

Fall Combine Virtual Practice Plan

Time	Session	Activities/Equipment Needed	Coach/Role
10 min before practice starts	Arrival time	Zoom link open	Admit athletes/partners into the Zoom meeting from waiting room
10 min	Team Share	Go around room and each team member responds to question of week (also equipment check* and technology check)	Makes sure each team member has equipment and find out if anyone needs a "counting" partner.
5 min	Team Stretch	Led by assigned stretching captains: Neck rolls, Arms across, arms behind head, arm circles, touch your toes, down to the right, down to the left, butterfly	Assigns groups and designates "counting" partner from opposite group for those that need it
2 min	Group Assignment	None	Informs team members of their group number, 1 or 2
20 min	Workout Stations 1-4	<u>Exercises:</u> Ball Tap, High Knees, Jumping Jacks <u>Equipment:</u> Stopwatch, Clipboard, Scorecard (first and last week), Pen	Announces what exercise is being done and what group is up. Group 1 goes first, Group 2 rests and counts. Then we switch. Coach keeps time.** (Announce 30 sec, 10 sec, 5 sec, STOP). Record scores***
2 min	Water Break	None	
20 min	Workout Stations 5-9	<u>Exercises:</u> Burpees, cone jumps, mountain climbers, push-ups <u>Equipment:</u> Stopwatch, Clipboard, Scorecard (first and last week), Pen	Announces what exercise is being done and what group is up. Group 1 goes first, Group 2 rests and counts. Then we switch. Coach keeps time.** (Announce 30 sec, 10 sec, 5 sec, STOP). Record scores***
6-min	Cool down Stretch/Team Break Down	Stretching captain leads Everyone puts their hand up to screen - 3, 2, 1 Special Olympics Virginia	Provide any announcements for next practice

*Equipment needed per person: 2 cones/markers, measuring tape

**If coach is also a participant, then assign a team member from the opposite group to keep time

***With a small group, I would just have them verbally tell me their result. If the group is large you could have them type it in the chat

If you have a really big team, you could probably use the breakout feature for the exercise part and have captains in each breakout room serve the role of the coach.