

Sample 8-Session Training Plan

Each individual entering a Special Olympics Texas competition shall participate in at least 8 sessions of training and preliminary competition before the culminating event. This plan must include at least 2 competitive experiences (games, meets, tournaments, etc.). The suggested guidelines listed below follow 90-minute training sessions. These are minimum standards. Athletes will benefit from more frequent training and/or additional competition opportunities when possible.

Pre season you will need to recruit athletes, complete the athlete enrollment medical release forms, plan and complete coaching staff and family meetings, as well as plan uniform and equipment purchases.

Session 1

Orientation (10 minutes)
Warm Up (15 minutes)
Skill Development (30 minutes)
Scrimmage/Trial (15 minutes)
Conditioning (15 minutes)
Closing/Cool Down (5 minutes)

Session 2

Welcome (5 minutes)
Warm Up (10 minutes)
Skills Test/Preliminary Scores (60 minutes)
Conditioning (10 minutes)
Closing/Cool Down (5 minutes)

Session 3

Welcome (5 minutes)
Warm Up (10 minutes)
New Skills (15 minutes)
Skill Development (30 minutes)
Scrimmage/Trial (15 minutes)
Conditioning (15 minutes)
Closing/Cool Down (5 minutes)

Session 4

Welcome (5 minutes)
Warm Up (10 minutes)
New Skills (15 minutes)
Skill Development (15 minutes)
Scrimmage/Trial (30 minutes)
Conditioning (10 minutes)
Closing/Cool Down (5 minutes)

Session 5

Welcome (5 minutes)
Warm Up (10 minutes)
Competition (70 minutes)
Closing/Cool Down (5)

Session 6

Welcome (5 minutes)
Warm Up (10 minutes)
New Skills (15 minutes)
Skill Development (15 minutes)
Scrimmage/Trial (30 minutes)
Conditioning (10 minutes)
Closing/Cool Down (5 minutes)

Session 7

Welcome (5 minutes)
Warm Up (10 minutes)
Competition (70 minutes)
Closing/Cool Down (5 minutes)

Session 8

Welcome (5 minutes)
Warm Up (10 minutes)
Skills (15 minutes)
Scrimmage/Trial (30 minutes)
Review/Cool Down (30 minutes)