update rules & send to all participants whilst confirming their squad list
- Deliver the League fixtures, update website with future fixtures and results. Promoting all developments, memories, and news via Walking Football Facebook page.
- End of season presentation: All participants receive participation award… medals for runners up… medals for winners… medals for team with best attitude.
- Post Season planning for following season. Follow above schedule.



NEWCASTLE UNITED FOUNDATION

NEWCASTLE UNITED FOUNDATION WALKING FOOTBALL LEAGUE













NEWCASTLE WALKING FOOTBALL LEAGUE TOURNAMENT MAY/ JUNE 2023

- From Tuesday 30th of May – Thursday 1st of June 2023 Newcastle United Foundation & EFDN hosted and delivered the 3rd European Walking Football Tournament in Newcastle upon Tyne.
- 18 teams took part in tournament with over 200 participants participating.
- Newcastle United Foundation were the overall winners of the tournament but the biggest success was the positive impact on all involved.



CHALLENGES

- Initially adapting to the European version of Walking Football as we needed to invest time into equipment (goals), and training to progress staff and participants to this new format.

- Developing the rules as we progressed with situations occurring that were not in the rules book. (ball stopping in the box, disciplinary protocol, heading the ball in goal scoring situations.

- With Growth became more opinion from participants – **Established a Walking Football player forum as of 07/09/2023 which will take place monthly.**

- With growth came pressure on sustaining the league at our own venue in NUCASTLE which only has access to 1 pitch (goals) **– We moved to Cochrane Park at the start of season 4 with unlimited access to pitches.**

- To increase the quality of officiating we have integrated a 2 official system which has worked superbly with added support directly coming to the main official at all times.



NEW OPPORTUNITIES & PARTNERSHIPS

- The Walking Football League has created new jobs with us recruiting 2 members of staff to work on the Walking Football League and other Health & Wellbeing interventions & programmes influenced by the need of new staff for the Walking Football League.

- We have established 12 new partnerships with Grassroots Football Clubs who have all donated kits for our Walking Football participants to wear whilst playing in our league.

- Those 12 clubs have signed up as “Be A Game Changer Champions” providing further opportunities to the communities those clubs engage with to provide support around mental health awareness, breaking the stigmas surrounding mental illness, and providing more knowledge and confidence around suicide awareness/ prevention.

- We have improved our already existing relationship with Cochrane Park who have become the new home of Newcastle United Foundation’s Walking Football League, and were the venue of the EFDN 3rd European Walking Football tournament which was a massive success.



NEWCASTLE UNITED FOUNDATION PARTNER GRASSROOTS CLUBS



















NEWCASTLE UNITED FOUNDATION

SOCIAL ACTIVITIES/ OPPORTUNITIES

- Newcastle United Foundation deliver 2x one hour Football Talks sessions per week which is designed to tackling social isolation within our community which is dominantly engaged with from our Walking Football participants. In those sessions we use the power of Football to open conversation discussing past, present, and future topics surrounding Football.

- Through the intervention of Football Talks, we have had participants opening up about their own mental health experiences.

- In October 2022 ahead of World Mental Health day, Eddie Howe & his coaching team visited NUCASTLE engaging with our Walking Football League & Football Talks programmes to understand & discuss the importance of physical, and social activity.





NEWCASTLE UNITED FOUNDATION

OUTCOMES/ IMPACT ACHIEVED

- Newcastle United Foundation's Walking Football League has provided new opportunities of FREE physical & social activity for our wonderful community providing the following access over the last 2 years:
- Season 1 (6 team league): 1,800 minutes of FREE Walking Football
- Season 2 (7 team league): 2,100 minutes of FREE Walking Football
- Season 3 (9 team league): 3,600 minutes of FREE Walking Football
- Season 4 (12 team league): 3960 minutes of FREE Walking Football
- **Total of 11,460 minutes of FREE Walking Football**

- **138 participants to date are engaging with our League.**

- Via our partnership with Newcastle Benfield Walking Football Club, they have very kindly donated 1 defibrillator to store outside Newcastle United Foundation's building in NUCASTLE for the access of our full community in emergency situations. This was a result of Newcastle United Foundation Walking Football participant named Harry sadly passing away on a Walking Football Session due to Cardiac arrest.

