



Motor Activities Training Program (MATP) Guiding Document

(Reference: Special Olympics MATP Guide – 2005)

Motor Activity Training Program activities are sport based, and designed to be in line with Special Olympics events for those athletes not ready to participate in more traditional events. This manual consists of activities that are designed for MATP athletes. The activities may be modified to meet the challenges and abilities of each individual athlete. The athlete participating in the Motor Activities Training Program may benefit from varying levels of assistance.

MATP provides athletes an opportunity to perform their personal best, without comparison to other athletes. Participants receive a specially designed MATP award upon completion of participation.

The following MATP events will be offered at the Mecklenburg County Special Olympics Spring Games. The table indicates the MATP Sport Skill and the correlating sport. MATP is designed to be individualized.

Motor Activity Training Program Sport Skill	Sport
Softball (ball) Throw	Athletics/Field Event
Ball Roll	Bocce'
Target Bowling	Bowling
Softball Strike	Softball
Soccer Kick	Soccer
Table Tennis Strike	Table Tennis
Overhand Strike (Tennis)	Tennis
Volleyball Serve	Volleyball

Training guides for each sport skill are listed below. Please use this guide to prepare your athletes for the Spring Games. Each guide includes: objective, description, possible modifications, equipment needed and level of assistance.

Questions? Contact the Adapted PE Department
 Location: EC Satellite at Smith Family Center
 Phone: 980-343-2684 Fax: 980-343-1437
 Jolanda: jolanda.hengstman@cms.k12.nc.us
 Kathy: kathy.jaack@cms.k12.nc.us
 Amy: amy.clark@cms.k12.nc.us
 Marie: m.slusser@cms.k12.nc.us

Motor Activity Training Program (MATP)	Official Special Olympics Sport
Softball (ball) Throw	Athletics (Field Event)

Objective: Throw/propel a ball as far as possible.

Description:

1. Tape or draw throwing line.
2. Position athlete in standing or seated position behind throwing line, with or without assistance.
3. Provide athlete with ball (placed in athletes' dominant hand or picked up by athlete).
4. Direct athlete to throw the ball.
5. Athlete throws the ball forward with or without assistance.
6. Coach/volunteer places beanbag where ball lands/falls.
7. Athlete receives three attempts.

Levels of Assistance:

Total Assistance	Coach supports or assists athlete with entire movement.
Partial Assistance	Coach may touch, guide or direct the athlete, but not support or assist the athlete in the entire movement.
Independent	Athlete completes the movement or task without assistance from the coach.

Possible Modifications:

- Vary weight, size, color and texture of ball
- Use basket, target or coach as an incentive for increasing distance
- Have an auditory beeper, flashing light or other audio or visual signal as incentive for increasing distance and/or direction

Equipment:

- Softball or softball sized ball
- Alternate balls (varied size, color, texture)
- Line or Tape (throwing line)
- Targets (box, basket, hula hoop, poly spots, carpet) on floor or wall
- Beanbags to indicate where ball landed
- Visual/Audio aids to help direct throw (beeper, flashing light, music, bells, coach)



Motor Activity Training Program (MATP)	Official Special Olympics Sport
Bocce' Ball Roll	Bocce'

Objective: Roll ball as close as possible to target ball.

Description:

1. Create foot fault line to determine start line. An existing line on court can be used.
2. Place target ball 12' from foot fault line.
3. Position athlete in standing or seated position behind the foot fault line.
4. Provide athlete ramp (resting on lap or on ramp stand).
5. Hand athlete one indoor ball at a time.
6. Athlete places ball on ramp to initiate roll.
7. Athlete receives three balls total per turn.

Levels of Assistance:

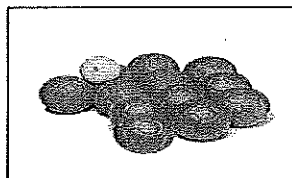
Total Assistance	Coach supports or assists athlete with entire movement.
Partial Assistance	Coach may touch, guide or direct the athlete, but not support or assist the athlete in the entire movement.
Independent	Athlete completes the movement or task without assistance from the coach.

Possible Modifications:

- Vary size, weight, texture of ball
- Place target ball closer
- Use a basket, target or coach as an incentive to increase distance
- Use auditory/visual signal (beeper, flashing light, bells) as motivator to increase distance or direction

Equipment:

- Indoor bocce' balls
- Gutter ramp and ramp stand
- Target ball (different color - also known as the palina)
- Tape, rope to define foot fault line
- Auditory sources (beeper, bells)
- Visual source (flashing lights, brightly colored equipment)



Motor Activity Training Program (MATP)	Official Special Olympics Sport
Target Bowling	Bowling

Objective: Roll ball to knock down bowling pins.

Description:

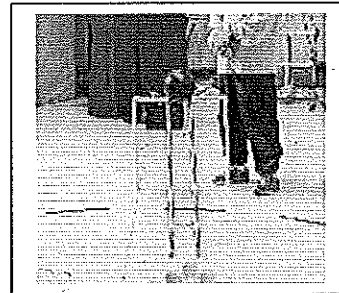
1. Set-up pins less than 5 meters (16'3") from foul/bowling line.
2. Position athlete standing or seated behind bowling line with or without assistance.
3. Place ball in athlete's hand or on a bowling ramp as needed (ramp optional).
4. Cue athlete to roll ball toward pins (with or without assistance).
5. Athlete bowls 5 rolls consecutively.

