



Special Olympics  
Young Athletes

# Session 8

## SKILLS FOCUS:

- DRIBBLING
- SKIPPING
- BALANCE



## Equipment Required:

- An open playing area
- Selection of cones
- Spot markers
- Bean bags
- Hula Hoops
- Basketballs for each athlete
- Obstacle course equipment
- Parachute
- PECS Cards (Optional)

This project is being run by **Special Olympics Ireland** in collaboration with the **School of Health and Human Performance in Dublin City University**.

Each Session is  
**45 minutes** in length.

At the end of the session plan you will be asked to **tick off the activities you managed to complete each week.**



**Special  
Olympics**  
Ireland

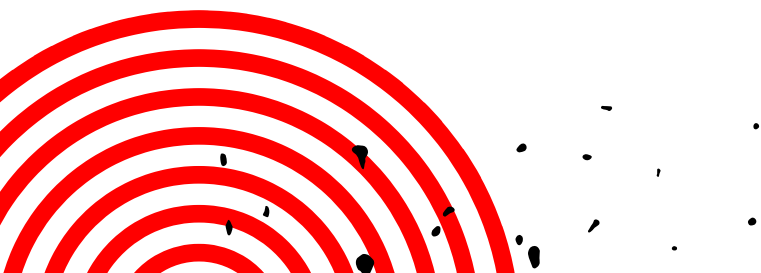


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# Warm Up - Body Parts

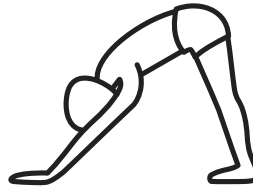
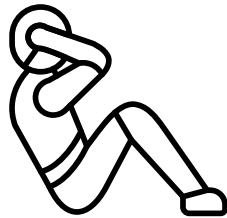
## Description of Activity

Invite athletes to move freely around the playing area, the coach calls out different movements e.g. running, side stepping, skipping, hopping, jumping. When the coach calls out a body part (for example knee), the athletes must freeze and balance with that body part touching the floor. The coach demonstrates and participates in this activity to model the balance positions for the athletes.



Knee

Bum



Hands

Elbow



## Skills in Focus

Run  
Balance  
Skip  
Jump  
Hop

## Duration

5 minutes

## Equipment

- An open playing space
- PECS cards (Optional)

## Variations

Ask the athletes to suggest a body part that must touch the floor to challenge their balance skills.

## Observations

During this activity, look at the athletes movements when they are practicing the locomotor skills. What position are their arms in? Are they moving in opposition to each other? Are their knees swinging forward when hopping? Can they skip for four consecutive skips?

# Learn to Skip - Skipping (Recap Week 7)

## Description of Activity

Athletes find a space in the open playing area. Coach demonstrates the skill of skipping to the athletes and asks them to join in, letting the athletes practice for a few minutes. Coach uses the two coaching cues for the skip below. Athletes get the opportunity to practise skipping in a variety of different ways, using the following prompts:

- Try to skip like a giant, a fairy, a clown, a toy soldier
- Try to make yourself very small and skip around
- Try to skip as tall as you can be
- Try to skip forwards, sideways, backwards
- Try to skip angrily, happily, sadly
- Try to skip slowly, fast



**Skills in Focus**  
Skip

## Duration

5 minutes

## Equipment

- An open playing space
- PECS cards (Optional)

## Adaptations

- Ask a parent or volunteer to assist athletes with this activity by holding their hand for extra balance and support while skipping.

