

Volleyball

2021 Season. Updated 5/25/2021





Return to Play 2021

- Practice Guidelines
- Competition Outline
 - In person
 - 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

- Please refer to the [Phase 4 Return to Play Document](#) for the most up-to-date gathering guidelines
 - Gathering allowances will be increased however Training and Competition organizers must work with **each facility operator** to confirm parameters of capacity and still must allow for all sanitizing and social distance guidance within facility.
- Recommend forming sub groups of 10 and use same groups for every practice session
- Although the Mask order has been relaxed for outdoor sports as of May 18, all SOMA activities **will remain operating with a Mask order at least through June 30, 2021** when athletes cannot social distance and for all indoor activities. Athletes in the water do not need to wear a mask.
- Social distancing protocols must be followed at all times
- No towels or equipment is to be shared



Practice

- For the state of Massachusetts, spectators are now allowed at sporting events, however local and facility guidance must be adhered to at all times. If local and facility guidance equals that of the state, the Special Olympics MA guidance will be as follows:
 - **Practices:** Spectators must remain outside the playing area at all times and where a mask. If within the playing area, they must be screened and counted as part of the head count for that specific playing area.
- 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.
- 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.



Tournaments

Special Olympics Massachusetts may now host tournaments.

Teams will be contacted to survey their willingness to participate in regional tournaments



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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