



***Special  
Olympics***  
*Ontario*

FUNDAMENTALS ACTIVITIES

# SOCCER

## DRIBBLING (6 minutes)

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- Explain that dribbling is controlling the ball with the feet and is the skill that allows you to move the ball around the field.
- Demonstrate moving the ball forward with one foot and have each athlete follow your movements.
- Switch to two feet.
- Set out 3 cones and have the athletes line up one behind the other and move around each pylon with their feet. Once they reach the end of the pylons, have them go to the back of the line.
- Try to have them keep the ball no further than 1 metre ahead of them. Try to discourage them from kicking the ball.

## CIRCLE PASSING (5 minutes)

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- Set athletes up in a large circle.
- Explain the importance of passing and using team members.
- Have athletes pass a ball to other athletes in the circle.
- To progress the activity, add another ball or place an athlete in the middle who tries to stop a pass from reaching a team member

## MINI GAME (5 minutes)

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- Explain that the basic idea of soccer is to kick the ball into the net of the opposing team.
- Set up nets using pylons or cones.
- Encourage the athletes to kick the ball towards the opposing net and to pass to their teammates.
- Ensure that each athlete has a chance to kick and pass the ball.
- Do not worry about goalies or have a volunteer play in the net.

## PASSING TO SCORE (5 minutes)

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- Explain the importance of passing. Stress looking where they are passing.
- The objective is to have the athletes pass the ball to each other until it reaches the athlete at the front who then shoots into a net or between two cones for a goal.
- Set up a net at one end of the gym and set the athletes up in a zigzag formation.
- Explain that each athlete must pass to the next athlete in front of him/her.
- The ball then moves through each athlete and, after receiving the ball, the front athlete shoots it into the net.
- The athlete who shoots the ball into the net then moves to the back and starts the process again with each athlete moving up a spot.
- Continue until each athlete has a chance to shoot into the net.
- To progress the game, include an additional ball.



## ADVANCED SOCCER SKILLS

### PUNTING

Encourage the athlete to practice balancing on one leg, with their kicking leg in the air in front of their body and their arms out to the sides. Then, have the athlete swing their leg backward and forward. Have the athlete hold a ball in both hands, drop it when the leg is back and kick it by swinging the leg forward.

### RED LIGHT, GREEN LIGHT WITH A SOCCER BALL

When 'Green' is called out, athletes must try to dribble the ball and keep it close to their feet. When 'Red' is called, athletes must try to stop the ball by trapping it with their foot. This will help build the skills of changing speed and dribbling control.

# BASKETBALL

## INTRODUCTION TO BASKETBALL (6 minutes)

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- Explain that basketball is a team sport played on a basketball court with 2 nets.
- Explain that the objective of the game is to move the basketball from your end of the court to the opposing team's end by passing to team mates or dribbling the ball.
- A point is scored when the basketball is thrown into the opponent's hoop. Be sure to show the athletes what the hoop is.
- Explain that team work is essential and that the main components of basketball are dribbling, passing, and shooting. Explain that these three elements will be the focus of the next 2 sessions.

## BOUNCY BALL (5 minutes)

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- Introduce the concept of bouncing or dribbling so that the athletes become familiar with a basketball and how it bounces.
- Each athlete has a basketball and practices dropping the ball and catching it with two hands after it has bounced off the floor.
- Have athletes try bouncing and catching with 1 hand.
- Have athletes try to bounce the ball off the ground twice in a dribbling manner before stopping.
- See how many times athletes can bounce the ball before losing control.



## **WALL BALL (4 minutes)**

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- The idea is to teach athletes about the movement of a basketball when bounced; it also helps with receiving.
- Provide each athlete with a basketball or, if there are not enough basketballs, divide the athletes into groups.
- Have them stand about 5 metres from the wall.
- Demonstrate how to pass the ball by bouncing it on the ground, letting it hit the wall, and then catching it as it bounces back.
- To progress the activity, move farther back from the wall or add tricks such as bounce the ball then clap your hands, then catch the ball or spin around and catch the ball.
- If there are not enough basketballs, have one athlete pass the ball and another receive it. Reverse the order a few times throughout the activity.
- Encourage the athletes to have fingers spread apart but hands together when catching and to always keep their eyes on the bouncing ball.

## **FUN GAME (5 minutes)**

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- For athletes to conceptualize the skills work in a game environment, play a very simple game using volunteers with Hula Hoops as nets or lowered basketball nets.
- Set volunteers 8 to 10 metres apart to form a basketball court
- Divide the athletes into 2 teams
- Explain that the idea is to dribble or pass the basketball to the opposing team's net and try to shoot the ball into the hoops for points.
- Do not focus too much on rules, but more on fun and working as a team.
- Provide lots of encouragement and ensure that all athletes have the opportunity to play with the basketball during the game.