- 42 different Walking Football participants have engaged in the 4 EFDN Walking Football European tournaments in Bred, Leverkusen, Newcastle, and Madrid giving them a once in a life-time experience they will forever treasure.



FUTURE PLANS

- With the growth of our league, we intend to as of January 2024 split the current league into 2 leagues (Premier League, & Championship) to split teams based on ability. We anticipate to have a minimum of 16 teams as of January.

- Newcastle United Foundation aim for their league & sessions to become to the central venue of Walking Football in the North East of England with us in the future establishing multiple leagues.

- We hope to establish more health initiative partnerships to benefit the knowledge and awareness of our participants through organisations starting with Prostate Cancer UK, and Breast Cancer UK.

- Affiliate Newcastle United Foundation's Walking Football League as a recognised Football Association Walking Football League the rules used integrated into the FA.

- Host and attend future Walking Football events locally, nationally, and world-wide to provide more life-time memories for our Walking Football participants.



THANK YOU FOR LISTENING, ANY QUESTIONS?



NEWCASTLE UNITED FOUNDATION

Thomas Graham
Health & Wellbeing
Project Coordinator

NEWCASTLE UNITED FOUNDATION

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Ken Black

Independent Advisor, Inclusive Physical Activity & Sport
Trustee of the Board , LimbPower, UK
Co-founding Director, The Inclusion Club

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Coaching Adult Athletes



Format of the session

- Inclusive coaching
- STEP adaptation tool
- Assessment & monitoring

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Inclusive coaching: some questions

- Is inclusive coaching specific to working with athletes who have intellectual or other impairments?
- Do the ideas and strategies that support inclusion work for everyone?
- How much do you need to know about your athletes' specific differences?
- What comes first, the impairment, the activity or the individual?

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Inclusive coaching

The ability to provide effective coaching which responds to the different needs in the group.

Differentiation is a natural aspect of all coaching.

Inclusive coaching is just GOOD COACHING

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Adult athletes: what's the difference?

- Is the activity age appropriate?
  - any activity can be age-appropriate if delivered appropriately!
- Communication
  - recognise the athlete's preferred mode
  - tone / language
- Cultural aspects

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STEP adaptation tool

What is it?

A simple tool (based on an acronym) enabling a coach to manipulate 4 different aspects of any activity to find the most effective level for each athlete and therefore promote inclusion.

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STEP adaptation tool - basics

Space

e.g. playing area; distances to targets; modifying space.

Task

e.g. different ways; breaking down skills.

Equipment

e.g. modifying & adapting regular equipment; adaptations

People

e.g. matching abilities; team numbers; individual needs.

