

Volleyball

2021 Season. Updated 2/23/2021





Return to Play 2021

- Practice Guidelines
- Competition Outline
 - Virtual
 - At home



Season Goals

- Practice & improve skill development
- Improve conditioning & fitness
- Offer in person matches
- Awards will be awarded at end of season

Practice





Practice

Teams may gather following Massachusetts guidelines for COVID 19

- As of March 1st indoor venues are at 50% capacity and 25 people per court, outdoor venues may have 150 person capacity per venue. Check with your facility on capacity guidelines and how many people you are allowed to have at a given practice
- Sub groups of 10 people should be formed. Recommend use same groups for every practice session
- Masks must be worn at all times.
- Social distancing protocols must be followed at all times
- No towels or equipment is to be shared



Practice

- No spectators allowed for individuals over age of 21. Only one spectator if there is a viewing area for those under age of 21
- Activities must end by 9:30pm
- All players and coaches must wash and sanitize hands upon arrival, frequently during and at conclusion of practice
- All equipment must be sanitized prior to start of, frequently during, in between each athlete use and at end of practice
- All individuals attending practice must take a COVID 19 screening prior to start of practice, (*refer to return to play power point in [coaches resource section](#) of SOMA website*)

Competition





Virtual Competition

- Is in process of being developed
- Virtual Competition will be open to all athletes and partners that participate in person or at home



In Person Matches

- Teams are allowed to scrimmage against other teams. May only play one team per day
- Special Olympics MA office is available for any scrimmages or practice times
- Special Olympics MA will keep standings for those teams that play matches. Win loss record at end of summer will determine which award team wins.



Trainings

With the help from Stephen Boyle (*Summer Games Head Official*) Special Olympics will be offering the following sessions for coaches

- **Practice planning** - Do you write out your practice plans before you get to the gym or do you just wing it? What are your three (or one) main goals you have for every practice? Do you have an idea of what you want your athletes to be able to do after 5-6-7 practices? Stephen can work with you to develop a program that will help organize your practices to match your goals.
- **Different Drills or Games** - Are you (not just the athletes) bored of the same drills time after time. You can meet with Stephen and find new ways to practice a drill that still accomplishes the goal of the original drill.
- **Skill breakdown** - Learn what to look for in the skills (passing, setting, hitting, etc...) so you can help each athlete progress in their skill development.
- **Rules** - Need more clarification on rules. Ask away.
- **Coach Talk** - What can I do to progress my skills as a coach. How are you adapting to the challenges placed upon you?
- **???** - Any questions you have about volleyball or coaching just ask.

Questions?

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