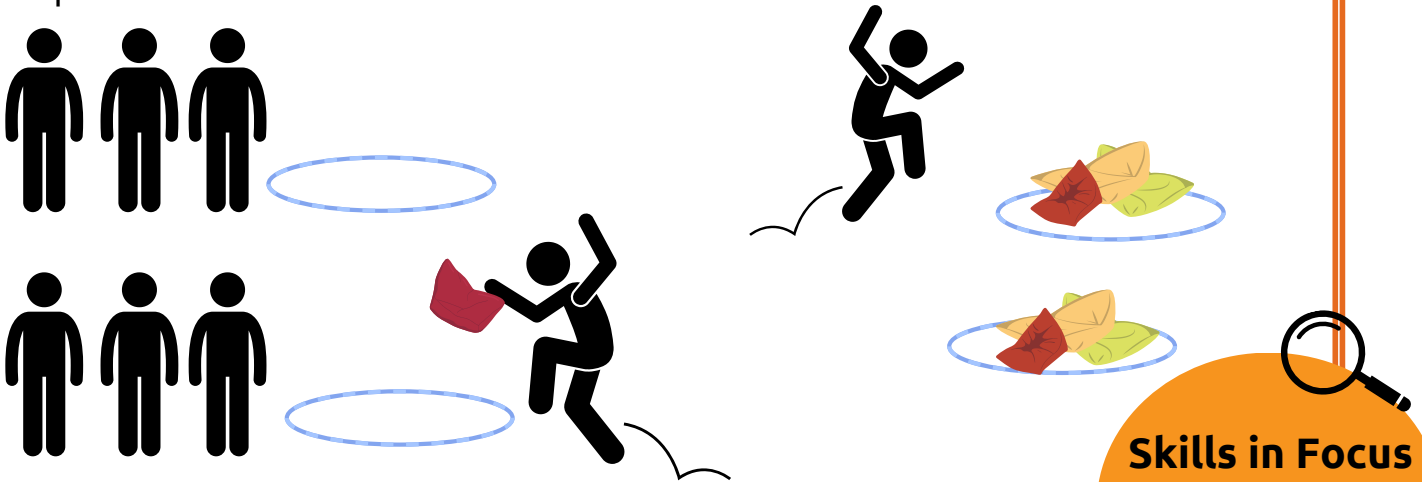
## Coaching Cues

- *Step and hop* - Encourages the athlete to take a step forward followed by a hop on the same foot.
- *Swing your arms* - Reminds the athlete to move their arms in opposition to their legs to help propel them forward during the movement.

# Relay Race - Skipping (Recap week 7)

## Description of Activity

The coach arranges athletes into groups of 4-5. Set out a large playing area approximately twenty metres long with a hoop per group at either end. Each hoop contains four beanbags. All athletes must start behind their hoop. The aim of the activity is for the first athlete in each group to skip to the hoop, take a beanbag, skip back with it and place it in their own hoop. Once the beanbag hits the ground in their own hoop the next athlete can go. The first group to have six beanbags in their hoop wins.



**Skills in Focus**  
Skip

## Duration

5 minutes

## Equipment

- An open playing space
- Hula Hoops
- Bean Bags
- PECS cards (Optional)

## Adaptations

- Ask a parent or volunteer to assist athletes with this activity by holding their hand for extra balance and support while skipping.
- Alternate the skill of skipping for other locomotor skills including running, hopping, jumping.

## Coaching Cues

- *Step and hop* - Encourages the athlete to take a step forward followed by a hop on the same foot.
- *Swing your arms* - Reminds the athlete to move their arms in opposition to their legs to help propel them forward during the movement.

# Try To ... - Dribbling

## Description of Activity

Each athlete stands on a spot marker on the floor and is given a basketball which they can dribble. The coach demonstrates the position of the athletes hand (not slapping) and how to dribble the ball, using the coaching cues below. The coach asks the athletes to stand on the spot and try to bounce or dribble the ball:

- With one hand,
- With the other hand
- Below the height of their knees
- Between their legs
- To waist height

Give athletes an opportunity to practice and reinforce this skills.



**Skills in Focus**  
Dribble

## Duration

7 minutes

## Equipment

- An open playing space
- Basketball / Ball which bounces easily
- PECS cards (Optional)

## Adaptations

- Athletes can work 1:1 with a volunteer or parent for this activity if they need additional support.
- If the athletes can successfully dribble the ball in a stationary position, challenge the athletes to walk while dribbling.

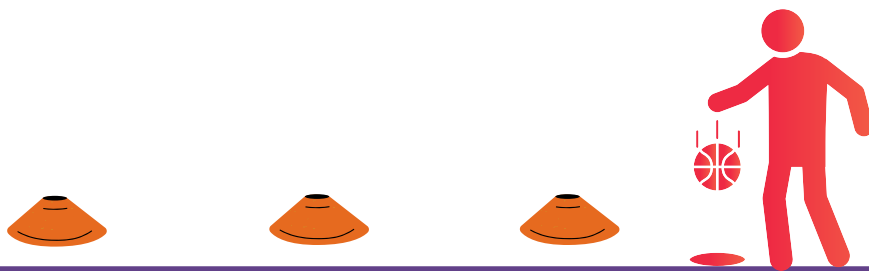
## Coaching Cues

- *Fingers spread wide* - Encourages athletes to push the ball with their fingertips, rather than slapping at the ball. Fingers are spread open but relaxed.
- *Keep the ball by your side* - Ensures athletes are bouncing the ball at or below waist level when in a stationary position.