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SPACE

Making the most of the space available

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Outdoor and indoor space



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Target grids



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Surfaces



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Using the environment



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Distance to a target



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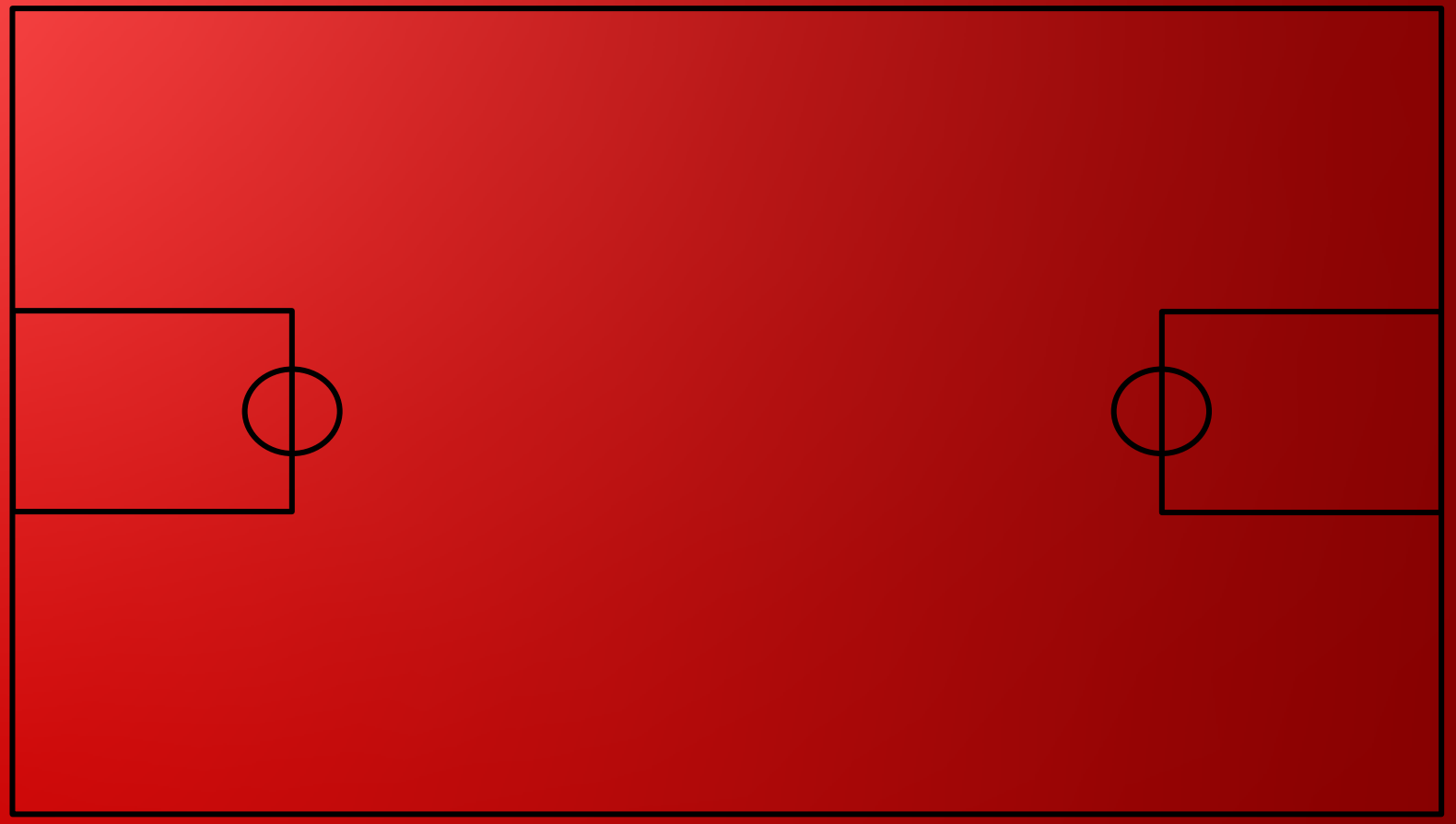

