

Advanced Sports Skills

Why are they important?

Advanced sports skills improve strength, balance, coordination and teamwork.

Special Olympics offers individual and team sports that provide training and competition for people with intellectual disabilities around the world

Let's
Practice
& Play

Getting started: Play "Stand, Roll and Trap"

How to play

1. Get a medium-size ball.
2. Roll the ball to your child. Have him or her stop the ball with the bottom of a foot.
3. Instruct your child to roll the ball back to you. Trap it with your foot. Then roll it back to your child to continue.

Tip: Count each time the ball is rolled.



Note to Families: Keep this someplace visible as a reminder to be physically active and play together whenever you have a few minutes.



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Young Athletes

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More Activities to Try

One-on-One: Set up a goal with two boxes or large blocks. While walking or running toward the goal, kick to pass a ball to and from your child three times. After the third pass, have your child shoot a goal.



Skipping: Place a series of stickers on the floor in a straight line. Have your child step on a marker and then perform a low hop on that foot. As the hopping foot lands, instruct him to place the other foot on the next marker. Encourage your child to skip to the end of the sticker path.



Play in groups with other children and family members to teach team play and acceptance.

Dribble: Stand behind your child and assist him or her in bouncing a ball with two hands. Let the ball hit your child's hand without catching it. Provide less assistance as your child's skill improves.



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