



## Introduction

On behalf of Special Olympics International, THANK YOU for contributing your time and expertise. The knowledge you share with the course participants will make a significant impact on the lives of athletes with intellectual disabilities.

The Advanced Coach Volunteer Course offers an opportunity for coaches who are certified in floor hockey and who have gained at least one year's experience coaching a Special Olympics floor hockey team, expand their coaching knowledge. With the ever increasing demand to upgrade the sport of floor hockey, it is highly recommended that coaches also have attended and become certified as floor hockey officials. The course material is geared towards the coaching of average to higher abilities. The participating coaches should have already attended the Special Olympics Floor Hockey Volunteer Coach Course.

### Coaches should leave the training school with a clear understanding of the following:

- How to expand the effectiveness of a training program
- How to adapt drills to meet the needs of athletes with different ability levels
- Current rules of Special Olympics floor hockey
- How to prepare a team for competition
- Special Olympics Skills Assessment Tests (Individual Skills Contest)
- Mini-floor hockey drills/activities that can be used to teach the skills and tactics
- Key face-offs and how to teach them
- Chapter Floor Hockey Management Team

### Suggestions for Instructors

- **Review the Special Olympics Floor Hockey Coaching Guide.** It provides the necessary background to our coaching program.
- **Stay on schedule.** There is a lot of material to be covered, and it is easy to fall behind. Remember, this course is an overview. Encourage coaches to take additional coaching courses and continue their education.
- **Use team teaching.** Two instructors can bring different expertise to the course and also make this course more enjoyable for the participants. It is suggested that one instructor be a specialist in softball and the other in Special Olympics.

Your ideas on the course are welcomed. Please send any ideas for future improvement to the SOI Floor Hockey Director, Special Olympics International, 1133 19<sup>th</sup> Street N.W., Washington, D.C. 20036.



## Floor Hockey Volunteer Coach Training School

### **PART 1 Classroom Session (90 minutes)**

- 1.1 Welcome Introductions, and Course Overview
- 1.2 Training
- 1.3 Competition

### **PART 2 Activity Session (150 minutes)**

- 2.1 Proper Equipment
- 2.2 Review of New Recommendations for Proper Stretching
- 2.3 Teaching a Pre-Game Warm-Up Routine with Conditioning
- 2.4 Drill/Activity Design
- 2.5 Review of the Skills Assessment Tests (ISC)

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- 2.6 Basic Game Tactics/Principles
- 2.7 Review of Face-offs/Teaching Strategies

### **PART 3 Special Olympics Athletes Training Session (90 minutes)**

- 3.1 Group Warm-Up and Stretching
- 3.2 Stations
- 3.3 Scrimmage

### **PART 4 Classroom Wrap-Up (30 minutes)**

- 4.1 Review (Questions)
- 4.2 Quick Quiz
- 4.3 Certification Process and Application
- 4.4 Training School Evaluation

### **Materials**

- Course Agendas (one per participant)
- Special Olympics Floor Hockey Coaching Guide
- Other recommended coaching books/videos for display

### **Equipment**

- 1 stick, puck, shin guards, gloves, and helmet per participant
- 2 sets of goalie equipment (pads, waffle boards, helmet, glove, goalie stick)
- 12 plastic marker cones, 1 measuring tape, 1 roll of “safe” floor marking tape
- 2 stopwatches, 5 clipboards
- First-aid kit and water





**PART 1**

**Classroom Session**

(90 minutes – Approximately 10 minutes per session)

**1.1 Welcome, Introductions, and Course Overview [10 minutes]**

**1.2 Training [35 minutes]**

- **Overview of the Special Olympics Coaching Guide [5 minutes]**
  - Highlighting the sections that cover advanced athlete training
- **Coaching Resources [10 minutes]**
  - Effective use of assistant coaches
  - Partnerships with colleges, high schools, and youth teams
  - Family involvement and Home Training
- **Drill/Activity Design [10 minutes]**
  - Adapting activities to challenge athletes and develop their abilities
    - Individual, no pressure
    - Pressure of Space
    - Pressure of Time
    - Pressure of opponent
- **Open Discussion [10 minutes]**
  - Issues relating to challenges in training Special Olympics floor hockey players

**1.3 Competition [45 minutes]**

- **Preparation of Team for Competition [5 minutes]**
  - Highlighting the appropriate sections in the Coaching Guide
- **Special Olympics Rules Update [10 minutes]**
- **Basic Game Principles [15 minutes]**
  - Support the player with the puck; play position hockey; play safe around goal.
  - Take risks in attack (fully utilize defense).
  - Use the wings to create width in the attack.
  - Shoot whenever a good opportunity presents itself.
  - Stress the importance of conditioning and second effort.
- **The Halftime Talk [10 minutes]**
  - Observing the game” how to prepare notes to use at halftime; how to provide useful feedback to individual players
- **Open Discussion [5 minutes]**
  - Issues relating to competition and divisioning



**PART 2**  
**Activity Session I**  
(90 minutes)

**2.1 Proper Safety Equipment**

- Helmets with face masks
- Gloves
- Shin guards
- Full uniforms

**2.2 Review of New Recommendations for Proper Stretching [15 minutes]**

- Demonstrate stretches that do not put strain on the joints

**2.3 Teaching a Pre-Game Warm-Up Routine with Conditioning [15 minutes]**

- Jogging with sticks and pucks
- Stretching exercises
- Semi-circle shooting (one at a time)
- Breakaway shots

**2.4 Drill/Activity Design [30 minutes]**

- Design drills for specific plays.
  - Shooting
  - Defense; position and player movement
  - Passing
  - Show “Ringette Goaltending” Video

**2.5 Review of the Skills Assessment Tests (ISC) [30 minutes]**

- Coaches should conduct these tests/events at the beginning of the season and again before going to a major competition. *(Test scores are required by most Chapters to help pre-division teams.)*
- Demonstrate each test/event. (See the Special Olympics Floor hockey Rules.)
  - Shoot around the goal
  - Passing
  - Stickhandling
  - Shoot for accuracy
  - Defense



**PART 2**  
**Activity Session II**  
(60 minutes)

**2.6 Basic Game Tactics/Principles [45 minutes]**

Utilize a controlled scrimmage. Demonstrate the game principles introduced in the classroom session. Show coaches how to “freeze” the play to help a player see the game. Also use simple demonstrations and “**Key Words**” to teach basic game principles.