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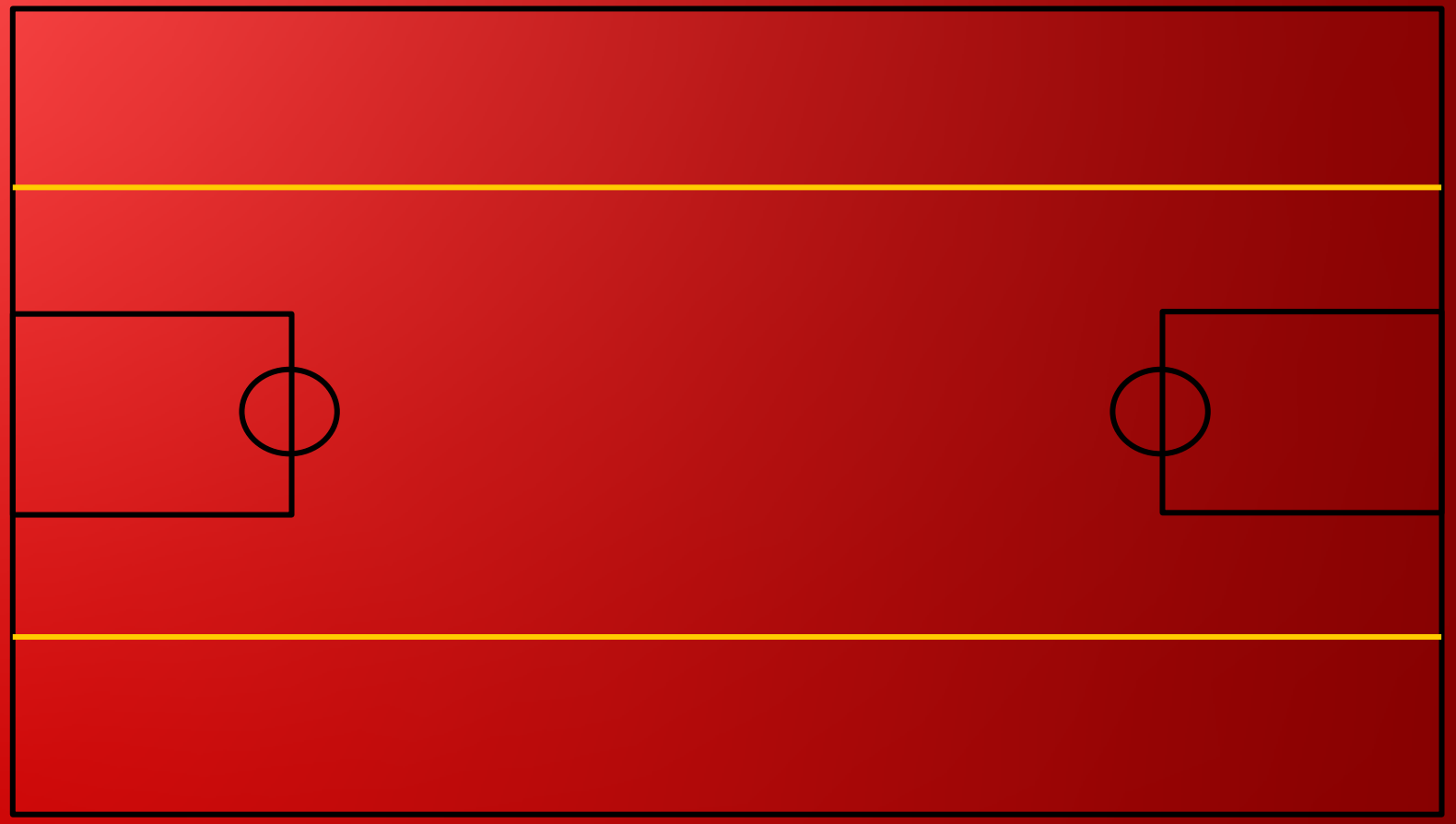

