



# Elementary Unified Sports

## Handbook for Organizers and Advisors



Elementary Unified Sports - The program is designed to be implemented 6 weeks prior to the chosen elementary tournament that you will attend. At the tournament, the participants will engage in non-competitive athletic activities designed to develop skills in a variety of sports. This guidebook will walk you through each of the sports skills that the athletes should practice prior to the tournament. It is important to keep in mind that the main focus of the practices and tournaments is **FUN** and **FRIENDSHIP!**

### Tournament Sports Stations:

#### Basketball:

#### Practice Skills

##### Dribbling:

- Demonstrate bouncing the ball to the floor and back up to waist level using fingertips.
- Set up a straight line of cones ( 6-8) and have each athlete dribble through the cones.
- Keep knees slightly bent, head up, eyes straight forward, fingers spread apart.



##### Passing:

- Create two lines with athletes and partners facing each other for bounce/chest passes.
- Bounce pass- The passer uses two hands, one on either side of the ball and pushes the ball to a point about three feet in front of the receiver.
- Chest Pass- This pass is received in the air at chest height using the same technique as the bounce pass, but never touching the ground.
- Keep fingers spread upon receiving the ball, bring it in softly, fingers doing the work. Use non-dominant foot for all weight transfers (passes).

##### Shooting:

- Set up both the standard basketball hoop, along with a smaller portable hoop, knees slightly bent, same foot forward as shooting hand, use a wrist-fingertip motion.



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### Soccer:

#### Practice Skills:

##### Dribbling:

- Athletes will use the inside of the foot to gently push or tap the ball ahead of them to open space. ( the goal should be control of the ball so it doesn't get too far ahead of the athlete)
- Using alternating feet, going from a designated line to a cone and back, progressing to dribbling through a series of cones and back to line.
- All other part of the foot except for the toe may be used for dribbling.



#### Passing & Trapping:

- **Form a circle with 4-6 teammates and practice passing and trapping the ball.**
- For short passes, use the heel and sides of your foot. For long passes, use the instep which is where the shoelaces are located. in this case , the kicking toe points to the ground.
- Look at the ball all of the time-head down while kicking the ball.
- Point your non-kicking foot at the intended target.
- Turn the kicking foot fully sideways so that the whole inside part of the foot touches the ball.
- Use a pushing action with the kicking foot.
- Keep kicking foot moving forward after the kick (follow through) so that the ball will be directed more accurately to target.
- Keep arms held out to the side for better balance while kicking.
- Athlete can use all parts of the foot, sole, inside or outside to receive the pass.

#### Shooting:

- From a designated spot form a line and take turns practicing a hard kick with the inside side of the foot , into a target ( a net or two cones)



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### Volleyball:

#### Practice Skills:

##### Bumping:

- Keeping their hands together either interlocking fingers or hand, use this hit when the ball is waist level or lower and using outstretched forearms to contact ball as they step forward.
- Balls can be contacted on wrists or forearms



##### Setting:

- Pointing hands up towards the ceiling, strike the ball with fingertips, fingers spread out and step forward as the ball is struck. ( this is used for a ball that is chest height or higher)
- Contact ball off ends of flexed fingers, when receiving ball, look through the triangular "window" made with the index fingers and thumb.

##### Serving:

- Underhand serve- hold the ball in the palm of the non-striking hand and contact the ball with an underhand (bowling like) motion using dominant hand. Keep both arms straight and step forward with the opposite foot as contact is made.
- a right hander has left leg forward-stroke ball with heel or fist of dominant hand from held position or a slight toss.
- Have the athletes practice the above three volleyball skills in small circles trying to keep the ball in the air for as long as possible. Each time the ball hits the ground, the volleying will be restarted with a serve.
- **Clean up your yard game:** At the start signal, the children evenly divided on either side of the net, will serve the ball they are holding over the net. From then on, anyone can attempt to bump or set the ball back over the net. The object of the game is to "clean your yard" on your side of the net by getting rid of the balls as fast as you can!



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### **Baseball:**

Practice Skills:

#### **Batting off a tee:**

- Set tee for waist high or slightly above
- Left hand grips bottom of the bat for right handers. Stance is slightly away from the tee, feet shoulder width apart, knees bent. Keep bat off of shoulder with eyes on the ball. Swing through the ball by extending arms and stepping into swing with left foot.



#### **Base Running:**

- Starting at home plate, run the bases in order until back at home plate.
- Touch the outside corner of the bases, to allow the base person the inside corner. Approach the base by curving out when moving on.

#### **Throwing and Catching:**

- Children will throw to a target, then a person, first underhand and then overhand.
- Check fingertip grip and full arm motion. Turn and rotate hips, stepping into overhand throw with left foot for a right hander. Aim chest high.
- In partner toss: Start pairs close together with underhand toss.
- Catch with two hands, “giving” slightly by pulling back. Watch the ball into the glove.



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### **Track and Field:**

#### **.Practice Skills:**

#### **Running Relays:**

- Shuttle Relays- Teams is split into two groups. Line up the athletes, with baton in hand, at the starting line and walk their partners 25 yards out. Have the partners turn and extend their hands back towards the athletes. At the signal to begin the relay the athletes will run to their partner and stop at the 25 yard mark. The partner will continue on with the baton to the finish line at the 50 yard mark. At this point the Partner will have the baton and the athletes will now extend their hand toward their partner who will, at the signal to start, run toward the athlete and exchange the baton, staying at the 25 yard line. The athlete will now run back to the original starting line and complete the relay.



#### **Standing/Running Long Jump:**

- Establish a line for the participants to stand behind. Let each teammate take a turn standing behind the line, knees slightly bent and using a forward swing motion with bent arms, propel forward to a target.
- Move the teammates back a few feet from line so that they can take 4-5 quick steps before reaching the line. Once they are at line the will propel forward using same motion as above toward a target.
- Set up some hula hoops close together for teammates to jump between after their initial jump and before they get back in line.

#### **Turbo Jav Throw:**

- Using a rubber tipped mini javelin, have the teammates stand behind a designated line. Have them turn to the side, feet shoulder width apart. For right handed children, have them hold the turbo jav in their right hand, with the palm of their hand level to their ear. With their left hand extended straight out in front of them. With their weight on their slightly bent back leg have them push (throw) the mini jav to a target in front of them.



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### **Bowling (optional)**

#### **Practice Skills:**

- Create bowling lanes using folded mats or cones. Divide the teammates into three separate groups and have them rotate between the lanes with different set-ups.
- Have one lane with 10 pins, the next with 3 and the next with one.