# Bounce, Bounce - Dribbling

## Description of Activity

Arrange the athletes in small groups, with each group lining up behind a cone at one end of the playing area. The coach gives each group one basketball. The first athlete in each group dribbles the ball up to the first cone and back, then the next athlete in the group follows suit. Each time it gets back to the first person in the group they have to dribble to the next furthest cone and back. This continues on for a distance of 3-4 cones



**Skills in Focus**  
Dribble

## Duration

8 minutes

## Equipment

- An open playing space
- Cones
- Basketball / Ball which bounces easily
- PECS cards (Optional)

## Adaptations

- If athletes are struggling to dribble the basketball correctly, do not move onto the game of dribbling while moving. *Keep the athletes stationary* and continue to practice dribbling on the spot for 8 minutes.

## Coaching Cues

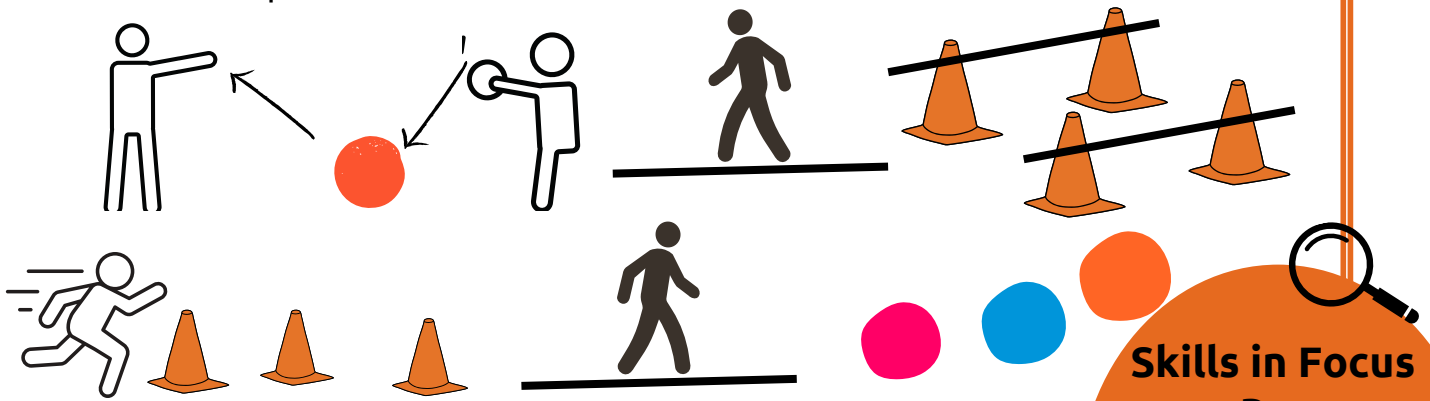
- *Fingers spread wide* - Encourages athletes to push the ball with their fingertips, rather than slapping at the ball. Fingers are spread open but relaxed.
- *Keep the ball by your side* - Ensures athletes are bouncing the ball at or below waist level when in a stationary position.

# Obstacle Course

## Description of Activity

Athletes take turns to complete the obstacle course which targets and reinforces a range of different fundamental movement skills.

- Run for 1-2 meters then in and out of the cones
- Walk heel to toe on a line for 6 steps with hands on hips
- Single leg hop across the spot markers
- Crawling under the hurdles
- Walk heel to toe on a line for 6 steps with hands on hips
- Coach / Volunteer bounce passes ball to athlete who must catch the ball and bounce pass it back



### Skills in Focus

Run  
Balance  
Hop  
Crawl  
Catch

## Duration

10 minutes

## Equipment

- An open playing space
- Cones
- Line on ground
- Hurdles (Cones and poles)
- Spot Markers
- Soft ball

## Adaptations

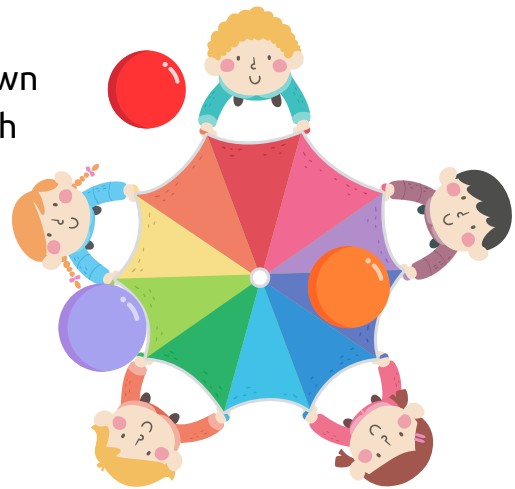
- Use different equipment to make the course easier or more challenging depending on the athletes ability.
- Tell athletes a story as part of the obstacle course, e.g. that they are trekking through the jungle or have landed on another planet that they are exploring.