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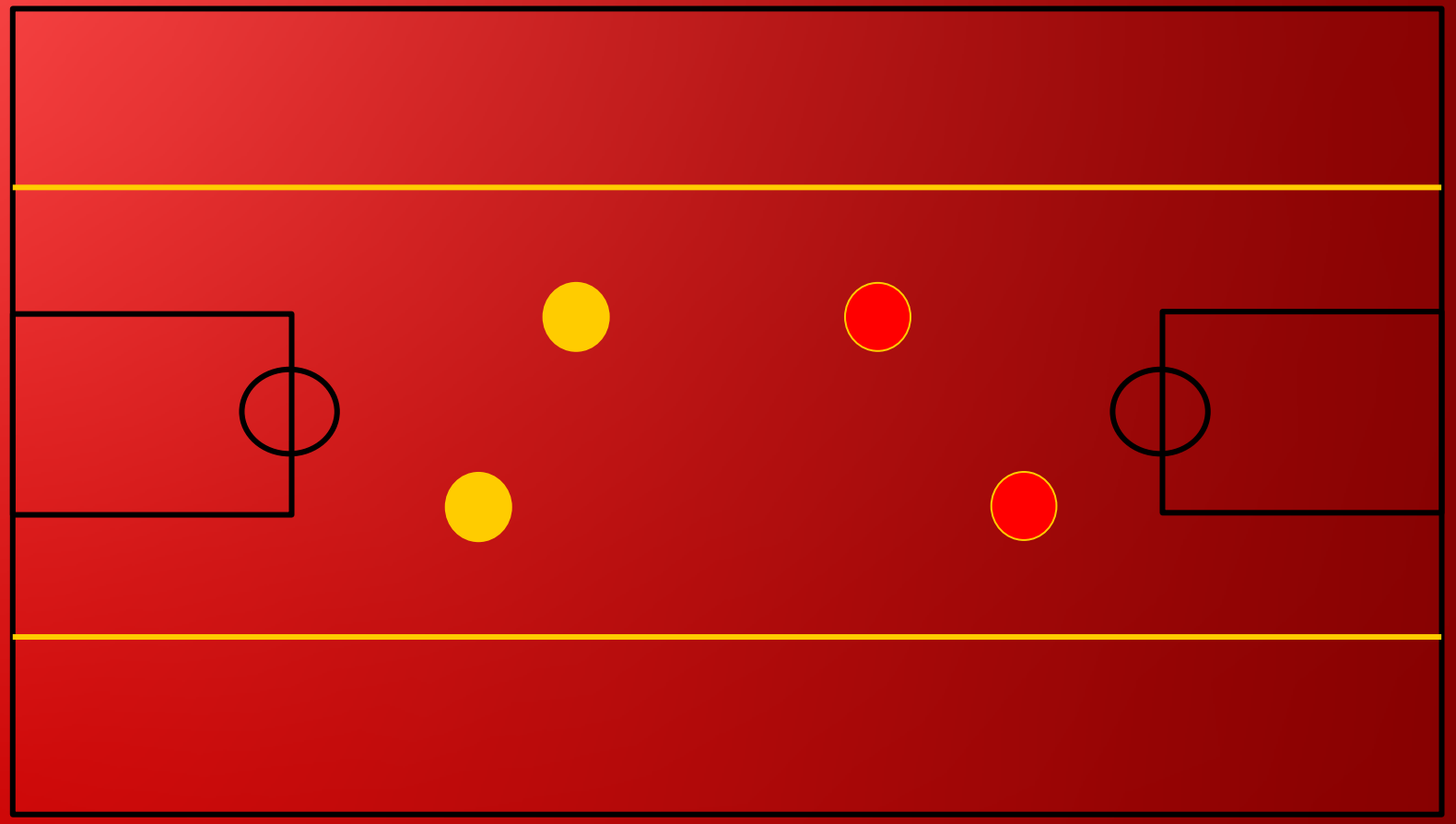

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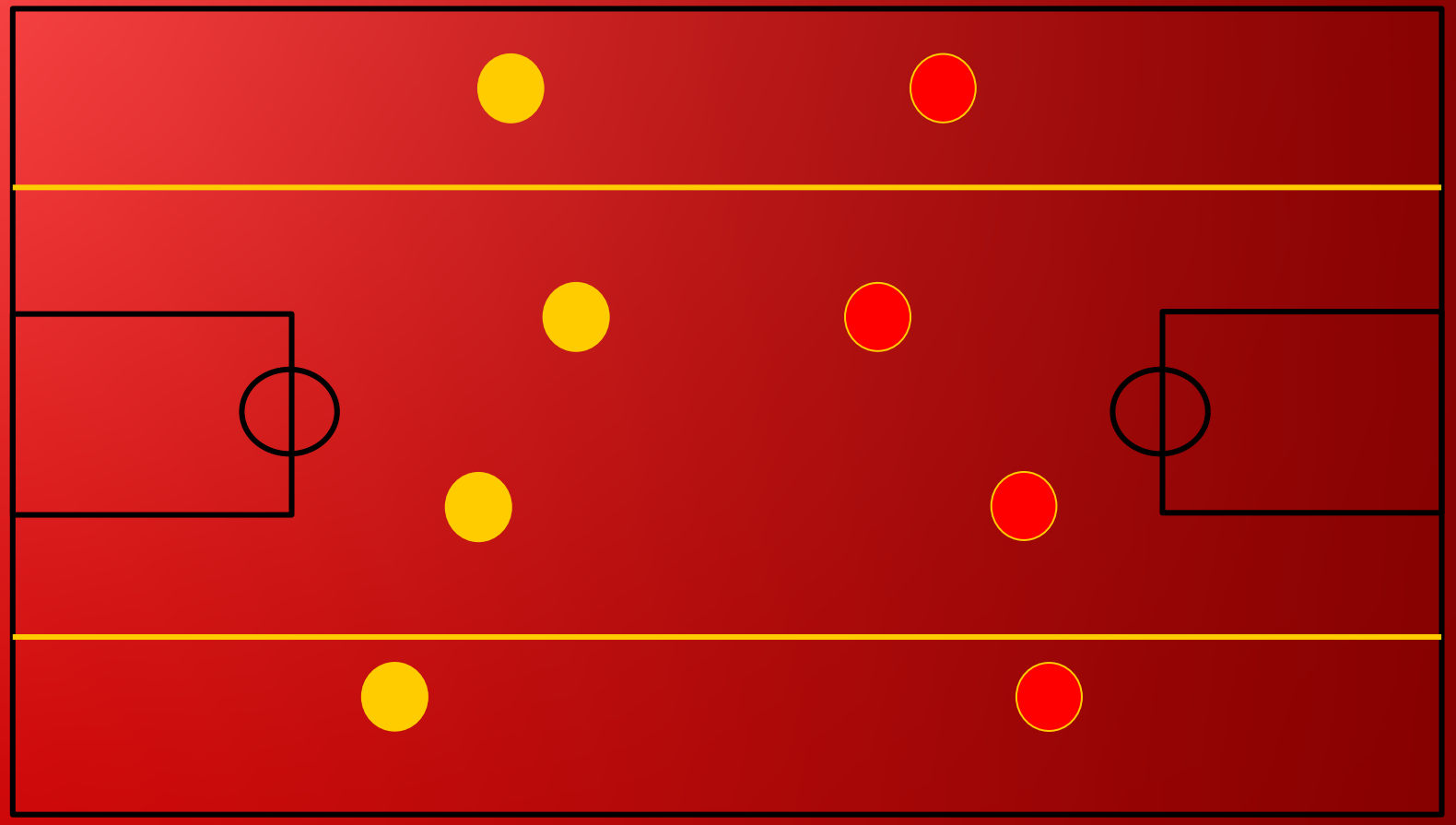

