



2024 Welcome Week Sport Challenges!

BASKETBALL – DAY 1

CHALLENGE 1:

SHOOTING FROM THE TOP OF THE KEY (TEAMS)

Equipment Needed:

- Basketballs (1 per play)
- Basketball hoop/net
- Stopwatch or timer
- Score sheet and pen

Set Up Instructions:

1. Position the players at the top of the key
2. Ensure there is a clear path and no players are allowed in the key area (the painted area under the basket) while shooting.
3. Divide the players into groups if needed, and allocate shooting times accordingly.

Scoring System:

- **Shooting Time:**
 - Each team has **5 minutes** to complete as many baskets as possible within the given time frame.
 - If you are shooting individually Each shooter is allowed **2 minutes** to shoot during their turn. The duration of each shooting period may be adjusted based on the number of players.
- **Scoring Rules:**
 - Players are **not allowed** in the key area while shooting. If a shooter steps into the key area, that basket **does not count**.
 - Each successful basket from the top of the key is worth **1 point**.
- **Points Calculation:**
 - Track the number of successful baskets each player makes within the allotted time.
 - Total points for each player = Total number of successful baskets made.
- **Score Tracking:**
 - Record the number of successful baskets each player makes and tally it up.

Special Olympics Ontario

65 Overlea Boulevard, Suite 200, Toronto, ON, M4H 1P1

Tel 416-447-8326 / 1-888-333-5515 Fax 416-447-6336

Web www1.specialolympicsontario.com/schools

Facebook/Instagram/X @SOOSchoolChamps

Registered Charitable Number - 11906 8435 RR0001

Created by the Joseph P. Kennedy Jr. Foundation for the benefit of persons with intellectual disabilities.



| | |
|---------------------------------------|--|
| # of Successful Baskets/ Total Points | |
| | |

Challenge 2:

MONKEY IN THE MIDDLE PASSING

1. Setup:

- Create a circle with 4-6 players (including one "monkey" in the middle).
- Use a soft ball or beanbag for the game.

2. Objective:

- The players in the circle pass the ball to each other while the "monkey" tries to intercept it.
- The "monkey" should use efforts to intercept the ball without physically contacting the other players.

3. Passing:

- The ball must be passed using underhand throws or tosses.
- Players should focus on teamwork and accurate passes.

4. Switching Roles:

- If the "monkey" successfully intercepts the ball, the player who last passed the ball becomes the new "monkey" in the middle.
- Ensure that all players get a turn being the "monkey."

5. Scoring:

- Points are scored based on the following:
 - **Successful Passes (5 points each):** Each time the ball is passed successfully to another player.
 - **Intercepted Passes (10 points each):** Each time the "monkey" successfully intercepts a pass.
- The game can be timed for **10 minutes**
 - *Note if you had multiple groups add all scores tother and divide by the number of people.*

| Successful Passes | Intercepted Passes | Total Points |
|-------------------|--------------------|--------------|
| | | |



CHALLENGE 3: BASKETBALL DRIBBLING DASH

Objective: To navigate through an obstacle course while demonstrating various dribbling skills, with points awarded based on successful completion and execution of bonus techniques.

Equipment Needed:

- Basketballs (2-4)
- Cones (for setting up the zig-zag obstacle course)
- Stopwatch or timer
- Score sheet and pen

Set Up Instructions:

1. Obstacle Course:

- Arrange cones in a zig-zag or a straight line formation as shown in the video.
- The course should start and end at clearly marked points, creating a clear path for dribbling.
- Adjust the spacing of the cones according to the skill level of the athletes

2. Activity:

- Students will dribble from one end of the course to the other, navigating through the cones.
- They will have **10 minutes** to complete as many trips through the course as possible.
- Each trip should be completed without losing control of the ball or knocking over any cones.

Scoring System:

1. Basic Scoring:

- **1 point** is awarded for each complete trip through the course where the student does not lose control of the ball or knock over any cones.

