



I AM A FIT ATHLETE



Date: 9/18/20

Practice focus: Perfecting basics of bump, set and underhand serves; increase length of volleying time

Warm Up

15 minutes

Aerobic

Laps around the court:

- 2 brisk walk
- 2 jogging
- 2 jog short side and side shuffle long side of court

Dynamic Stretches

Athletes in large circle, 10 each:

- High knee march
- Butt kicks
- Torso twists
- Large arm circles forward
- Large arm circles backwards
- Alternating toe touch

Basics and Conditioning

Athletes complete stations in groups of 4, 2 sets of:

- Keep ball in the air for 10 passes (practice calling names)
- 10 frog jumps
- 3 box agility drills

Transition: Team jogs to water bottles to grab a quick drink, Coach Joe explain drills and skills stations. Athletes stay in their groups from WU (5 min)

Drills/Skill Building

25 minutes

Stations:

1—Coach Joe monitors Bump and Set technique:

2 balls—groups split and practice bump to set, each pair gets a ball. Player 1 tosses to player 2. Player 2 Bumps and Player 1 sets. Repeat with Player 2 tossing to Player 1. If pair is doing well, encourage initial tosses slightly to the right or left to work on reacting to the ball.

2—Coach Don work on underhand serve technique

2 balls—2 players each side of the court. Players focus on underhand serve, other side practices ready position and run to ball.

Switch after each serve. Work on high # reps.

3—Coach Sue guides conditioning: 2 sets of:

- 30 sec wall sit
- 10 wall push ups
- 10 curl ups
- 10 x ready position to short sprint--left right center (coach's choice)

Notes: Try to really prioritize ball touches in station 1 & 2. Coaches praise good form, and wait to correct poor form if it's actually a trend.

Transition: Jog to water break, each coach gives high level feedback on stations go over directions for game play (5 min)



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Game Play

15 minutes

3v3 half court games—no net.

- Practice underhand serves
- Try to use bump to set to get the ball back to other team
- Practice no more than 3 touches per side rule
- Main focus is trying to keep the ball in the air as long as possible.
- No points
- Switch teams after 7 minutes.

Team 1: Tom, Sara, Steve

Team 2: Reena, Mary, Kyle

Team 3: Jon, Rosie, Eva

Team 4: Mohammad, Reggie, and Kate

Notes: Do not stop games for form issues—let players work on reacting to the ball and building stamina for game play. Only provide visual and verbal cues initially for players who need them. Praise proper form.

Cool Down:

5 minutes

Tom leads stretching today! Tom leads 7 of his favorite stretches. Group counts to 20 to time each stretch.

Fitness Lesson of the Day: Importance of drinking water before, during, and after practice. Talk about signs of dehydration on p 28 of Fit 5 Guide (5 min)

Tips/Reminders for Athletes: Weekly challenge: 1-who can drink less than 3 sodas this week? 2-start use Fit 5 tracker for water—best tracking get to lead cool down next week

Ask athletes to practice their Fitness Card exercises (wall push-ups, curl-ups, wall sits) at least 2x 10 reps before next practice—email athletes and caregivers reminder with URL to videos