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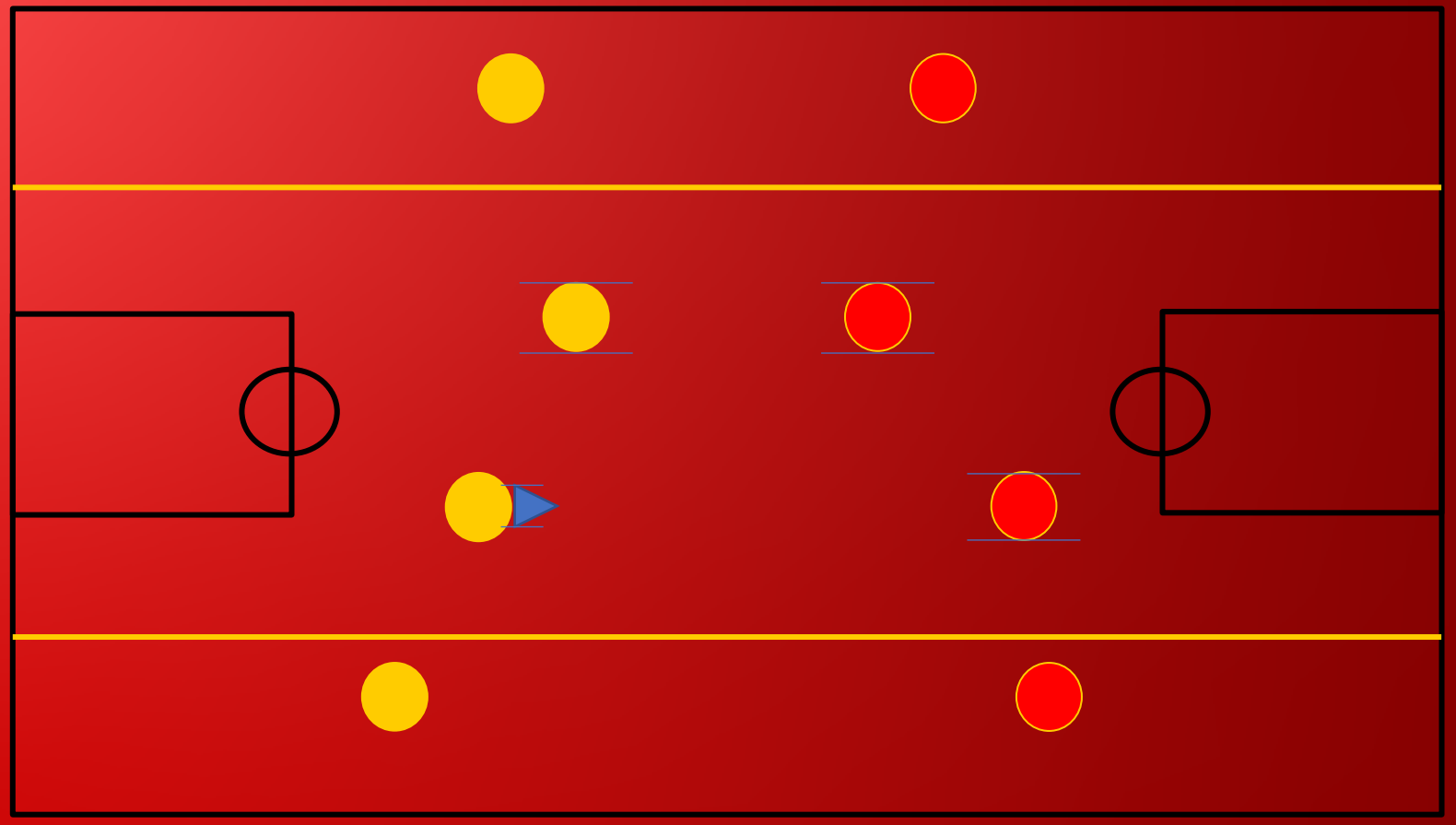