Levels of Assistance:

Total Assistance	Coach supports or assists athlete with entire movement.
Partial Assistance	Coach may touch, guide or direct the athlete, but not support or assist the athlete in the entire movement.
Independent	Athlete completes the movement or task without assistance from the coach.

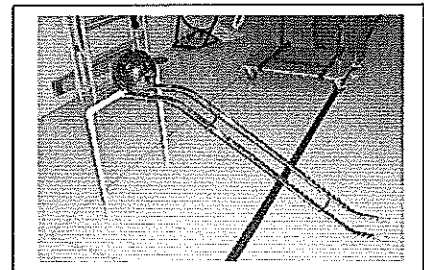
Equipment:

- Plastic bowling ball
- Plastic bowling pins (10 pins)
- Bowling Ramp
- Possi-bowl switch/extra batteries
- Tape
- Template for pins
- Chair for athlete (as needed)
- Light/sound source (blinking light, bells, etc.)
- Roll out lines to demark lane



Possible Modifications:

- Reduce distance to pins
- Place light or sound source near pins
- Vary size, weight and color of objects used for pins
- Mark lanes to guide ball (use bowling carpet as guide)
- Use plastic ball with modified grip



Motor Activity Training Program (MATP)	Official Special Olympics Sport
Softball Strike	Softball

Objective: Strike a stationary ball directionally with hand or implement.

Description:

1. Place ball on tee or stand.
2. Position athlete on dominant side with or without assistance.
3. Direct athlete to strike (hit) the ball with bat or hand.
4. Athlete strikes with or without assistance.
5. Athlete receives three attempts.

Levels of Assistance:

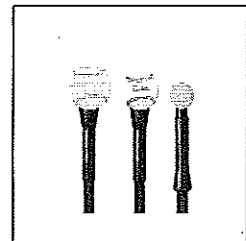
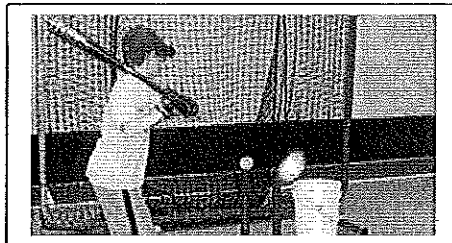
Total Assistance	Coach supports or assists athlete with entire movement.
Partial Assistance	Coach may touch, guide or direct the athlete, but not support or assist the athlete in the entire movement.
Independent	Athlete completes the movement or task without assistance from the coach.

Possible Modifications:

- Vary size, weight, color and texture of ball
- Use target or coach as motivation and encouragement to strike ball
- Use auditory or visual supports to highlight ball (bells, audible sound source, flashing lights, beeper)
- Allow use of hand, mitt, paddle when striking
- Count number of strikes for motivation

Equipment:

- Batting tee, stand or cone
- Softball or other balls of varying size, weight or color
- Lightweight bat, paddle or hand mitt
- Sound source (beeper, bells, etc.)
- Visual aid (brightly colored equipment, flashing light)



Motor Activity Training Program (MATP)	Official Special Olympics Sport
Soccer Kick	Soccer

Objective: Kick ball into goal.

Description:

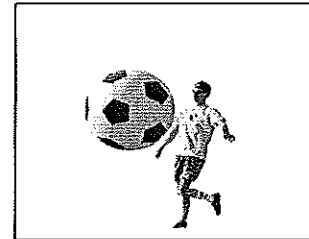
1. Mark a starting line.
2. Place goal/net less than 8 meters (26') from starting line.
3. Position athlete standing or seated behind starting line with or without assistance.
4. Place ball on floor in front of athlete in his/her most functional position.
5. Direct athlete to kick ball towards goal.
6. Athlete kicks ball towards goal with or without assistance.

Levels of Assistance:

Total Assistance	Coach supports or assists athlete with entire movement.
Partial Assistance	Coach may touch, guide or direct the athlete, but not support or assist the athlete in the entire movement.
Independent	Athlete completes the movement or task without assistance from the coach.

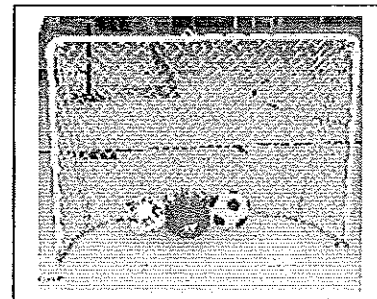
Possible Modifications:

- Increase or decrease distance to goal as needed
- Place light or sound source near goal
- Position coach or volunteer at goal for motivation
- Vary size, weight and color of ball
- Use walking aid as needed (walker, crutches, etc.)
- Use larger ball for wheelchair users



Equipment:

- Soccer Ball (varying sizes)
- Goal or net
- Tape to mark start line
- Chair for athlete (as needed)
- Light/sound source (blinking light, bells, etc.) on or near goal



Motor Activity Training Program (MATP)	Official Special Olympics Sport
Table Tennis Strike	Table Tennis

Objective: To strike a ball using hand or paddle so that ball travels across table.

