

Winter Combine In-Person Practice Plan

Time	Session	Activities/Equipment Needed	Coach/Role
10-min	Dynamic Stretching Routine/Warm-Up	https://www.specialolympicsva.org/sports/health-and-fitness-dynamic-stretching	1 per station/focus on form
12-min rotation	Station #1	Exercises: Ball Tap & Burpees Equipment: Stopwatch, Clipboard, Scorecards, Pen, (2) Balls	1 per station/count and record scores
12-min rotation	Station #2	Exercises: High Knees, Cone Jumps, Push-ups Equipment: Stopwatch, Clipboard, Scorecards, Pen	1 per station/count and record scores
12-min rotation	Station #3	Exercises: Jumping Jacks, Mountain Climbers Equipment: Stopwatch, Clipboard, Scorecards, Pen	1 per station/count and record scores
6-min	Static Stretching/Cool-Down	https://drive.google.com/file/d/1BGOzGc95ZWsD_VbdjEptHKG1eQcfD-8k/view?usp=sharing https://drive.google.com/file/d/1kRTRCnjAnbx7nCLWS9AaBY_g2xx7ywFJ/view?usp=sharing	1 per station/count and record scores

***There should be no more than a total of 10 athletes/coaches in any activity station.**

***Warm-up should be conducted with athletes/coaches in their 1st station.**

***Cool-down should be conducted with athletes/coaches in their 3rd station.**