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SPACE summary

- Space can be manipulated in many ways – the playing area, distance to targets and the gaps between players.
- Make use of the indoor and outdoor environment available to create and develop new challenges.
- Where space is limited, modify the game rules and the way people play.

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TASK

Different ways of performing the same task

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Table tennis progression



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TASK summary

- There is more than one way to perform any skill; utilise the specific abilities of every athlete.
- Challenge athletes to perform tasks in the best way that they can. It is not only about the successful completion of a task, but also the quality of the technique/skill/performance.
- Task progressions are an effective means of developing skills. However, always ensure that athletes have proficiency in a specific task before moving to the next level.

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EQUIPMENT

Ways of using and adapting equipment

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EQUIPMENT summary

- Use the available equipment with imagination. Be creative!
- Non-sports equipment items can be employed.
- Utilise play and recreational kit to support conventional sports equipment.

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Improvised equipment: example – sound ball



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PEOPLE

How participants interact

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PEOPLE summary

- Encourage athletes to support and assist each other.
- Emphasise teamwork through the use of non-competitive, cooperative games (for example, as warm-ups, cool-downs)
- Provide opportunities for them to develop their leadership skills.

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STEP summary

Space

Task

Equipment

People

- STEP is an easy-to-apply adaptation tool
- It can be used to support inclusion across any activity and for any ability
- The STEP components can be used on their own or in combination

Think point

ALL sports coaches adapt and modify. Adapted physical activity merely extends this to include young people who have a wider range of abilities.

The STEP adaptation tool can be applied to help ensure the inclusion of ALL athletes for whatever reason; for example:

difference based on age, gender, ability/competence, interest.

Recommended reading:

Black K (2011). *Coaching Disabled Children in Sport*. In Stafford I, Coaching Children in Sport. Routledge

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Assessing the athlete

It’s helpful to make a regular assessment of athletes to determine:

- their functional ability
- general movement capabilities.

These factors change over time, due to growth, improvements or deterioration in impairments or after medical interventions.

Factors include:

Balance & positioning

Mobility & movement capabilities

Physical fitness

Sensory awareness

Basic skills

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Assessing the individual

These apply to athletes of all abilities/function

Positioning & balance

Assess (where applicable) in standing, standing with support, seated, seated with support, lying (on back/on front) positions.

