

Special Olympics Unified Sport Training Day

Washington High School, Cherokee, Iowa
Thursday, November 14, 2019

Tentative Schedule:

9:30 Check-in begins

10:00 Opening ceremonies

10:15 Basketball skills

- Speed dribble
- Wall pass
- Shooting

Cheerleading Skills

- Fundamental cheers
- Practice Routines

11:15 Divide into 4-on-4 teams

Cheerleaders cheer at games

11:25 4-on-4 games – rounds 1 & 2

12:40 Lunch and Dismiss

4-on-4 Game Rules

- Each team will play 3 games
- Games will be 10 minutes in length (running clock and we can shorten these if needed)
- Scoring is the same as a regular game (2s and 3s)
- Normal basketball rules apply, except a Special Olympics player may take an additional two steps before traveling is called
- Double dribbles are a point of emphasis and should be called
- A ball that goes out-of-bounds will be thrown in
- Possession changes after a made field goal
- On any change of possession, the team which just gained possession of the ball must take the ball back behind the foul line extended before shooting
- Substitutions may be made on a dead ball
- One 30-second timeout is allowed per team per game (but the clock will not stop)
- Individual and team fouls will not be kept, but encourage the athletes not to foul

Notes to Washington High School players:

1. The more interaction, the better the experience.
2. Encourage the Special Olympics athletes; coach them.
3. The Unified Athlete should give the assist most of the time.
4. Do NOT interact with the officials. Model good sportsmanship.
5. Shake hands with all the athletes after each game.
6. Stay with your team during lunch and in between games.