- Support the player with the puck.
- Play safe from behind the net.
- Take risks in attack.
- Use the wings to create passing lanes.
- Shoot whenever a good opportunity presents itself.
- Emphasize defense. Play position hockey.
- Assume the proper direction during face-offs.

**2.7 Review Face-Offs/Teaching Strategies [15 minutes]**

- Face-Offs
  - In the defensive zone
  - In the offensive zone
  - Forward in “the slot”
- Defense
  - Protect the puck.
  - Defense the attacker.
  - Force the play to the outside.
- Offense
  - Shoot for the corners.
  - Lift the puck.
  - Shoot early.





**PART 3**  
**Special Olympics Athletes Training Session**  
(90 minutes)

**3.1 Group Warm-up and Stretching** [15 minutes]

- Review a pre-game warm-up and stretching routine.

**3.2 Stations** [3 x 15 minutes]

- Forming three groups of six is ideal.

#1 Perform the Skills Assessment Tests/ISC (*Shoot Around the Goal; Passing; Stickhandling Shoot for Accuracy; Defense*).

#2 Use a drill or activity to teach a skill (*Passing: 2-on-1 Breakaway*).

#3 Play a small-sided game to teach a game principle (*4-0n-2 to teach support and movement*).

**3.3 Scrimmage and Cool-Down** [30 minutes]

- Play a game or a mini-tournament; use line rotations
- Coaches can play with athletes





**PART 4**  
**Classroom Wrap-up Session**  
(30 minutes)

**4.1 Review Questions** [10 minutes]

**4.2 Quick Quiz** (see following page) [10 minutes]

- Ask coaches to complete the Quick Quiz.
- Provide the answers to each question.
- Coaches grade their own quiz.

**4.3 Certification Process and Form** [5 minutes]

- Ask coaches to fill out the first part of the certification form.
- The Area Training Director or equivalent Special Olympics representative should keep these forms until the coaches have completed their 10 hours of practicum, at which point the forms will be completed and mailed to SOI. Each coach shall receive a SOI Volunteer Coach Certificate, Special Olympics path for the sport, and letter from Mrs. Shriver (SOI Founder and Honorary Chairperson). In addition, each coach will be placed on the SOI coaches' mailing list and will receive the *Coaches Quarterly*.

**4.4 Training School Evaluation** [5 minutes]

- Coaches complete the course evaluation and return it before leaving the training school. (See attached form.)





Quick Quiz

1. Three ways of expanding your coaching resources are \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.
2. Six basic principles that can improve team play include:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
3. A pre-game warm-up routine might contain the following activities that stress conditioning and effort:  
\_\_\_\_\_  
\_\_\_\_\_
4. When teaching effective passing, one way to introduce the positioning of a player is \_\_\_\_\_.
5. Instead of a coach shouting instructions and comments to players in a training game, a coach should select appropriate times to \_\_\_\_\_ the play and help players to make improvements.
6. The five Special Olympics Floor Hockey Skills Assessment Tests (Individual Skills Contest) used to help pre-division teams for Special Olympics competition are \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.
7. For player of lower ability, the simplest instructions for a face-off are \_\_\_\_\_.
8. A coach's number one priority is \_\_\_\_\_.
9. Three ways the above priority is realized are \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.
10. Championships are won by a team \_\_\_\_\_.





**Quick Quiz  
Answers**

1. Three ways of expanding your coaching resources are **assistant coaches, partnerships with colleges and high schools, and home training with families.**
2. Six basic principles that can improve team play include:  

<b>Support the player with puck</b>	<b>Fully utilize the defense</b>
<b>Play position hockey</b>	<b>Use your wings</b>
<b>Take risks in attack</b>	<b>Shoot whenever you have a good opportunity</b>
3. A pre-game warm-up routine might contain the following activities that stress conditioning and effort:  
**Jog with sticks and pucks, perform stretching exercises, perform progressive breakaway shots, and perform semi-circle shooting (one at a time).**
4. When teaching effective passing, one way to introduce the positioning of a player is **concrete examples such as a pizza.**
5. Instead of a coach shouting instructions and comments to players in a training game, a coach should select appropriate times to **“freeze”** the play and help players to make improvements.
6. The five Special Olympics Floor Hockey Skills Assessment Tests (Individual Skills Contest) used to help pre-division teams for Special Olympics competition are **Shoot Around the Goal, Passing, Stickhandling, Shoot for Accuracy, and Defense.**
7. For player of lower ability, the simplest instructions for a face-off are **two players on the circle and sweep puck out of the circle.**
8. A coach’s number one priority is **the health and safety of athletes**
9. Three ways the above priority is realized are **have a copy of each athlete’s current medical form present at all practices and games, stress the importance of the rules (hands on sticks; tips on floor), and play with the proper equipment.**
10. Championships are won by a team **whose athletes play together and who plays good defense. Together Everyone Achieves More (TEAM).**