2. Bonus Points:

- **Dribbling with Non-Dominant Hand:**
 - **3 bonus points** for each complete trip where the student uses only their non-dominant hand to dribble.
- **Dribbling with Two Balls:**
 - **5 bonus points** for each complete trip where the student dribbles with two basketballs simultaneously.
- **Crossover Dribbling:**



- **2 bonus points** for each successful crossover dribble (between the legs, cross-in-front, or behind) performed during the trip.
- **Points Calculation:**

1. Basic Points:

- Track the number of complete trips each student makes through the obstacle course without errors.
- Calculate basic points: **Number of Complete Trips × 1 Point.**

2. Bonus Points:

- Track each bonus technique performed during the trips.
- Add the corresponding bonus points:
 - Non-Dominant Hand Dribbling: **3 Points** per trip
 - Two Balls Dribbling: **5 Points** per trip
 - Crossover Dribbling: **2 Points** per successful crossover dribble

Example of Score Sheet Layout:

| Complete Trips | Non-Dominant Hand Dribbling | Two Balls Dribbling | Crossover Dribbling | Basic Points | Bonus Points | Total Points |
|----------------|-----------------------------|---------------------|---------------------|--------------|--------------|--------------|
|----------------|-----------------------------|---------------------|---------------------|--------------|--------------|--------------|

Notes:

- **Completion Time:** Each student has **10 minutes** to complete as many trips as possible.
- **Technique Verification:** Ensure students are correctly performing the bonus techniques to earn the additional points.
- **Review Video:** Ensure all students understand the obstacle course setup and scoring criteria by reviewing the video for instructions.

Make sure to *have scores accessible to input on the Google Forms score sheet at the end of the week. All total scores are divided by the number of participants on your team.*

SOCCER – Day 2

Challenge 1:
AGILITY & PASSING

Equipment Needed:



- Soccer Balls
- Cones (for setting up the zig-zag obstacle course)
- Measuring tape
- Goal or Net
- Stopwatch or timer
- Score sheet and pen

1. **Agility and Pass:**

- Set up 6 cones in a straight line or zigzag pattern with about 3 feet between each cone.
- Partner A moves the ball through the cones, shoots, and then passes the ball to Partner B, who is standing at a marker 5 feet away.
- Partner B then passes to partner C who is ready to go through the course
- Repeat this until each player has fulfill each role once

2. **Scoring**

- Record the total time taken for everyone to complete the course
- Record the number of successful goals scored in the allotted time

| Total Time (seconds) | Final Kick Accuracy (points) |
|----------------------|------------------------------|
| | |

Challenge 2:

TARGET ACCURACY & SHOOTING

Equipment Needed:

- Soccer Balls(2-4)
- Cones (for setting up the zig-zag obstacle course)
- Measuring tape
- Goal or Net
- Stopwatch or timer
- Score sheet and pen

1. **Setup:**

- Set up a goal with four target zones marked inside it:



- **Top Left Corner** (5 points)
 - **Top Right Corner** (5 points)
 - **Bottom Left Corner** (3 points)
 - **Bottom Right Corner** (3 points)
 - Place a shooting line about 5-7 meters from the goal.
2. **Shooting Sequence:**
- Each player on the team takes turns shooting from the designated shooting line.
 - Each player takes 5 shots.
 - Players aim to hit the specific target zones for maximum points.
3. **Team Rotation:**
- Continue until all teams have completed their shots.
4. **Score Calculation:**
- Add up the points for each team based on where the ball hit in the target zones.