### **ADVANCED BASKETBALL SKILLS**

#### **PASS AND SHOOT**

Have athletes stand in a circle and put a hoop in the middle. Encourage athletes to throw, bounce-to-pass, or pass the ball three times so that the third person ends up with the ball. They shoot into the hoop.

#### **DRIBBLE AND SHOOT**

Have athletes stand in a line in front of a hoop. When they have the ball, have athletes dribble three times, take a shot. Then, collect the ball from the hoop and then pass it to the next athlete in line.



# BOCCE

## GETTING A GRIP (5 minutes)

- Holding a Bocce Ball
- Pick up and bring to waist level
- Ensure ball is sitting in the palm of your hand.
- Ensure fingers are spread evenly across bottom of ball.
- Thumb is used to hold ball in place, not as a pressure point.
- Slightly close all fingers evenly around ball.
- Have the athletes toss the ball with no target.

### Teaching Cues

#### The Stance

**Hint:** Stand shoulder width apart, not too wide, not too narrow.

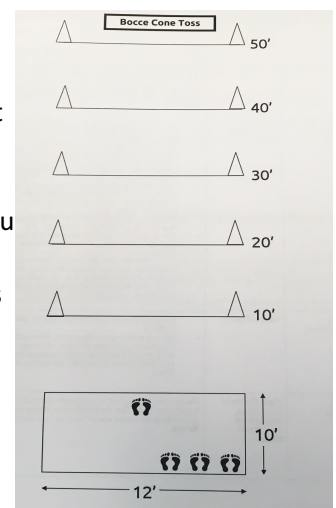
**Cue:** Make a triangle with your legs. The leg in front will correspond with the throwing arm.

## GRIP-HOP-STANCE-GO! (5 minutes)

- Have athletes stand in a circle with instructor in the center.
- Have all athletes grab a bocce ball and place it in front of them.
- Instructor will say “Grip” and athletes will bend down to grab the ball in the proper grip outlined above.
- The instructor says, “Hop” and athletes will hop up and down with the ball in grip.
- When the instructor says, “Stance” athletes will hop into the proper stance outlined above.
- When the instructor says “Stop” athletes will pause.
- When the instructor says “Go!” athletes will place the bocce ball at their feet and run until the instructor says “Stop” again.

## BOCCE CONE TOSS (15 minutes)

- Mark two or three 10 ft. X 12 ft. Squares with tape on the gymnasium floor
- Set up 10 cones in horizontal lines at various distances away from box you've created. 2 cones should be placed 12ft apart at 10ft, 20ft, 30ft, 40ft and 50ft. Tape should be placed from one cone to the other to help athletes judge distance across the court.
- Split athletes into two or three groups depending on how many squares you were able to make in the space available.
- Line athletes up one behind each other to take turns throwing at the cones
- Athletes should have four bean bags, or indoor bocce balls depending on wrist and arm strength.
- The first round each athlete will attempt to throw to the 10 ft. Cone, and then proceed to the 20ft, 30ft, 40ft and 50ft cones.
- Once they achieve all 5 levels proceed to the next activity.
- If athletes have difficulty stop the activity when athletes have pushed their ability to the maximum potential.
- GOAL: Athletes should be building on the stance and bocce ball holding skills.



## THE POINTING SHOOT (10 minutes)

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**The Pointing Shot** is played more as a gentle smooth shot. It is generally rolled, as opposed to being thrown/tossed, and is used to either gain a point or increase the number of points already held. This is in contrast to trying to displace other balls through forceful delivery. Have an athlete throw the pallina into each court you've set up. Once the pallina has been thrown, have athletes line up in groups of 4 in the front section of the bocce court. Athletes will take turns throwing into the court practicing their Pointing Shot.

## THE SPOCKING/HITTING SHOT (10 minutes)

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- This shot is played with the same motion as the pointing shot except that it is played with more force.
- Have the player swing the ball forward, and ensure the ball is being released in a smooth motion.
- Here the emphasis is to deliver the bocce ball with greater force than for a “Pointing” delivery.
- For the player to establish good speed through the final stage of delivery, he/she needs to start with the ball high in the back swing to gain force behind the ball.
- Ensure that the athlete is square to the target and keeps his/her eyes on the target to ensure an accurate shot.

## HULA HOOPS AND BEAN BAGS RELAY (15 minutes)

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Have athletes place 4 hula hoops in each court at varying distances past the half court line. Have athletes line up in the front box of the bocce court and shoot bean bags into the hoops while staying within the box—making sure their toes don't cross. This will be a relay style activity. Each team will have 4 athletes to replicate the amount of athletes that will be on each bocce team. Each student will have to toss 4 bean bags into 4 hula hoops. Once the student has tossed the next athlete will toss, until all 4 have completed the relay.

