

# Special Olympics Basketball Team Responsibilities

## 1. Equipment –

- Basketballs (12+) \_\_\_\_\_
- Air pump, cones, and scrimmage vests \_\_\_\_\_

## 2. Uniforms and laundry –

- Team 1 (5-on-5) \_\_\_\_\_
- Team 2 (5-on-5) \_\_\_\_\_
- Team 3 (3-on-3) \_\_\_\_\_
- ISC athletes \_\_\_\_\_

## 3. Practice shirts

- Panthers (black) \_\_\_\_\_
- Tigers (red) \_\_\_\_\_
- Stars (gray) \_\_\_\_\_

## 4. Practice (*Planning and Conducting*)

- Warm-up (moving, dribbling, and passing) \_\_\_\_\_
- Stretching \_\_\_\_\_
- Stations:
  - Shooting \_\_\_\_\_
  - Rebounding \_\_\_\_\_
  - 1-on-1 \_\_\_\_\_
  - 2-on-2 \_\_\_\_\_
- Group work
  - 5-on-5 teams (offense; defense) \_\_\_\_\_
  - 3-on-3 teams and ISC
    - Offense/defense \_\_\_\_\_
    - Skills \_\_\_\_\_
    - Conditioning \_\_\_\_\_
- Scrimmage \_\_\_\_\_
- Cool down / reward efforts / announcements \_\_\_\_\_

## 5. Phone tree: Team 1 \_\_\_\_\_; Team 2 \_\_\_\_\_; Team 3 \_\_\_\_\_; ISC \_\_\_\_\_

## 6. Transportation for athletes in need – \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_

## 7. Administration

- Arrange for facilities
- Develop practice and competition schedule
- Complete and submit athlete registration
- Communicate with Special Olympics office re: athletes, Area tournaments, outside competition, etc.