SCORING TEMPLATE:

| Top Left Corner (5 Points) | Top Right Corner (5 Points) | Bottom Left Corner (3 Points) | Bottom Right Corner (3 Points) | Total Points |
|----------------------------|-----------------------------|-------------------------------|--------------------------------|--------------|
| | | | | |

Challenge 3:

Goal Keeper Shot Block Challenger

Equipment Needed:

- Soccer Balls(2-4)
- Cones (for setting up the zig-zag obstacle course)
- Measuring tape
- Goal or Net
- Stopwatch or timer
- Score sheet and pen



- 1. Setup:**
 - Set up a goal with a marked shooting line about 5-7 meters away.
- 2. Goalkeeping Rotation:**
 - Each player on the team will have a turn as the goalkeeper.
 - The other team members will take 3 shots on goal while the goalkeeper tries to block them.
 - After 3 shots, the players rotate, so the next team member gets a turn as the goalkeeper.
- 3. Blocking Shots:**
 - Goalkeepers earn points for each shot they successfully block.
 - The challenge continues until all players on each team have taken their turn as the goalkeeper.
- 4. Score Calculation**
 - Total up the number of successful blocks each player makes.
 - **1 point awarded** for each successful
 - The team with the most total blocks at the end of the challenge wins.

SCORING TEMPLATE:

| Total Blocks |
|--------------|
| |

Make sure to *have scores accessible to input on the Google Forms score sheet at the end of the week. All total scores are divided by the number of participants on your team.*

Day 3 BOCCE

Challenge 1: TARGET THROW CHALLENGE

- 1. Equipment Needed:**
 - 8 Bocce balls or bean bags/objects (4 per team)
 - Measuring Tape
 - Cones/markers/tape to outline the playing area & target zones
 - Score sheet and pen
- 2. Setup:**



- Mark a rectangular playing area with cones or markers (length & width can be whatever is feasible in your given space – typically 60ft length and 12 feet wide)
- Mark 4 target zones
 1. Zone distance can be determined based on the ability of the players
 1. Videos target zones were 3 meters, 4 meters, 5 meters, 7 meters away from throwing area (zones were a foot all the way around)
- 3. **Playing the Challenge:**
 - Players take turns throwing their bocce balls, aiming to get as close to the Pallino target zones as possible.
 - Each player throws 6 balls each
- 4. **Scoring:**
 - Each target zone is allotted a respective number of points the closest zone begin worth one point and the ones further away being worth more

SCORING TEMPLATE:

| Team Name | Target Zone 1 (1 Point) | Target Zone 2 (3 Points) | Target Zone 3 (5 Points) | Target Zone 4 (8 Points) |
|-----------|-------------------------|--------------------------|--------------------------|--------------------------|
| | | | | |
| | | | | |
| | | | | |

CHALLENGE 2:

STRATEGIC BOCCE TARGET GAME

Equipment Needed:

- 8 Bocce balls or objects
- Measuring Tape
- 1 Pallino (small target ball)
- Score sheet and pen
- Cones or markers to outline the playing area

1. **Setup:**



- Mark a rectangular playing area with cones or markers. (length & width can be whatever is feasible in your given space – typically 60ft length and 12 feet wide)
- Place the Pallino within the playing area.
- The pallino distance is at the discretion of the educator

2. Gameplay:

- **Round Structure:**
 - Players take turns throwing their bocce balls, aiming to get as close to the Pallino/object as possible.
 - Each player throws 6 balls each
- **Scoring:**
 - Teams are awarded points based on how close they get to the pallino/object (see below)
 - Continue until each student has had 6 attempts

SCORING TEMPLATE:

| Remains with-in Playing Surface (1 Point) | Withing 5-10 feet away (3 Points) | 3-4 Feet away (5 Points) | Within 2 feet from the Pallino (7 Points) | Touching the Pallino (10 Points) | Total Points |
|---|-----------------------------------|--------------------------|---|----------------------------------|--------------|
| | | | | | |

Challenge 3 : BOCCE RELAY RACE

□ Equipment Needed:

- Bocce balls
- Cones or markers to outline the playing area
- 1 Pallino (small target object)
- Score sheet and pen

1. □ Setup:



- Mark a rectangular playing area with cones or markers. (length & width can be whatever is feasible in your given space – typically 60ft length and 12 feet wide)
- Place the Pallino at one end of the playing area.
- Create a starting line at the opposite end of the playing area.