- In these positions, can the athlete turn to either side to reach for an object; reach forward; reach back (above head where applicable).
- In which positions are the students most functional?
- No movement
- Uncoordinated movement
- Reduced function
- Moderate (or fair) function
- Very good function

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Assessing the individual

These apply to athletes of all abilities/function

Mobility & movement capabilities

Assess ALL the ways in which athletes move. For example, set a simple task (“Show me how many different ways that you can move.”)

- Athletes move in their preferred position and using their preferred way of travelling (ambulant/wheelchair/frame/sliding/crawling)

Travel from A to B – initially a short distance – using these methods:

- walking / travelling
- Walking /travelling more quickly
- Increasing the distance

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Assessing the individual

These apply to athletes of all abilities/function

Physical fitness

Strength – can athletes:

- lift head up front- and back-lying position;
- hold a weight when standing/sitting;
- push the weight upwards or outwards?

Cardiorespiratory function – can athletes:

- travel a distance without needing a rest (endurance);
- travel at speed over shorter distances (aerobic/anaerobic)?

Flexibility – can athletes:

- Touch different parts of their body with preferred hand or reach to touch an object held at different angles around them.

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Assessing the individual

These apply to athletes of all abilities/function

Sensory awareness

Sensitivity

- Enjoys visual/sound stimulation
- Mildly sensitive to visual or sound stimulation.
- Very sensitive to visual or sound stimulation

Vision

- Excellent - the main way that the athlete gets information; minimal or no reduction.
- Fair – some slight inhibition in vision.
- Poor – reliance on partial vision (for example, tunnel, peripheral).
- No vision.

Hearing

- Excellent - no reduction in hearing.
- Reduced – one side preferred, for example.
- Poor – reliance on hearing aids.
- No hearing.

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Assessing the individual

These apply to athletes of all abilities/function

Basic skills

Basic skills assessment can be generic or sports-specific.

Include:

- Moving/travelling with changes of direction (zig-zag slalom course, for example)
- Throwing/sending (a ball, bean bag or small implement)
- Catching/trapping a ball, bean bag or small implement
- Striking – using the hand, a small bat or racket, or a larger implement (for example, both hands holding a softball bat)

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Takeaways

Include!

Adapt!

Assess!

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There must be questions!



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Oguchi Onyewu

Former US MNT Soccer Player
Vice President of Sporting, US Soccer Federation

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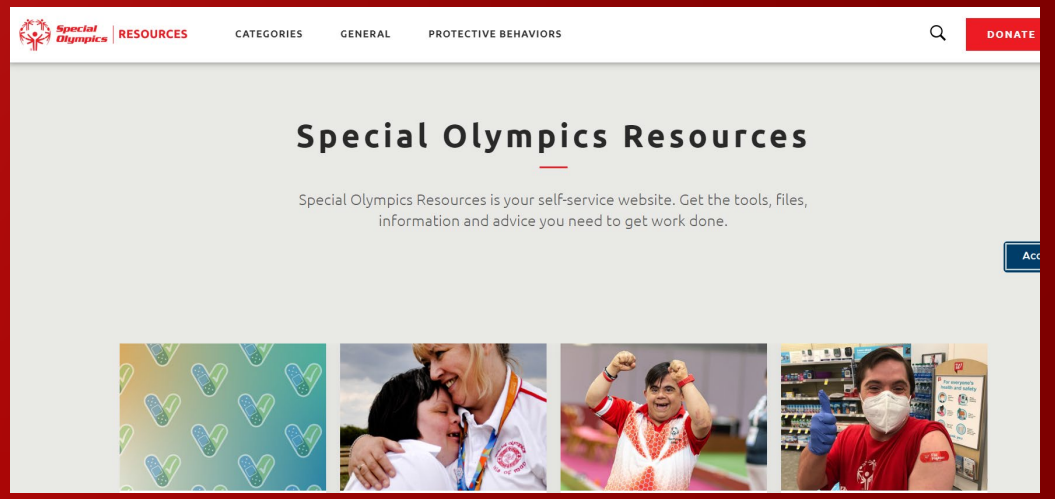
Resources

- Special Olympics offers fantastic resources for coaches to continue to learn and improve their coaching knowledge:
  - **Special Olympics Online Learning Portal**
  - **Special Olympics Sport Specific Resource Page**





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Special Olympics Coach Webinar Series 2023
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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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