



Healthy @ Home

HOW TO HOST A VIRTUAL PRACTICE

This resource is designed to provide a how-to guide for Special Olympics coaches when hosting a live workout on the Google Meets platform.

DESIGNING YOUR VIRTUAL PRACTICE



INTRODUCTION

Greet each athlete and outline what the schedule for the practice will be. Check in on how your team is doing. Consider taking more time in the intro to allow for social connections between athletes.



WARM UP

Take 10-15 minutes to engage in general warm exercises, such as dynamic stretching and progress into more specific warm up exercises with a gradual increase in intensity. Take time to explain and demonstrate.



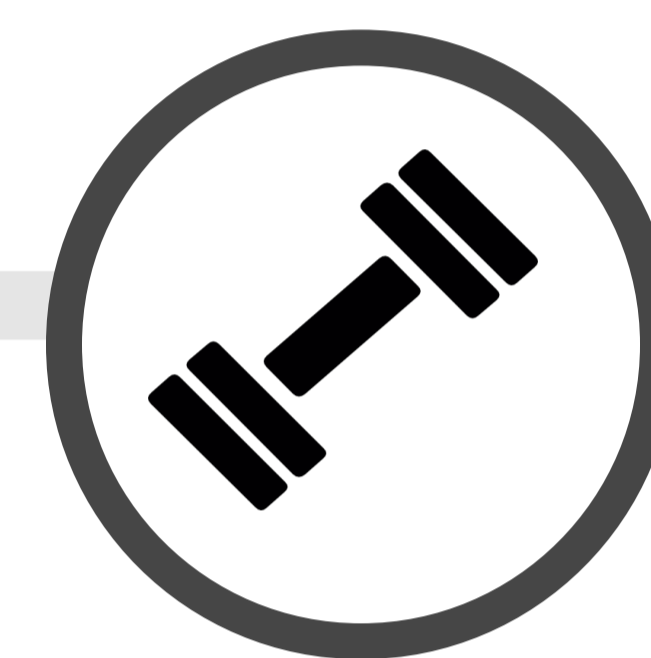
CONCLUSION

Can be mixed into the cool down. Take the time to review the workout and how the athletes felt about it. Remind them about upcoming practices and virtual social opportunities.



COOL DOWN

Take 5-10 minutes to allow for a gradual decrease in intensity. Incorporate stretches of areas most used during the workout.



MAIN PROGRAM

Design a program that is 30-60 min depending on the ability of your team. Select activities that will challenge the athletes while being fun. Try to minimize down time and maximize athlete engagement. Focus on movement.



THINGS TO CONSIDER

RISK MANAGEMENT

Not all athletes will be properly set up for working out at home. Take a minute to remind athletes to use a safe space in their home, free of any obstructions or tripping hazards.

ATHLETE ABILITY

You know your athletes best, when planning a workout, make sure that the exercises you select are inclusive to all of your athletes' ability level.

SCHEDULING

Consider hosting your online workouts at the same time as your regularly scheduled practices. Recruit all of the coaches from the team to take turns hosting.

RESOURCES COACHES CAN USE FOR VIRTUAL PRACTICES

You **MUST** have an SO e-mail address set up to use Google Meets

If you do not have one visit Coaches Corner to request an account be set up

GOOGLE MEETS TRAINING

Attend a virtual training on Google Meets. Trainings are held weekly on Tuesday's & Thursday's. Get the meeting link from Coaches Corner!

FITNESS RESOURCES

See our Live fitness exercise resources for ideas that you can incorporate into your practice.