2. Gameplay:

- **Step 1: Bocce Throw**
 - The player throws their bocce ball, aiming to get it as close as possible to the Pallino.
 - After throwing, the player retrieves their ball and runs back to the starting line and tags the next teammate.
- **Step 2: Relay**
 - The next player repeats the process, throwing their bocce ball and running back to tag the next teammate.
 - The relay continues for **10 minutes**
- **Step 4: Scoring**
 - 1 point is given for the number of balls retrieved in 10 minutes

Make sure to **have scores accessible to input on the Google Forms score sheet at the end of the week. All total scores are divided by the number of participants on your team.**

| |
|---------------------------------------|
| # of balls retrieved (1 Point) |
| |

Day 5: FLOORBALL

CHALLENGE 1: PASSING AND SHOOTING

Equipment Needed:

- 4 Cones (to mark passing zones)
- 1 Floorball stick per participant
- 1 Floorball (or a soft ball/puck)
- 1 Goal or target area
- Stopwatch or timer

CHALLENGE STEPS:

1. Passing Practice:

- **Setup:** Place 2 cones 3 meters apart. Players stand behind each cone, facing each other.



- **Instructions:** Players pass the ball back and forth between the cones. The goal is to complete as many passes as possible within a set time (e.g., 2 minutes).
- **Goal:** Improve accuracy and consistency in passing.
- 2. **Shooting Practice:**
 - **Setup:** After passing practice, place 2 more cones 3 meters in front of the passing cones, with a goal or target area beyond them.
 - **Instructions:** After completing a pass, the receiving player takes one or two steps forward and shoots the ball toward the goal or target area.
 - **Goal:** Improve shooting accuracy and confidence.
- 3. **Scoring Challenge:**
 - **Setup:** Use the same setup as before, but now focus on scoring.
 - **Instructions:** Players take turns passing and shooting, with points awarded for each successful goal. **Play for 5 minutes, then switch roles.**

SCORING TEMPLATE:

- **Passing Accuracy:** Count the number of successful passes made within 2 minutes.
- **Shooting Accuracy:** Count the number of successful goals made within the set time.
- **Total Points:** Combine the number of successful passes and goals.

SAMPLE SCORING SHEET:

| Successful Passes | Successful Goals | Total Points |
|-------------------|------------------|--------------|
| | | |

CHALLENGE 2:

AGILITY COURSE CHALLENGE

6 Cones (to mark the agility course)

- 1 Floorball stick per participant
- 1 Floorball (or a soft ball/puck)
- Stopwatch or timer



CHALLENGE STEPS:

1. Zigzag Dribble:

- **Setup:** Place 6 cones in a straight line, each 1.5 meters apart.
- **Instructions:** Players dribble the ball in a zigzag pattern around the cones as quickly as possible.

Scoring Template:

- **Zigzag Dribble Completions :** Score 1 point if the player reaches the finish line (goes through and comes back is 1 point)
 - If a pleyer loses control of the ball it does not count

SAMPLE SCORING SHEET:

| |
|--|
| # of Team Dribble Completions (1 Point) |
| |

CHALLENGE 3:

FLOORBALL DEFENSIVE CHALLENGE

Equipment Needed:

- Floorball sticks
- Floorball balls
- Goal with a standard-sized net
- Cones to mark defensive zones

Set Up Instructions:

1. Place the goal at one end of the gym or field.
2. Set up cones to create defensive zones around the goal (e.g., a 3x3 meter zone directly in front of the goal and a 5x5 meter zone further out).
3. Divide students into pairs: one player is the attacker, and the other is the defender.



Point System:

- The attacker tries to score by shooting the ball from various angles within the zones.
- The defender's goal is to prevent the attacker from scoring by blocking shots and positioning effectively.
- Points are awarded based on successful blocks (e.g., 2 points for each successful block) and goals scored (e.g., 5 points for each goal scored).
- Each match lasts for 2 minutes, and then players switch roles

| Successful Goals | Successful Blocks | Total Points |
|------------------|-------------------|--------------|
| | | |

Make sure to *have scores accessible to input on the Google Forms score sheet at the end of the week. All total scores are divided by the number of participants on your team.*