Description:

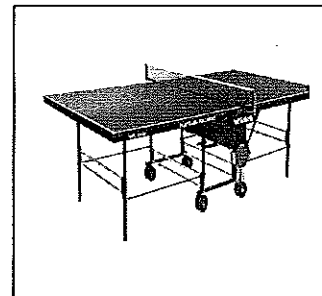
1. Position athlete in standing or seated position facing a table, with or without assistance.
2. Place paddle in athlete's dominant hand.
3. Roll ball to athlete.
4. Direct athlete to strike ball with paddle (racquet).
5. Athlete strikes ball with or without assistance.

Levels of Assistance:

Total Assistance	Coach supports or assists athlete with entire movement.
Partial Assistance	Coach may touch, guide or direct the athlete, but not support or assist the athlete in the entire movement.
Independent	Athlete completes the movement or task without assistance from the coach.

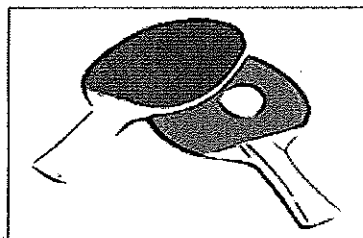
Possible Modifications:

- Use forearm or backhand strike
- Use visual or auditory cue when athlete successfully strikes the ball (bells, flashing lights, music)
- Vary size, weight, color of ball
- Use bell ball to elicit athlete attention
- Vary speed of rolled ball
- Use hand instead of paddle
- Have athletes push ball back and forth across table



Equipment:

- Large table top/surface
- Paddles (racquets) of various sized and weights
- Assorted balls (audible, brightly colored, various sizes)
- Grip Mitts
- 2x4 boards or planks for sides of table to help contain balls(can use noodles)



Motor Activity Training Program (MATP)	Official Special Olympics Sport
Tennis Strike	Tennis

Objective: Strike a tennis ball using a racquet.

Description:

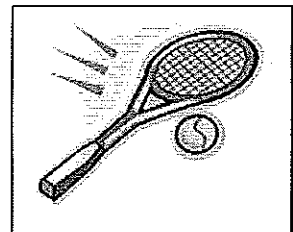
1. Position athlete in standing or seated position.
2. Hang the foam (tennis) ball, with the ball at a height appropriate for the athlete.
3. Position racket in athlete's hand with or without assistance.
4. Athlete strikes foam tennis ball with or without assistance.

Levels of Assistance:

Total Assistance	Coach supports or assists athlete with entire movement.
Partial Assistance	Coach may touch, guide or direct the athlete, but not support or assist the athlete in the entire movement.
Independent	Athlete completes the movement or task without assistance from the coach.

Possible Modifications:

- Vary size, color or density of ball
- Use Velcro or Velcro-mitt to secure grasp of racquet
- Allow striking using a paddle, hand-mitt or just the hand itself
- Count number of successful strikes in a row for motivation
- Attach sound source (bell/beeper) or flashing light to highlight ball
- Increase difficulty by tossing or bouncing the ball to athlete



Equipment:

- Tennis foam ball
- Alternate balls (larger, brighter in color)
- Foam ball on string (to suspend)
- Light weight, short handle racquet, Velcro-mitt, hand-mitt, paddle)
- Light/Sound source (flashing light, jingle bells, etc.)
- Site for ball to be suspended or placed (basketball hoop, between two volleyball standards, batting tee, PVC structure)
- Velcro
- Floor tape

Motor Activity Training Program (MATP)	Official Special Olympics Sport
Volleyball Serve	Volleyball

Objective: Hit a balloon or lightweight ball (tethered or gently tossed) with overhead or underhand hit.

Description:

1. Position athlete in standing or seated position facing net no more than 9 meters from a 1.5 meter (5ft) high volleyball net, with or without assistance.
2. Provide athlete with a ball or balloon.
3. Direct athlete to hit balloon/ ball with overhead/underhand hit.
4. Athlete serves ball/balloon with or without assistance.
5. Ball/Balloon may be suspended in front of athlete or may be gently tossed to athlete.

Levels of Assistance:

Total Assistance	Coach supports or assists athlete with entire movement.
Partial Assistance	Coach may touch, guide or direct the athlete, but not support or assist the athlete in the entire movement.
Independent	Athlete completes the movement or task without assistance from the coach.

Possible Modifications:

- Vary size, weight, color and texture of ball, can use balloons
- Increase/decrease distance between athlete and the net.
- Increase/decrease height of net.
- Suspend ball within reach of athlete at waist level for underhand serve and just above head level for overhand serve.

Equipment:

- Volleyball Standards with Net or Rope
- Modified volleyball (lightweight)
- Mylar/regular balloons or Punch balls (can be tossed to athlete or suspended with string between standards)
- Suspended lightweight volleyball

