



## Hi Coach!

We want to start by saying **Thank You!** We know how hard you work every week to ensure that your athletes have the best opportunity to develop as people and as athletes, to participate and challenge themselves, to spend time with their friends and to be part of this wonderful world of sport.

We know how disappointed you and they are, that your season was interrupted by this global crisis. We know that many of your athletes are confused, frustrated and lonely. We also know, that the skills, confidence, resilience and determination that you have helped them to develop, will help them through these challenge weeks and months – and so we want to thank you!

We also know that you are all facing this same challenge – you are worried about your families, your own health, your jobs and of course your athletes. We are aware that many of you are already making plans for how to support them and we want to try to provide some support to you!

### **WHAT CAN WE DO?**

Here in Special Olympics Sport, we know that you, the coaches are the most vital resource for our athletes. They depend on you every day to show up for them, to plan their training sessions, to help them grow and learn, to be their friend, their teacher and their supporter. Now, they need you more than ever.

With the current period of social isolation, social distancing and quarantine being implemented across the world, we want to try to support you to stay engaged with your athletes.

We know that this is a challenging time and that many of you cannot go to work, you may have children in your care who cannot go to school and are struggling too, with the current restrictions.

We hope that by giving you some useful resources, strategies and some ideas, that we can help you, and your athletes, through this challenging time and be ready to get back training once these restrictions are lifted.

We have worked with some of our partners and gathered recommendations from some of the great organisations working around the world in grassroots sport, to bring you some simple ideas and strategies, which might help you and your athletes over the coming weeks.



## **[General Coaching and Training Resources and Advice](#)**

We remind you of some of the great online coaching courses we have available in our [Special Olympics Online Learning Portal](#), as well as introducing you to some of the great tools, courses, resources and programs being run by many of our fantastic partners and friends in Sport.

## **[Sport Specific Coaching and Training Resources](#)**

Here you will find a series of links, by sport, to a variety of coaching and home training resources. Some of these are provided by International or National Sports Federations, others are fun and engaging YouTube videos, games or activities, which may be useful to you. We intend to keep updating this page, so please share with us any tools you think can help other coaches.

## **[Our Top 3 Tools for Virtual Coaching \(Video Calls\)](#)**

It seems like everyone is talking Zoom, Skype, and Hangouts at the moment. It all sounds great, unless you have not used them before. For newcomers to video calls, it can be confusing and quite daunting. We have created some simple Step-By-Step instructions to walk you through our three favourite free video call tools. We show you how to create a free account and how to set up a call with your team! Give it a try!

## **[Your first Virtual Coaching Session](#)**

This is new to all of us. We have never experienced a situation like this. Introducing virtual coaching sessions to your team is likely to a new experience for everyone. We share with you some great tips for your first training session, which we have adapted by some great advice given by John Leath of Unleash the Athlete on a recent [Changing the Game Project webinar](#).



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# Sports News

## [Our Top Ten Ideas for Virtual Coaching Session](#)

Let's be honest here! It is going to be VERY challenging to run your season and your training as normal. However, there's no reason these restrictions must mean the season is over! In this guide, we share 10 great ideas of activities or topics you use for your team's virtual coaching sessions. Some will require sports clothing and a little space, others a pen and paper, and others still you will need nothing for! The trick here is to be creative, take these ideas, and make them your own!

## [Keeping on Coaching without Technology](#)

Not all of our coaches or all of our athletes have access to technology and reliable internet access. This short guide will provide you with some simple ideas of how you can stay connected with your athletes and help them to stay engaged with their sport, training and Special Olympics.