# Cool Down - Parachute Activity

## Description of Activity

The coach and volunteers open up the parachute and invite athletes to find a space and hold onto the handle. The coach starts by asking athletes to move the parachute slowly up and down, then really fast up and down. This is repeated a couple of times. Volunteers help throw some soft balls into the middle of the parachute and the athletes move the parachute to make the balls fly into the air.

After a few minutes when all of the balls are thrown from the parachute, all the athletes lie underneath and take deep breaths to relax before the session finishes. Volunteers and parents move the parachute gently up and down.



## Duration

5 minutes

## Equipment

- An open playing space
- Parachute
- Soft balls
- PECS cards

## Variations

- *Merry-Go-Round:* Have athletes turn sideways and hold onto handle with their left hand. Everyone walks in a circle to create a merry-go-round. Get athletes to march, skip or hop in a circle.
- *Mushroom:* Have all athletes hold onto the parachute, raise the handle above their heads and then pull it down quickly so everyone is underneath forming a 'mushroom'. Repeat this a few times.





# Session 8

## SKILLS FOCUS:

- DRIBBLING
- SKIPPING
- BALANCE



**Please circle the activities you completed in Session 8:**

Warm Up

Skipping Skill

Skipping Game

Dribbling Skill

Dribbling Game

Obstacle Course

Cool Down

## Session Notes

**What went well:**

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**What didn't work as well:**

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**Targets for next session:**

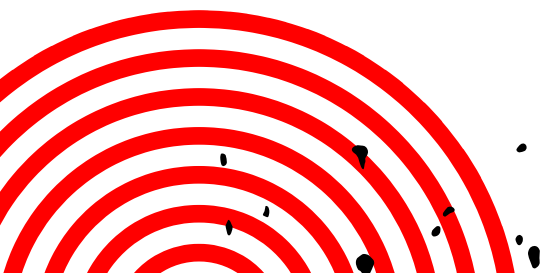
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Special Olympics  
Young Athletes

# Session 8

## VIDEO LINKS



**To view a demonstration of each activity  
and game outlined in Session 8,  
please click on the relevant link below:**

### **Body Parts Warm Up video**

[https://drive.google.com/file/d/12LtzPgvqr9Glo4x3UIUZUKEHq8GuYrsC/view?usp=drive\\_link](https://drive.google.com/file/d/12LtzPgvqr9Glo4x3UIUZUKEHq8GuYrsC/view?usp=drive_link)

### **Learn to Skip video**

[https://drive.google.com/file/d/1FFZ\\_2KjN5QOHAGbf\\_UxrdBix-15Dy2HY/view?usp=drive\\_link](https://drive.google.com/file/d/1FFZ_2KjN5QOHAGbf_UxrdBix-15Dy2HY/view?usp=drive_link)

### **Relay Race Skipping video**

[https://drive.google.com/file/d/1kGZmHbFykGTVbplMAHBrqXaaYfjppqAS/view?usp=drive\\_link](https://drive.google.com/file/d/1kGZmHbFykGTVbplMAHBrqXaaYfjppqAS/view?usp=drive_link)

### **Try to Dribbling video**

[https://drive.google.com/file/d/1jhKeGCOBB4j5LNEPnIm4KeLiMyrhkVU/view?usp=drive\\_link](https://drive.google.com/file/d/1jhKeGCOBB4j5LNEPnIm4KeLiMyrhkVU/view?usp=drive_link)

### **Bounce Bounce video**

[https://drive.google.com/file/d/13RFNtOZS3XsK9iT8\\_zptiOfE8xTA204w/view?usp=drive\\_link](https://drive.google.com/file/d/13RFNtOZS3XsK9iT8_zptiOfE8xTA204w/view?usp=drive_link)

### **Obstacle course video**

[https://drive.google.com/file/d/1ilw8SSzuf1ZYCdWN5rUuAtq210BUPQJJ/view?usp=drive\\_link](https://drive.google.com/file/d/1ilw8SSzuf1ZYCdWN5rUuAtq210BUPQJJ/view?usp=drive_link)

